NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	18
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	21
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1
4037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
4550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
4551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
4414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	2
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	11
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	12
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	10
11001	Alfalfa seeds, sprouted, raw	33	1 cup	9
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7
09011	Apples, dried, sulfured, uncooked	32	5 rings	5
09003	Apples, raw, with skin	138	1 apple	7
09004	Apples, raw, without skin	110	1 cup	4
09020	Applesauce, canned, sweetened, without salt	255	1 cup	8
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	7
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	13
)9027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	18
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	24
09032	Apricots, dried, sulfured, uncooked	35	10 halves	11
09021	Apricots, raw	35	1 apricot	4
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	101
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	72
11015	Asparagus, canned, drained solids	72	4 spears	7
11012	Asparagus, cooked, boiled, drained	60	4 spears	8
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	18
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	6
09038	Avocados, raw, California	28.35	1 oz	8
09039	Avocados, raw, Florida	28.35	1 oz	7
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	20
18005	Bagels, cinnamon-raisin	89	4" bagel	25
18003	Bagels, egg	89	4" bagel	22
18003	Bagels, egg	71	3-1/2" bagel	18
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	16
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	20
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	75
9078	Baking chocolate, unsweetened, squares	28.35	1 square	93
1028	Bamboo shoots, canned, drained solids	131	1 cup	5
9040	Bananas, raw	118	1 banana	32
9040	Bananas, raw	150	1 cup	41
20006	Barley, pearled, cooked	157	1 cup	35
20005	Barley, pearled, raw	200	1 cup	158
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	66

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cooked, broiled23610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz	17 19
cooked, broiled	21
13327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz	21
-	19
11087Beet greens, cooked, boiled, drained, without salt1441 cup	98
11084Beets, canned, drained solids1701 cup	29
11084Beets, canned, drained solids241 beet	4
11081Beets, cooked, boiled, drained501 beet	12
11081Beets, cooked, boiled, drained1701 cup	39
18016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit	11
18016Biscuits, plain or buttermilk, prepared from recipe1014" biscuit	18
18015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit	4
18013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit	4
09042 Blackberries, raw 144 1 cup	29
09055Blueberries, frozen, sweetened2301 cup	5

907014Brane sensely equive sausage), pork56.72 slices18070Bread curmb, dry, granch, esanosd23.31 eq18082Bread suffing, bread, dry mix, prepared101.2 cup18013Bread, combrad, dry mix, prepared601 slice18024Bread, combrad, dry mix, prepared611 pice18025Bread, combrad, dry mix, prepared621 slice18024Bread, combrad, dry mix, prepared631 pice18025Bread, cracked-wheat251 slice18026Bread, freed, eg101.2" slice18027Bread, freed, wheat201 slice18030Bread, indian, fry, made with lad (Nacajo)201 slice18031Bread, indian, fry, made with lad (Nacajo)241 slice18035Bread, inixed grain (nobacis whole-grain, 7-grain)241 slice18036Bread, inixed grain (nobacis whole-grain, 7-grain)241 slice18037Bread, attract, sosted231 slice18038Bread, attract, sosted231 slice18049Bread, attract, sosted241 slice18041Bread, pring white, enriched241 slice18041Bread, real, r	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
97014Brane showinger (a liver sausage), pork56.72 slaces18070Bread crumbs, dry, grantd, plain28.351 or18071Bread crumbs, dry, grantd, leasond1001.2 cup18082Bread stuffing, bread, dry mix, prepared601 slice18092Bread, combread, grant, prepared from recipe, made with low far (2%) milk651 pice18092Bread, combread, prepared from recipe, made with low far (2%) milk651 pice18092Bread, carsked-wheat251 slice18092Bread, freed or vicna (includes sourdough)501 cli 2* slice18093Bread, freed, brigt, made with lard (Narqio)801 slice18094Bread, freed, sing (includes whole-grain, 7-grain)241 slice18095Bread, mixel-grain (includes whole-grain, 7-grain)241 slice18096Bread, mixel-grain (includes whole-grain, 7-grain)241 slice18097Bread, animed-grain, totasted (includes whole-grain, 7-grain)241 slice18098Bread, animed-freed251 slice18094Bread, animed-freed284 "pina18094Bread, anime, circled284 "pina18094Bread, anime, recipied211 slice18094Bread, rank, enriched211 slice18095Bread, rank, enriched231 slice18096Bread, recipied-clorine, what231 slice18097Bread, recipied-clorine, what231 slice	09050	Blueberries, raw	145	1 cup	9
Binance of the section of the sectin of the section of the section of the sectin	07008	Bologna, beef and pork	56.7	2 slices	10
18376Bread erumbs, dy, mated, seasoned120I cup18082Bread suffing, bread, dy mix, prepared10012 cup18093Bread, obanan, prepared from recipe, made with low fat (2%) mik.601 piece18024Bread, combread, prepared from recipe, made with low fat (2%) mik.631 piece18025Bread, conder-dy, dy mix, prepared641 piece18024Bread, conder-dy bee1 silee18025Bread, conder-dy bee1 silee18026Bread, french or vienna (includes sourdough)251 2' silee18030Bread, Indun, fry, made with lard (Navajo)905' bread18031Bread, indun, fry, made with lard (Navajo)1 601 3 like18033Bread, mixel-grain (includes whole-grain, 7-grain)241 silee18034Bread, prix, white, curiched251 silee18044Bread, prix, white, curiched261 silee18045Bread, prix, white, curiched261 silee18046Bread, prix, white, curiched241 silee18045Bread, reduced-calorie, whet231 silee18046Bread, reduced-calorie, whet241 silee <td>07014</td> <td>Braunschweiger (a liver sausage), pork</td> <td>56.7</td> <td>2 slices</td> <td>6</td>	07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	6
18882Bread surfing, been drown in; prepared1001/2 cup18803Bread, combead, ymis, prepared from recipe, made with low fat (2%) mill601 pice18024Bread, combead, prepared from recipe, made with low fat (2%) mill631 pice18025Bread, combead, prepared from recipe, made with low fat (2%) mill631 pice18026Bread, canbead, prepared from recipe, made with low fat (2%) mill631 pice18027Bread, egg1 sile1 pice18037Bread, frach or vienna (includes sourdough)6010-12' bread18038Bread, indian, fry, made with lard (Navajo)16010-12' bread18039Bread, mixed grain (ncludes whole-grain, 7-grain)21 sile18030Bread, mixed grain (ncludes whole-grain, 7-grain)21 sile18030Bread, mixed grain, toxides (mcludes whole-grain, 7-grain)21 sile18040Bread, pink, white, enriched21 sile18041Bread, pink, white, enriched21 sile18042Bread, pink, white, enriched21 sile18043Bread, pink, white, enriched21 sile18044Bread, redixed-calorie, white21 sile18045Bread, redixed-calorie, white21 sile18046Bread, redixed-calorie, white21 sile18045Bread, redixed-calorie, white21 sile18046Bread, pink, white, enriched21 sile18047Bread, pink, white, enriched	18079	Bread crumbs, dry, grated, plain	28.35	1 oz	12
1809Bread, banan, preparel from recipe, made with margarine60I since18024Bread, combread, prepared from recipe, made with low fat (2%) milk601 picce18025Bread, combread, prepared from recipe, made with low fat (2%) milk631 since18026Bread, achendead, prepared from recipe, made with low fat (2%) milk631 since18027Bread, reckod-wheat251 since1 since18028Bread, frend, or vienna (includes soundough)16010-12" bread1 since18142Bread, Indian, fry, made with land (Navajo)905" bread, and1 since18036Bread, intalin, fry, made with land (Navajo)261 since1 since18036Bread, intalin, fry, made with land (Navajo)241 since1 since18036Bread, intalin, fry, made with land (Navajo)241 since1 since18036Bread, intalin, fry, made with land (Navajo)241 since1 since18036Bread, intalin, fry, made (includes whole-grain, 7-grain)241 since1 since18040Bread, ontraal1 since2 since1 since1 since18041Bread, pinu, white, enriched21 since1 since1 since18041Bread, pinu, white, enriched21 since1 since18045Bread, reduce-disorie, per21 since1 since18046Bread, reduce-disorie, per21 since1 since18046Bread, reduce-disorie, since2 <td< td=""><td>18376</td><td>Bread crumbs, dry, grated, seasoned</td><td>120</td><td>1 cup</td><td>55</td></td<>	18376	Bread crumbs, dry, grated, seasoned	120	1 cup	55
18023 Bread, combread, prepared from recipe, made with low fat (2%) milk 60 1 piece 18024 Bread, combread, prepared from recipe, made with low fat (2%) milk 65 1 slice 18027 Bread, cacakedwheat 25 1 slice 18029 Bread, cacakedwheat 26 1 slice 18021 Bread, forden or vienna (includes sourdough) 26 1 slice 18033 Bread, Indian, fry, made with lard (Navajo) 90 5" bread 18033 Bread, indian, fry, made with lard (Navajo) 26 1 slice 18034 Bread, ainteal, aintain 20 1 slice 1 18035 Bread, ointreal, traus whole-grain, 7-grain) 24 1 slice 1 18040 Bread, ointreal, tonsatch 25 1 slice 1 18041 Bread, ointread, tonsatch 23 1 slice 1 18044 Bread, punt, white, enriched 26 1 slice 1 18044 Bread, punt, white, enriched 23 1 slice 1 18045 Bread, rottex-dotaix tonstowed calorie, white </td <td>18082</td> <td>Bread stuffing, bread, dry mix, prepared</td> <td>100</td> <td>1/2 cup</td> <td>12</td>	18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	12
18024Bread, conduced, prepared from recipe, made with low fat (2%) milk65I piece18025Bread, cacked wheat25I slice18026Bread, cacked wheat25I slice18029Bread, franch or vienna (includes sourdough)1601/2° slice18124Bread, Indian, fy, made with lard (Navajo)905' bread18135Bread, Indian, fy, made with lard (Navajo)901 slice18036Bread, mined-grain (includes whole-grain, 7-grain)261 slice18036Bread, mined-grain (includes whole-grain, 7-grain)261 slice18040Bread, oatmeal271 slice18041Bread, prian (includes whole-grain, 7-grain)241 slice18044Bread, oatmeal, insated (includes whole-grain, 7-grain)261 slice18044Bread, prian (includes whole-grain, 7-grain)261 slice18044Bread, oatmeal271 slice18045Bread, prian, white, enriched284" pina18046Bread, prian, white, enriched284" pina18047Bread, rainin, toasted, concick241 slice18048Bread, raisin, toasted, enriched231 slice18058Bread, reduced-caloric, whet231 slice18069Bread, wheat (neludes whet berry)231 slice18060Bread, wheat, usated (includes whet berry)231 slice18060Bread, white, commercially prepared (includes off bread crumbs)241 slice	18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	8
18025Pread, cracked-wheat251 slice18027Bread, frenk or vierna (includes sourdough)251/2" slice15142Bread, Indian, fry, made with lard (Navajo)16010-1/2" bread15142Bread, Indian, fry, made with lard (Navajo)905" bread15143Bread, Indian, fry, made with lard (Navajo)905" bread18036Bread, mixed-grain (includes whole-grain, 7-grain)261 slice18037Bread, oaimeal, insteid (includes whole-grain, 7-grain)241 slice18039Bread, oaimeal, ionsteid271 slice18040Bread, oaimeal, ionsteid284" pina18041Bread, oaimeal, ionsteid284" pina18041Bread, pina, white, enriched284" pina18041Bread, pina, white, enriched291 slice18045Bread, raisin, costed, enriched201 slice18045Bread, raisin, costed, enriched231 slice18045Bread, raisin, costed, enriched231 slice18055Bread, raisin, costed, enriched231 slice18056Bread, raisin, costed, enriched231 slice18057Bread, raisin, costed (includes wheat berry)231 slice18060Bread, wheat (includes wheat berry)231 slice18061Bread, white, commercially prepared (includes off bread crumbs)241 slice18065Bread, white, commercially prepared, natad151 slice18066B	18023	Bread, cornbread, dry mix, prepared	60	1 piece	12
18027Brad, egg401/2 * slice18029Brad, fuch or vienna (include sourdough)2510° - 1/2 * slice18131Brad, Indian, fry, made with lard (Navajo)905 * bread18033Bread, Indian, fry, made with lard (Navajo)901 slice18035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice18036Bread, mixed-grain, tusted (includes whole-grain, 7-grain)241 slice18030Bread, outmeal, tossted (includes whole-grain, 7-grain)241 slice18040Bread, outmeal, tossted (includes whole-grain, 7-grain)284" pita18041Bread, pita, white, enriched284" pita18042Bread, pita, white, enriched284" pita18044Bread, pita, white, enriched291 slice18045Bread, pita, white, enriched291 slice18046Bread, rupapernickel, lusated231 slice18047Bread, rupapernickel, lusated231 slice18048Bread, rupapernickel, lusated231 slice18059Bread, reduced-calorie, what231 slice18050Bread, reduced-calorie, what231 slice18051Bread, reduced-calorie, what231 slice18052Bread, wheat, tionted fuchudes soft bread erumby251 slice18056Bread, white, commercially prepared, totsted241 slice18061Bread, white, commercially prepared, totsted21 slice18062	18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	16
18029 Bread, refunction vienna (includes sourdough) 25 1/2* slice 18142 Bread, Indian, fry, made with lard (Navajo) 160 1-12* bread 18142 Bread, Indian, fry, made with lard (Navajo) 90 5* bread 18033 Bread, Inixed-grain (includes whole-grain, 7-grain) 26 1 slice 18036 Bread, mixed-grain (includes whole-grain, 7-grain) 26 1 slice 18037 Bread, oatmeal, toasted 27 1 slice 18040 Bread, oatmeal, toasted 27 1 slice 18041 Bread, prink, white, enriched 0 61/2* pita 1 18041 Bread, prink, white, enriched 28 4* pita 1 18041 Bread, risin, northed 20 1 slice 1 18045 Bread, reduced-calorie, spe 23 1 slice 1 18046 Bread, reduced-calorie, whet 23 1 slice 1 18057 Bread, reduced-calorie, whet 23 1 slice 1 18057 Bread, reduced-calorie, whet 2 1 sli	18025	Bread, cracked-wheat	25	1 slice	13
35142Bread, Indian, fry, made with lard (Navajo)16010-1/2" bread35142Bread, Indian, fry, made with lard (Navajo)905" bread38033Bread, initadin, fry, made with lard (Navajo)905" bread38033Bread, nixed-grain (neudes whole-grain, 7-grain)261 slice18036Bread, nixed-grain, toasted (includes whole-grain, 7-grain)241 slice18039Bread, oatmed271 slice18040Bread, oatmed, loasted251 slice18041Bread, pita, white, enriched284" pita18044Bread, punpernickel221 slice18045Bread, punpernickel, loasted291 slice18046Bread, nain, enriched241 slice18047Bread, rainis, notsted, enriched241 slice18048Bread, rainis, toasted, enriched231 slice18055Bread, reduced-calorie, wheat231 slice18060Bread, reduced-calorie, wheat231 slice18065Bread, reduced-calorie, wheat231 slice18065Bread, whet (includes wheat berry)251 slice18066Bread, white, commercially prepared (includes soft bread crumbs)21 slice18075Bread, white, commercially prepared (includes soft bread crumbs)21 slice18069Bread, white, commercially prepared (includes soft bread crumbs)21 slice18075Bread, white, commercially prepared (includes soft bread crumbs)21	18027	Bread, egg	40	1/2" slice	8
S5142Bread, Indian, fry, made with lard (Navajo)905° bread18033Bread, Inikad-grain (includes whole-grain, 7-grain)261 slice18035Bread, mixed-grain, tosated (includes whole-grain, 7-grain)241 slice18039Bread, oatmeal, tosated (includes whole-grain, 7-grain)241 slice18040Bread, oatmeal, tosated271 slice18041Bread, pita, white, enriched606-1/2° pita18041Bread, pita, white, enriched284" pita18044Bread, pita, white, enriched291 slice18045Bread, pumpernickel, toasted241 slice18046Bread, raisin, toasted, enriched241 slice18047Bread, raisin, toasted, enriched231 slice18048Bread, reduced-caloric, wheat231 slice18055Bread, reduced-caloric, wheat231 slice18060Bread, ryc231 slice18061Bread, yre, toasted241 slice18062Bread, wheat, fincludes wheat berry)251 slice18063Bread, wheat, includes wheat berry)251 slice18064Bread, wheat, consercially prepared, toasted241 slice18065Bread, wheat, consercially prepared, toasted21 slice18069Bread, wheat, consercially prepared, includes soft bread crumbs)251 slice18069Bread, wheat, consercially prepared, toasted21 slice18069Bread, wheat,	18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	7
Bread, italian201 slice18035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice18036Bread, mixed-grain, itoasted (includes whole-grain, 7-grain)241 slice18030Bread, oatmeal, toasted271 slice18040Bread, oatmeal, toasted251 slice18041Bread, pita, white, enriched606-1/2" pita18041Bread, pita, white, enriched284" pita18044Bread, pumpernickel, toasted291 slice18045Bread, pumpernickel, toasted291 slice18046Bread, raisin, torached261 slice18047Bread, raisin, toasted, enriched231 slice18048Bread, raisin, toasted, enriched231 slice18055Bread, reduced-calorie, wheat231 slice18056Bread, reduced-calorie, wheat231 slice18067Bread, reduced-calorie, wheat231 slice18068Bread, nye, toasted241 slice18065Bread, wheat, toasted (includes soft bread crumbs)251 slice18066Bread, wheat, toasted (includes soft bread crumbs)251 slice18070Bread, white, conmercially prepared, toasted221 slice18075Bread, white, conmercially prepared, toasted281 slice18076Bread, white, conmercially prepared, toasted281 slice18075Bread, white, conmercially prepared, toasted281 slice <td>35142</td> <td>Bread, Indian, fry, made with lard (Navajo)</td> <td>160</td> <td>10-1/2" bread</td> <td>29</td>	35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	29
18035Bread, mixed-grain, includes whole-grain, 7-grain)26I slice18036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)24I slice18030Bread, oatmeal, toasted1 sliceI slice18040Bread, oatmeal, toasted25I sliceI slice18041Bread, pita, white, enriched204 "pitaI slice18041Bread, pita, white, enriched284 "pitaI slice18041Bread, pumpernickel, toasted29I sliceI slice18045Bread, raisin, enriched24I sliceI slice18046Bread, raisin, toasted, enriched24I sliceI slice18047Bread, raisin, toasted, enriched24I sliceI slice18048Bread, reduced-caloric, wheat23I sliceI slice18053Bread, reduced-caloric, wheat23I sliceI slice18054Bread, yre, toasted24I sliceI slice18055Bread, wheat, toasted (includes soft bread crumb)25I sliceI slice18066Bread, wheat, toasted (includes soft bread crumb)24I sliceI slice18075Bread, whole-wheat, commercially prepared (neduces soft bread crumb)24I sliceI slice18064Bread, while, commercially prepared, toasted24I sliceI slice18075Bread, whole-wheat, commercially repared, toasted24I sliceI slice18066Bread, whee, hobied, drained, without salt	35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	16
18036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice18039Bread, outmeal271 slice18040Bread, outmeal, toasted251 slice18041Bread, pita, white, enriched284" pita18041Bread, pita, white, enriched284" pita18042Bread, pumpernickel, toasted291 slice18043Bread, ruisin, toasted, enriched241 slice18045Bread, ruisin, toasted, enriched241 slice18045Bread, ruisin, toasted, enriched231 slice18056Bread, reduced-caloric, wheat231 slice18057Bread, reduced-caloric, wheat231 slice18058Bread, roluced-caloric, wheat231 slice18059Bread, ruisin, toasted241 slice18061Bread, speit, toasted231 slice18065Bread, wheat (includes wheat berry)251 slice18064Bread, wheat, toasted (includes soft bread crumb)251 slice18065Bread, white, commercially prepared (includes soft bread crumb)251 slice18067Bread, white, commercially prepared, toasted221 slice18067Bread, white, commercially prepared, toasted221 slice18069Bread, white, commercially prepared, toasted231 slice18069Bread, white, commercially prepared, toasted231 slice18070Bread, white, commercially prepared, toasted <td>18033</td> <td>Bread, italian</td> <td>20</td> <td>1 slice</td> <td>5</td>	18033	Bread, italian	20	1 slice	5
18036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice18039Bread, outmeal, toasted271 slice18040Bread, outmeal, toasted251 slice18041Bread, pita, white, enriched284" pita18041Bread, pita, white, enriched281 slice18042Bread, pumpernickel, toasted291 slice18043Bread, ruism, coated, enriched241 slice18044Bread, ruism, coated, enriched241 slice18045Bread, ruism, coated, enriched231 slice18056Bread, reduced-caloric, what231 slice18057Bread, reduced-caloric, what231 slice18058Bread, rotouced-caloric, what231 slice18059Bread, rotouced-saloric, what231 slice18061Bread, ruism, coamercially prepared (includes soft bread crumb)251 slice18054Bread, what (notudes wheat berry)251 slice18055Bread, white, commercially prepared (includes soft bread crumb)251 slice18056Bread, white, commercially prepared, toasted221 slice18057Bread, white, commercially prepared, toasted221 slice18058Bread, white, commercially prepared, toasted231 slice18059Bread, white, commercially prepared, toasted231 slice18059Bread, white, commercially prepared, toasted231 slice18050Bread	18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	14
1804Bread, oatmeal, toasted251 slice18041Bread, pita, white, enriched606-1/2" pita18041Bread, pita, white, enriched284" pita18044Bread, pumpernickel, toasted284" pita18045Bread, pumpernickel, toasted201 slice18047Bread, raisin, enriched261 slice18048Bread, raisin, toasted, enriched241 slice18053Bread, reduced-caloric, yee231 slice18054Bread, reduced-calorie, wheat231 slice18055Bread, reduced-calorie, wheat231 slice18064Bread, reduced-calorie, wheat231 slice18055Bread, wheat (includes wheat berry)231 slice18064Bread, wheat (includes wheat berry)231 slice18065Bread, white, commercially prepared (includes soft bread crumbs)251 slice18076Bread, white, commercially prepared (includes soft bread crumbs)1 slice118076Bread, white, commercially prepared, toasted21 slice18076Bread, white, commercially prepared, toasted1 slice1807Brecoli, cooked, boiled, d	18036		24	1 slice	14
18040Bread, outmeal, toasted25I slice18041Bread, puit, white, enriched606-1/2" pita18041Bread, puit, white, enriched284" pita18044Bread, puipernickel, foasted281 slice18045Bread, puipernickel, toasted201 slice18047Bread, raisin, enriched261 slice18048Bread, raisin, toasted, enriched241 slice18053Bread, reduced-caloric, we231 slice18054Bread, reduced-caloric, wheat231 slice18055Bread, reduced-caloric, wheat231 slice18064Bread, reduced-caloric, wheat231 slice18055Bread, reduced-caloric, wheat231 slice18064Bread, wheat (includes wheat berry)251 slice18065Bread, wheat (includes wheat berry)251 slice18066Bread, white, commercially prepared (includes soft bread crumbs)2 slice1 slice18076Bread, white, commercially prepared, toasted21 slice18076Bread, white, commercially prepared, toasted21 slice18076Bread, white, commercially prepared, toasted21 slice18076Bread, whole-wheat, commercially prepared, toasted21 slice18076Bread, whole-wheat, commercially prepared, toasted21 slice18076Bread, whole-wheat, commercially repared, toasted161 spear18076Bread, whole-wheat, commer	18039		27	1 slice	10
18041Bread, pita, white, enriched606-12" pita18041Bread, pita, white, enriched284" pita18044Bread, pumpernickel, toasted221 slice18045Bread, numpernickel, toasted291 slice18047Bread, raisin, noasted, enriched241 slice18048Bread, raisin, toasted, enriched241 slice18055Bread, reduced-calorie, wheat231 slice18056Bread, reduced-calorie, wheat231 slice18057Bread, reduced-calorie, white231 slice18060Bread, rye221 slice18061Bread, rye, toasted241 slice18065Bread, rye, toasted241 slice18066Bread, wheat (includes wheat berry)251 slice18069Bread, white, commercially prepared (includes soft bread crumbs)251 slice18070Bread, white, commercially prepared (includes soft bread crumbs)2 slice1 slice18071Bread, white, commercially prepared, toasted21 slice18075Bread, white, commercially prepared, toasted21 slice18076Bread, whole-wheat, commercially prepared, toasted21 slice18076Bread, whole-wheat, commerciall		Bread, oatmeal, toasted	25	1 slice	10
18041Bread, pia, white, enriched284" pia18044Bread, pumpernickel321 slice18045Bread, pumpernickel, toasted291 slice18047Bread, raisin, enriched261 slice18048Bread, raisin, toasted, enriched241 slice18055Bread, reduced-calorie, rye231 slice18056Bread, reduced-calorie, wheat231 slice18057Bread, reduced-calorie, wheat231 slice18068Bread, rye toasted241 slice18069Bread, rye toasted241 slice18064Bread, vye toasted241 slice18065Bread, wheat (includes wheat berry)251 slice18069Bread, white, commercially prepared (includes soft bread crumbs)251 slice18070Bread, whole-wheat, commercially prepared, toasted251 slice18071Bread, whole-wheat, commercially prepared, toasted251 slice18072Bread, whole-wheat, commercially prepared, toasted251 slice18073Bread, whole-wheat, commercially prepared, toasted371 slice18074Brecoli, cooked, boiled, drained, without salt1641 cup<	18041		60	6-1/2" pita	16
18044Bread, purpernickel, toasted32I slice18045Bread, purpernickel, toasted291 slice18047Bread, raisin, toasted, enriched261 slice18048Bread, raisin, toasted, enriched241 slice18053Bread, reduced-calorie, rye231 slice18055Bread, reduced-calorie, what231 slice18056Bread, reduced-calorie, what321 slice18057Bread, reduced-calorie, what231 slice18060Bread, rye321 slice18061Bread, rye, toasted241 slice18065Bread, wheat (includes wheat berry)251 slice18066Bread, wheat, consted (includes soft bread crumbs)251 slice18069Bread, white, commercially prepared (includes soft bread crumbs)251 slice18070Bread, white, commercially prepared, toasted221 slice18075Bread, white, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18075Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18077Bread, whole-wheat, commercially prepared, toasted251 slice <t< td=""><td>18041</td><td>-</td><td>28</td><td>-</td><td>7</td></t<>	18041	-	28	-	7
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		-		•	28
20010 Buckwheat groats, roasted, cooked 168 1 cup				•	301
	20010	Buckwheat groats, roasted, cooked	168	l cup	86

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20013	Bulgur, cooked	182	1 cup	58
20012	Bulgur, dry	140	1 cup	230
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	19
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	12
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12
11109	Cabbage, raw	70	1 cup	11
11112	Cabbage, red, raw	70	1 cup	11
11114	Cabbage, savoy, raw	70	1 cup	20
18086	Cake, angelfood, commercially prepared	28	1 piece	3
18088	Cake, angelfood, dry mix, prepared	50	1 piece	4
18090	Cake, boston cream pie, commercially prepared	92	1 piece	6
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	22
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	30
18110	Cake, fruitcake, commercially prepared	43	1 piece	7
18116	Cake, gingerbread, prepared from recipe	74	1 piece	52
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	15
18120	Cake, pound, commercially prepared, butter	28	1 piece	3
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	3
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	10
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	21
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	3
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	11
18133	Cake, sponge, commercially prepared	30	1 shortcake	3
18134	Cake, sponge, prepared from recipe	63	1 piece	6
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	13
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	19
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	4
19074	Candies, caramels	10.1	1 piece	2
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	2
19071	Candies, carob	28.35	l oz	10
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	6
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	10
19104	Candies, fudge, vanilla with nuts	15	1 piece	4
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	1
19107	Candies, hard	3	1 small piece	0
19107	Candies, hard	6	1 piece	0
19108	Candies, jellybeans	28.35	10 large	1
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	16
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	2
9140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	15
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	21
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	41
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	1
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	28
19126	Candies, milk chocolate coated peanuts	40	10 pieces	38
19127	Candies, milk chocolate coated raisins	10	10 pieces	5
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	37
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	23
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	4
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	28
19080	Candies, semisweet chocolate	168	1 cup	193
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	3
19087	Candies, white chocolate	170	1 cup	20
09060	Carambola, (starfruit), raw	91	1 fruit	9
09060	Carambola, (starfruit), raw	108	1 cup	11
14121	Carbonated beverage, club soda	355	12 fl oz	4
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
14416	Carbonated beverage, grape sour Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	4
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	4
14150	Carbonated beverage, orange	372	12 fl oz	4
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	4
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	4
16055	Carob flour	8	1 tbsp	4
11655	Carrot juice, canned	236	1 cup	33
11960	Carrots, baby, raw	10	1 medium	1
11128	Carrots, canned, regular pack, drained solids	146	1 cup	12
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12
11123	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16
11124	Carrots, raw	72	1 carrot	9
11124	Carrots, raw	110	1 cup	13
11935	Catsup	6	1 packet	1
11935	Catsup	15	1 tbsp	3
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	11
		54	3 flowerets	5
11136	Cauliflower, cooked, boiled, drained, without salt			
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	16
11135	Cauliflower, raw	13	1 floweret	2
11135	Cauliflower, raw	100	1 cup	15
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	5
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	18
11143	Celery, raw	120	1 cup	13
11143	Celery, raw	40	1 stalk	4
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	20
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	40

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	6
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	39
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	8
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	8
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	8
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	11
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	8
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	32
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	32
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	8
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	16
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	40
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	16
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	9
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	8
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	40
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	4
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	24
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	32
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	39
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	109
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	17
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	12
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	41
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	3
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	2
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	7
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	10
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	2
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	65
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	16
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	83
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	8
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	7
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	16
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	19
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	60
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	15
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	15
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	15
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	60
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	43

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	55
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	28
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	31
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	23
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	17
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	61
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	12
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	12
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	7
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	12
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	10
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	5
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	41
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	56
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	10
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	39
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	28
08143	Cereals, WHEATENA, cooked with water	243	l cup	49
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	9
01164	Cheese sauce, prepared from recipe	243	l cup	46
01048 01004	Cheese spread, pasteurized process, american, without di sodium phosphate Cheese, blue	28.35 28.35	l oz l oz	8 7
01004	Cheese, camembert	38	1 wedge	8
01007	Cheese, cheddar	28.35	1 wedge	8
01009	Cheese, cottage, creamed, large or small curd	28.55	1 cup	o 11
01012	Cheese, cottage, creamed, raige of small curd Cheese, cottage, creamed, with fruit	226	1 cup	16
01015	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	10
01015	Cheese, cottage, lowfat, 2% milkfat	226	l cup	14
01013	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	l cup	6
01017	Cheese, cream	14.5	1 tbsp	1
01186	Cheese, cream, fat free	15.6	1 tbsp	2
01019	Cheese, feta	28.35	l oz	5
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	5
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	7
01026	Cheese, mozzarella, whole milk	28.35	1 oz	6
01030	Cheese, muenster	28.35	1 oz	8
01031	Cheese, neufchatel	28.35	1 oz	2
01032	Cheese, parmesan, grated	5	1 tbsp	2
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	8
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	8
01035	Cheese, provolone	28.35	l oz	8
01037	Cheese, ricotta, part skim milk	246	1 cup	37

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	27
01040	Cheese, swiss	28.35	1 oz	11
18147	Cheesecake commercially prepared	80	1 piece	9
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	15
09070	Cherries, sweet, raw	68	10 cherries	7
22906	Chicken pot pie, frozen entree	217	1 small pie	24
07017	Chicken roll, light meat	56.7	2 slices	11
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	34
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	29
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	25
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	21
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	14
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	11
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	11
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	20
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	24
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	3
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	18
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	12
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	8
05277	Chicken, canned, meat only, with broth	142	5 oz	17
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	5
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	31
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	70
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	79
22904	Chili con carne with beans, canned entree	222	1 cup	64
11156	Chives, raw	3	1 tbsp	1
14181	Chocolate syrup	18.75	1 tbsp	12
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	21
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	48
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	31
14192	Cocoa mix, powder	28.35	3 heaping tsp	24
14194	Cocoa mix, powder, prepared with water	206	1 serving	25
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	33
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	27
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	5
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	48
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	5
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	14
11159	Coleslaw, home-prepared	120	1 cup	12
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	38
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	51
18151	Cookies, brownies, commercially prepared	56	1 brownie	17
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	5
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	3
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	9
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	5
18170	Cookies, fig bars	16	1 cookie	4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	25
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	17
18177	Cookies, molasses	15	1 cookie, medium	8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	8
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	5
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	7
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	8
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	3
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	2
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	2
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	2
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	1
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	25
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	44
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	48
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	25
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	46
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	18
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	55
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	68
20020	Cornmeal, whole-grain, yellow	122	1 cup	155
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	13
20028	Couscous, dry	173	1 cup	76
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	86
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	85
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	67
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	l cup	91
18214	Crackers, cheese, regular	10	10 crackers	4
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	4
18217	Crackers, matzo, plain	28.35	1 matzo	7
18220	Crackers, melba toast, plain	20	4 pieces	12

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	13
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	3
18229	Crackers, standard snack-type, regular	12	4 crackers	3
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	3
18232	Crackers, wheat, regular	8	4 crackers	5
18235	Crackers, whole-wheat	16	4 crackers	16
14242	Cranberry juice cocktail, bottled	253	8 fl oz	3
09081	Cranberry sauce, canned, sweetened	57	1 slice	2
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01049	Cream, fluid, half and half	15	1 tbsp	2
01053	Cream, fluid, heavy whipping	15	1 tbsp	1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1
01052	Cream, fluid, light whipping	15	1 tbsp	1
01056	Cream, sour, cultured	12	1 tbsp	1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	2
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	9
18243	Croutons, seasoned	40	1 cup	17
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	54
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	37
15141	Crustaceans, crab, blue, canned	135	1 cup	53
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	28
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	20
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	30
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	28
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	18
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	34
11206	Cucumber, peeled, raw	119	1 cup	14
11206	Cucumber, peeled, raw	280	1 large	34
11205	Cucumber, with peel, raw	104	1 cup	14
11205	Cucumber, with peel, raw	301	1 large	39
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	25
18245	Danish pastry, cheese	71	1 danish	11
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	11
09087	Dates, deglet noor	178	1 cup	77
09087	Dates, deglet noor	41.5	5 dates	18
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
02045	Dill weed, fresh	1	5 sprigs	1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	3
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	13
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	3
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	44
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	15

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	6
01124	Egg, white, raw, fresh	33.4	1 large	4
01128	Egg, whole, cooked, fried	46	1 large	6
01129	Egg, whole, cooked, hard-boiled	50	1 large	5
01131	Egg, whole, cooked, poached	50	1 large	6
01132	Egg, whole, cooked, scrambled	61	1 large	7
01123	Egg, whole, raw, fresh	44	1 medium	5
01123	Egg, whole, raw, fresh	58	1 extra large	7
01123	Egg, whole, raw, fresh	50	1 large	6
01125	Egg, yolk, raw, fresh	16.6	1 large	1
01057	Eggnog	254	1 cup	48
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	11
11213	Endive, raw	50	1 cup	8
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	14
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	15
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	22
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	25
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	25
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	40
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	42
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	44
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	34
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	33
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	30
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	20
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	35
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	27
21042	Fast foods, chili con carne	253	1 cup	46
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	63
21043	Fast foods, clams, breaded and fried	115	3/4 cup	31
21127	Fast foods, coleslaw	99	3/4 cup	9
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23
21015	Fast foods, danish pastry, cheese	91	1 pastry	15
21017	Fast foods, danish pastry, fruit	94	1 pastry	14
21074	Fast foods, enchilada, with cheese	163	1 enchilada	51
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	23
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	37
21024	Fast foods, french toast sticks	141	5 sticks	27
21077	Fast foods, frijoles with cheese	167	1 cup	85
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	50
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	45
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	23
21118	Fast foods, hotdog, plain	98	1 sandwich	13
21119	Fast foods, hotdog, with chili	114	1 sandwich	10
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	18
21129	Fast foods, hush puppies	78	5 pieces	16

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	15
21078	Fast foods, nachos, with cheese	113	6-8 nachos	55
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	16
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	49
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	29
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	46
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	57
21139	Fast foods, potato, mashed	80	1/3 cup	14
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	16
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	31
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	24
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	33
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	39
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	68
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	67
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	79
21033	Fast foods, sundae, hot fudge	158	1 sundae	33
21082	Fast foods, taco	263	1 large	108
21082	Fast foods, taco	171	1 small	70
21083	Fast foods, taco salad	198	1-1/2 cups	51
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	68
09094	Figs, dried, uncooked	38	2 figs	26
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	23
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	35
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	26
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	8
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	16
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	74
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	49
15034	Fish, haddock, cooked, dry heat	150	1 fillet	75
15034	Fish, haddock, cooked, dry heat	85	3 oz	43
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	170
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	91
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	7
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	33
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	20
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	62
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	44
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	29
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	51
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	15
15077	Fish, salmon, chinook, smoked	85.05	3 oz	15
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	29
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	26
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	48
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	33
15111	Fish, swordfish, cooked, dry heat	106	1 piece	36
15111	Fish, swordfish, cooked, dry heat	85	3 oz	29

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	27
15128	Fish, tuna salad	205	1 cup	39
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	26
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	23
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	28
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	54
07022	Frankfurter, beef	45	1 frank	6
07023	Frankfurter, beef and pork	45	1 frank	5
07024	Frankfurter, chicken	45	1 frank	5
18268	French toast, frozen, ready-to-heat	59	1 slice	10
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	11
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	8
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	1
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	19
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	10
19294	Fruit butters, apple	17	1 tbsp	1
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	12
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	17
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	7
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	15
11215	Garlic, raw	3	1 clove	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1
14277	Grape drink, canned	250	8 fl oz	3
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	25
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	10
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	32
09404	Grapefruit juice, pink, raw	247	1 cup	30
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	l cup l cup	25 27
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	79
09123	Grapefruit juice, white, raw	247	1 cup	30
09128	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	30 11
09112	Grapefruit, raw, white, all areas	125	1/2 grapefruit	11
09118	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	25
09121	Grapes, red or green (european type varieties, such as, Thompson	50	10 grapes	4
09132	seedless), raw Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	11
06116	Gravy, beef, canned	58.25	1/4 cup	1
06119	Gravy, chicken, canned	59.5	1/4 cup	1

Content per NDB No Description Weight (g) **Common Measure** Measure Gravy, mushroom, canned 06121 59.6 1/4 cup 1 06800 Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-62 1/4 cup 3 serve 06125 Gravy, turkey, canned 59.6 1/4 cup 1 07027 Ham, chopped, not canned 21 2 slices 3 07028 56.7 10 Ham, sliced, extra lean 2 slices 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 12 22402 HEALTHY CHOICE Beef Macaroni, frozen entree 240 1 package 36 11961 Hearts of palm, canned 33 1 piece 13 19296 21 1 tbsp Honey 0 02055 Horseradish, prepared 5 1 tsp 1 16158 Hummus, commercial 14 1 tbsp 10 19270 Ice creams, chocolate 66 1/2 cup 19 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 10 19095 Ice creams, vanilla 1/2 cup 9 66 19088 Ice creams, vanilla, light 66 1/2 cup 9 19089 Ice creams, vanilla, rich 74 1/2 cup 8 19297 Jams and preserves 20 1 tbsp 19300 Jellies 19 1 tbsp 1 11226 Jerusalem-artichokes, raw 150 1 cup 26 11234 Kale, cooked, boiled, drained, without salt 130 23 1 cup Kale, frozen, cooked, boiled, drained, without salt 130 23 11236 1 cup 18505 KELLOGG'S Eggo Lowfat Homestyle Waffles 35 1 waffle 24 09148 Kiwi fruit, (chinese gooseberries), fresh, raw 76 1 medium 13 Kohlrabi, cooked, boiled, drained, without salt 31 11242 165 1 cup Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, 17012 85 3 oz 20 trimmed to 1/4" fat, choice, cooked, roasted 17014 Lamb, domestic, leg, whole (shank and sirloin), separable lean only, 3 oz 22 85 trimmed to 1/4" fat, choice, cooked, roasted Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, 17024 85 3 oz 20 choice, cooked, broiled 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, 85 3 oz 24 cooked, broiled 17031 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, 3 oz 17 85 choice, cooked, roasted 17034 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, 3 oz 20 85 cooked, roasted 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" 85 3 oz 22 fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" 17048 3 oz 25 85 fat, choice, cooked, braised Lard 04002 12.8 1 tbsp 0 18369 Leavening agents, baking powder, double-acting, sodium aluminum 4.6 1 tsp 1 sulfate 18370 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 2 18371 5 Leavening agents, baking powder, low-sodium 1 tsp 1 18372 Leavening agents, baking soda 4.6 1 tsp 0 18373 Leavening agents, cream of tartar 3 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 4 1 tsp 4 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 7 7 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 15 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without 104 1 cup salt

Content per NDB No Description Weight (g) **Common Measure** Measure 09153 Lemon juice, canned or bottled 15.2 1 1 tbsp 09153 Lemon juice, canned or bottled 244 20 1 cup 47 3 09152 Lemon juice, raw juice of 1 lemon 14293 248 8 fl oz 5 Lemonade, frozen concentrate, white, prepared with water 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 2 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 3 09150 Lemons, raw, without peel 58 1 lemon 5 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 71 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 1 1 head 21 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 11251 10 1 leaf Lettuce, cos or romaine, raw 1 11251 Lettuce, cos or romaine, raw 56 1 cup 8 11253 Lettuce, green leaf, raw 10 1 leaf 1 11253 Lettuce, green leaf, raw 56 1 cup 7 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 38 11252 Lettuce, iceberg (includes crisphead types), raw 8 1 medium 1 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 4 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 180 1 cup 101 without salt 71 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, 170 1 cup drained, without salt 16073 Lima beans, large, mature seeds, canned 241 94 1 cup Lima beans, large, mature seeds, cooked, boiled, without salt 188 81 16072 1 cup 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 1 09161 Lime juice, canned or bottled, unsweetened 246 17 1 cup 09160 Lime juice, raw 38 juice of 1 lime 3 22247 Macaroni and Cheese, canned entree 2.52 23 1 cup 20100 Macaroni, cooked, enriched 140 25 1 cup 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 20 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 45 with whole milk 21 4-5 heaping tsp 14309 Malted drink mix, natural, with added nutrients, powder 14 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 40 whole milk 09176 165 15 Mangos, raw 1 cup 207 09176 19 Mangos, raw 1 mango 04611 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 0 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 0 04585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0 Margarine-like spread, (approximately 40% fat), unspecified oils 04128 4.8 1 tsp 0 09181 69 1/8 melon 8 Melons, cantaloupe, raw 09181 Melons, cantaloupe, raw 160 1 cup 19 09184 Melons, honeydew, raw 160 1/8 melon 16 09184 Melons, honeydew, raw 170 1 cup 17 01110 Milk shakes, thick chocolate 300 10.6 fl oz 48 Milk shakes, thick vanilla 313 11 fl oz 38 01111 01094 Milk, buttermilk, dried 6.5 1 tbsp 7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	27
01095	Milk, canned, condensed, sweetened	306	1 cup	80
01097	Milk, canned, evaporated, nonfat	256	1 cup	69
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	60
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	33
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	35
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	33
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	27
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	27
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	27
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	27
01077	Milk, whole, 3.25% milkfat	244	1 cup	24
16112	Miso	68.75	1 cup	33
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	15
15157	Mollusks, clam, mixed species, raw	85	3 oz	8
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	49
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	39
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	55
18274	Muffins, blueberry, commercially prepared	57	1 muffin	9
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	9
18279	Muffins, corn, commercially prepared	57	1 muffin	18
18280	Muffins, corn, dry mix, prepared	50	1 muffin	11
18283	Muffins, oat bran	57	1 muffin	89
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	7
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	17
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	22
11264	Mushrooms, canned, drained solids	156	1 cup	23
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	19
11260	Mushrooms, raw	70	1 cup	6
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	5
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	2
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	4
09191	Nectarines, raw	136	1 nectarine	12
20113	Noodles, chinese, chow mein	45	1 cup	23
20110	Noodles, egg, cooked, enriched	160	1 cup	34
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38
12061	Nuts, almonds	28.35	1 oz (24 nuts)	78
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	107
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	74
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	77
12167	Nuts, chestnuts, european, roasted	143	1 cup	47
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	47
12104	Nuts, coconut meat, raw	45	1 piece	14
12120	Nuts, hazelnuts or filberts	28.35	1 oz	46
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	33

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	64
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	67
12142	Nuts, pecans	28.35	1 oz (20 halves)	34
12147	Nuts, pine nuts, dried	8.6	1 tbsp	22
12147	Nuts, pine nuts, dried	28.35	1 oz	71
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	34
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	45
20034	Oat bran, cooked	219	1 cup	88
20033	Oat bran, raw	94	1 cup	221
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	58
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	94
09193	Olives, ripe, canned (small-extra large)	22	5 large	1
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	11
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	10
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	23
11284	Onions, dehydrated flakes	5	1 tbsp	5
11282	Onions, raw	14	1 slice	1
11282	Onions, raw	110	1 whole	11
11282	Onions, raw	160	1 cup	16
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	3
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	20
09207	Orange juice, canned, unsweetened	249	1 cup	27
09209	Orange juice, chilled, includes from concentrate	249	1 cup	27
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	25
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	72
09206	Orange juice, raw	248	1 cup	27
09206	Orange juice, raw	86	juice from 1 orange	9
09200	Oranges, raw, all commercial varieties	180	1 cup	18
09200	Oranges, raw, all commercial varieties	131	1 orange	13
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	5
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	8
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	8
09226	Papayas, raw	140	1 cup	14
09226	Papayas, raw	304	1 papaya	30
11297	Parsley, raw	10	10 sprigs	5
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	45
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	35
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	5
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	13

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	17
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	7
09246	Peaches, dried, sulfured, uncooked	39	3 halves	16
09250	Peaches, frozen, sliced, sweetened	250	1 cup	13
09236	Peaches, raw	98	1 peach	9
09236	Peaches, raw	170	1 cup	15
16097	Peanut butter, chunk style, with salt	16	1 tbsp	26
16098	Peanut butter, smooth style, with salt	16	1 tbsp	25
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	50
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	50
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	50
09340	Pears, asian, raw	122	1 pear	10
09340	Pears, asian, raw	275	1 pear	22
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	11
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	3
09254	Pears, canned, juice pack, solids and liquids	76	1 half	5
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	17
09252	Pears, raw	166	1 pear	12
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	42
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	45
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	29
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	35
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	71
11670	Peppers, hot chili, green, raw	45	1 pepper	11
11819	Peppers, hot chili, red, raw	45	1 pepper	10
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	14
11333	Peppers, sweet, green, raw	10	1 ring	1
11333	Peppers, sweet, green, raw	119	1 pepper	12
11333	Peppers, sweet, green, raw	149	1 cup	15
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	14
11821	Peppers, sweet, red, raw	119	1 pepper	14
11821	Peppers, sweet, red, raw	149	1 cup	18
11945	Pickle relish, sweet	15	1 tbsp	1
11937	Pickles, cucumber, dill	65	1 pickle	7
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	43
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	23
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	25
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	1
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	5
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	8
18302	Pie, apple, prepared from recipe	155	1 piece	11
18305	Pie, blueberry, commercially prepared	117	1 piece	6
18306	Pie, blueberry, prepared from recipe	147	1 piece	12
18308	Pie, cherry, commercially prepared	117	1 piece	9
18309	Pie, cherry, prepared from recipe	180	1 piece	16
18310	Pie, chocolate creme, commercially prepared	113	1 piece	24
18316	Pie, coconut custard, commercially prepared	104	1 piece	19

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	13
18319	Pie, fried pies, fruit	128	1 pie	13
18320	Pie, lemon meringue, commercially prepared	113	1 piece	17
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	8
18324	Pie, pecan, commercially prepared	113	1 piece	20
18325	Pie, pecan, prepared from recipe	122	1 piece	32
18326	Pie, pumpkin, commercially prepared	109	1 piece	16
18327	Pie, pumpkin, prepared from recipe	155	1 piece	29
11943	Pimento, canned	12	1 tbsp	1
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	15
14341	Pineapple and orange juice drink, canned	250	8 fl oz	15
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	30
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	41
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	8
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	35
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	7
09266	Pineapple, raw, all varieties	155	1 cup	19
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	14
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	20
09278	Plantains, cooked	154	1 cup	49
09277	Plantains, raw	179	1 medium	66
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	13
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	20
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	4
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	45
09291	Plums, dried (prunes), uncooked	42	5 prunes	17
09279	Plums, raw	66	1 plum	5
07065	Pork and beef sausage, fresh, cooked	26	2 links	3
07064	Pork Sausage, Fresh, Cooked	26	2 links	4
07064	Pork Sausage, Fresh, Cooked	27	1 patty	5
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	6
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	10
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	17
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	16
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	19
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	18
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	19
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	21
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	21
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	25
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	23
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	27
10047 10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, center rib (roasts), bone-in, separable lean only,	85 85	3 oz 3 oz	18 19
10031	cooked, roasted	00	5.02	19

brand brank of the barder of the	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
Port, fach, goulder, am picnic, separable lean and fat, cooked, braised853 or610078Port, fach, shoulder, am picnic, separable lean and fat, cooked, braised853 or2010089Port, fach, shoulder, am picnic, separable lean and fat, cooked, braised853 or20101072Potato paracker761 paracker77111079Potato parable, face, orce-heated7910 patifa7811140Potato parable, face, orce-heated2021 potato7711138Potatos, face, face, potent stati2451 cup7911137Potatos, skade, face, whithout salt1561 potato3011561Potatos, skade, face, whithout salt1561 potato3011573Potatos, skade, face, whithout salt1561 cup3111574Potatos, back, face, whithout salt1561 cup3111574Potatos, back, face, whithout salt1561 cup3211575Potatos, hoshel, foce, whithout salt1561 cup3211576Potatos, hoshel forw, fnoren, ping, prepared201 cup3211577Potatos, hoshel forw, nhome-prepared form hales without milk, prepared, whithout salt2161 cup3511578Potatos, hoshel forw, fnoren, ping, prepared291 cup3211579Potatos, hoshel forw, fnoren, ping, prepared2101 cup341157Potatos, hoshel forw, nhome-prepared, whithout milk, and an argan milk, and and an argan m	10205		85	3 oz	14
10075Pork, fresh, spurable lean and fat, cooked, braised853 oz910089Pork, fresh, spurable lean and fat, cooked, braised853 oz2010172Potato paracles7910 purfs7311840Potato paracles7910 purfs7311841Potato purfs, frozen, oven-heated2021 potato7311845Potato, shad, fish and skin, without salt2021 potato7311845Potatos, sa grafin, frozen, coven-heated from roccipe using buter2451 cop7411837Potatos, kade, dish, without salt361 potato7911846Potatos, kade, dish, without salt1361 potato7011847Potatos, bolide, cocked without sin, fiesh, without salt1361 potato7011847Potatos, bolide, cocked without sin, fiesh, without salt1561 cup3111840Potatos, bolide, cocked without sin, fiesh, without salt1561 cup3211847Potatos, bashed brown, frozen, paira, prepared2101 cup4011847Potatos, hashed brown, frozen, paira, prepared2101 cup4011847Potatos, maked, home-prepared with water, whole milk and2101 cup4011848Potatos, hashed brown, frozen, paira, divide in mocessing, frozen, home261 cup4011847Potatos, hashed brown, frozen, paira, divide in mocessing, frozen, home261 cup4011847Potatos, hashed, home-prepared with b	10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked,	85	3 oz	16
11072Porto parakkes761 paneake2711399Porto purst, frozen, oven-heated7910 purls131144Porto bande, Increpared2501 cup3811674Portoc, baked, Besh and skin, without salt2021 portato5711385Portocs, arguin, dry mrs, prepared with water, whole milk and2451 cup4711373Portocs, baked, Besh without salt1561 portato5911363Portocs, baked, Besh without salt1561 portato5011364Portocs, baked, Besh without salt1361 portato7011367Portocs, baked, Besh without salt1361 portato7011367Portocs, baked, Besh without salt1361 portato7111367Portocs, baked, Besh without salt1561 cup3111483Portocs, baked, Besh without salt1561 cup5111370Portocs, baked, Besh without salt1561 cup5211370Portocs, baked brown, frozen, porgened1561 cup3211371Portocs, baked, Besh without salt2101 cup3811371Portocs, salloaded in processing, frozen, home-5010 strips3111381Portocs, salloaded in processing, frozen, home-501 cup3411370Portocs, salloaded in whoir walt, whole wilk and margarine added2101 cup3811371Portocs, salloaded, drip walt, whole wilk and margarine added210<	10078		85	3 oz	19
11399Potato puffs, frozen, oven-heated7910 puffs1311414Potato salad, home-prepared2501 cup3811414Potato salad, home-prepared with water, whole milk and2451 cup3711383Potatoes, au gratin, home-prepared from recipe using butter2451 cup4911363Potatoes, au gratin, home-prepared from recipe using butter2451 cup4911364Potatoes, kaded, sin, without salt1561 potato3011375Potatoes, kaded, sin, without salt1361 potato3011367Potatoes, koiled, cooked in kin, flesh, without salt1361 potato3011370Potatoes, koiled, cooked in kin, flesh, without salt1361 cup3111403Potatoes, koiled, cooked without skin, flesh, without salt1561 cup3111404Potatoes, koiled, cooked without skin, flesh, without salt1561 cup3111403Potatoes, koiled, cooked without skin, flesh, without salt2101 cup3211370Potatoes, nashed, home-prepared from flakes without milk, whole milk and huter added2101 cup3411371Potatoes, nashed, home-prepared with batter, whole milk and butter2451 cup3411372Potatoes, grandped, drymix, prepared with batter, whole milk and butter2451 cup3411371Potatoes, grandped, drymix, prepared with batter, whole milk and butter2451 cup3411372Potatoes, suble	10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	20
11414Potato salad, home-prepared2501 cup3811644Potato, baked, flesh and skin, without slit021 potato0711850Potatoes, aug min, home-prepared with water, whole milk and Dutter251 cup4911361Potatoes, baked, flesh, without salt1561 potato3911864Potatoes, baked, flesh, without salt1561 potato3011875Potatoes, boled, cooked without skin, flesh, without salt1361 potato3011876Potatoes, boled, cooked without skin, flesh, without salt1351 potato3011877Potatoes, boled, cooked without skin, flesh, without salt1561 cup3111878Potatoes, hashed norm, forcen, plain, prepared901 potato3011870Potatoes, hashed horm, forcen, plain, prepared921 patry511870Potatoes, hashed, debydarated, prepared from flakes without milk, buter2101 cup3811871Potatoes, mashed, debydarated, prepared from flakes without milk, buter2101 cup3411870Potatoes, mashed, debydarated, prepared with water, whole milk and buter2451 cup3411871Potatoes, mashed, home-prepared with butter2451 cup3611872Potatoes, mashed, home-prepared with butter2451 cup3611874Potatoes, mashed, home-prepared with 2% milk1471 2 cup3611874Potatoes, mashed, home-prepared with 2% milk40	11672	Potato pancakes	76	1 pancake	27
11074Potatos, baked, fiesh and skin, without salt2021 potato5711385Potatoes, au grain, dry mix, prepared with water, whole milk and2451 cup4711373Potatoes, au grain, home-prepared from recipe using butter2451 cup4911364Potatoes, baked, fiesh, without salt1561 potatoo3911365Potatoes, baked, sin, without salt1361 potatoo3011367Potatoes, boiled, cooked without skin, flesh, without salt1361 potatoo3011367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup3111403Potatoes, holed, cooked without skin, flesh, without salt1561 cup3111403Potatoes, holed, cooked without skin, flesh, without salt1561 cup3511370Potatoes, hashed, divora, froern, plain, prepared2101 cup3811371Potatoes, hashed, divorated, prepared from flakes without milk, 2101 cup4011371Potatoes, mashed, home-prepared, whole milk added2101 cup4011372Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup4011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup3811371Potatoes, mashed, home-prepared, whole milk and 251 cup3611372Potatoes, mashed, home-prepared, whole milk and 42101 cup3611372Potatoes, mashed, home-prepared, with water, whole milk and 42 <td>11399</td> <td>Potato puffs, frozen, oven-heated</td> <td>79</td> <td>10 puffs</td> <td>13</td>	11399	Potato puffs, frozen, oven-heated	79	10 puffs	13
11383Potates, au gratin, dy mix, prepared with water, whole milk and butter245I cup37 cup11373Potates, au gratin, home-prepared from recipe using butter245I cup4911364Potates, baked, fiesh, without salt156I potato3911375Potates, boiled, cooked without skin, fiesh, without salt136I potato3011367Potates, boiled, cooked without skin, fiesh, without salt135I potato3711367Potates, boiled, cooked without skin, fiesh, without salt156I cup3111370Potates, hande brown, foren, plain, prepared29I party511371Potates, hande brown, foren, prepared20I cup3211371Potates, mashed, home-prepared20I cup3411371Potates, mashed, home-prepared, whole milk and grating in galaxing in cup32323311372Potates, mashed, home-prepared, whole milk and grating in galaxing in cup34343411371Potates, mashed, home-prepared, whole milk and grating in galaxing in cup34343411372Potates, standed, diverter added210I cup3411372Potates, standed, diverter added210I cup3411372Potates, standed, home-prepared, whole milk and galaxing in cup36I cup3411374Potates, standed, home-prepared, whole milk and galaxing in cup36I cup3611374Potates, standed, home-prepared, whole milk and galax	11414	Potato salad, home-prepared	250	1 cup	38
butter iter iter iter 11373 Potatocs, how of the she without salt 156 1 potatoo 39 11364 Potatocs, boked, kin, without salt 156 1 potatoo 30 11365 Potatocs, boked, kin, without salt 136 1 potatoo 30 11367 Potatocs, boiled, cooked without skin, flesh, without salt 135 1 potatoo 31 11403 Potatocs, boiled, cooked without skin, flesh, without salt 156 1 cup 31 11403 Potatocs, hashed brown, frozen, plain, prepared 29 1 patty 55 11391 Potatocs, mashed, home-prepared 156 1 cup 38 11391 Potatocs, mashed, home-prepared 156 1 cup 38 11391 Potatocs, mashed, home-prepared, whole milk added 210 1 cup 38 11391 Potatocs, mashed, home-prepared, with water, whole milk and 245 1 cup 34 11391 Potatocs, scalloped, home-prepared, with water, whole milk and 210 1 cup 30 11317 Potatocs,	11674	Potato, baked, flesh and skin, without salt	202	1 potato	57
11363Potatoes, baked, fiesh, without sait156I potato9911364Potatoes, boiled, cooked without sait58I skin2511365Potatoes, boiled, cooked without skin, flesh, without sait135I potato3011367Potatoes, boiled, cooked without skin, flesh, without sait135I potato3111367Potatoes, boiled, cooked without skin, flesh, without sait135I potato311137Potatoes, habele brown, frazen, plain, prepared29I patry5511370Potatoes, habele brown, frazen, plain, prepared156I cup2311371Potatoes, mashed, dehydratod, grepared from flakes without milk, whole milk and butter added210I cup3811371Potatoes, mashed, home-prepared, whole milk added210I cup4011387Potatoes, mashed, home-prepared, whole milk added245I cup4711372Potatoes, sashed, home-prepared, whole milk and245I cup3611387Potatoes, sashed, home-prepared with water, whole milk and245I cup3611382Potatoes, sashed, home-prepared with water, whole milk and245I cup3611383Potatoes, sashed, home-prepared with water, whole milk and245I cup3611383Potatoes, sashed, home-prepared with 2% milk14712 cup3811384Potatoes, sashed, home-prepared with 2% milk140142 cup3611383Puddings, chocolate, dry mix, regular, prepared with	11385		245	1 cup	37
11364Potatoes, baked, skin, without salt581 skin2511365Potatoes, boiled, cooked without skin, flesh, without salt1351 potato3011367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato3711367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup3111367Potatoes, fleench fried, alt types, salt added in processing, frozen, home- perpared, own headed291 patty511370Potatoes, hashed brown, frozen, plain, prepared291 patty511371Potatoes, mashed, home-prepared from flakes without milk, whole milk and butter added2101 cup4011371Potatoes, mashed, home-prepared, whole milk added2101 cup4011372Potatoes, mashed, home-prepared with water, whole milk and butter2451 cup4011373Potatoes, canaded, dupting, prepared with water, whole milk and butter2451 cup4011374Potatoes, canaded, dupting, repared with 2% milk1471/2 cup2811375Potatoes, canaded, dupting, repared with 2% milk1401/2 cup2411374Potatoes, canaded, dupting, repared with 2% milk1401/2 cup301138Potatoes, raady-to-eat1134 oz91138Puddings, chocolate, raady-to-eat1134 oz911917Puddings, chocolate, raady-to-eat1134 oz911918Puddings, chocolate, raady-to-eat<	11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	49
11365Potatoes, holied, cooked in skin, flesh, without salt1361 potato3011367Potatoes, holied, cooked without skin, flesh, without salt1351 potato2711367Potatoes, holied, cooked without skin, flesh, without salt1561 cup3111403prepared, oven heated291 patry511370Potatoes, hashed brown, home-prepared1561 cup5511370Potatoes, hashed brown, home-prepared1561 cup3811657Potatoes, mashed, dehydrated, prepared fom flakes without milk, volto milk and bole milk and dehydrated2101 cup3811371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup3411372Potatoes, scalloped, dry mix, prepared with water, whole milk and vatuer2451 cup3411372Potatoes, scalloped, home-prepared with butter2451 cup3611372Potatoes, scalloped, home-prepared with butter2561 cup3611372Potatoes, canded cu, dry mix, instant, prepared with 2% milk1471/2 cup2811383Puddings, chocolate, dry mix, instant, prepared with 2% milk1134 oz911393Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3811393Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup361131Potatoes, indefee, ready-to-eat1134 oz911312Puddings, chocolate, dry mix, re	11363	Potatoes, baked, flesh, without salt	156	1 potato	39
11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato2711367Potatoes, fooled, cooked without skin, flesh, without salt1561 cup3111403Potatoes, finch fried, all types, salt added in processing, frozen, home-prepared, oven heated291 patty511370Potatoes, hashed brown, forcen, prian, prepared1561 cup5511371Potatoes, hashed brown, forcen, prepared from flakes without milk, whole milk and butter added2101 cup3811371Potatoes, mashed, home-prepared, whole milk added2101 cup3811372Potatoes, mashed, home-prepared, whole milk added2101 cup4011387Potatoes, mashed, home-prepared, whole milk added2101 cup4011387Potatoes, salabled, dry mix, prepared with water, whole milk and2451 cup4011387Potatoes, salabled, home-prepared with water, whole milk and2561 cup4011387Potatoes, canned2561 cup381993Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup381913Puddings, chocolate, dry mix, regular, prepared with 2% milk1401/2 cup381914Puddings, chocolate, ready-to-eat1134 oz991921Puddings, nice, ready-to-eat1134 oz991921Puddings, sundil, dry mix, regular, prepared with 2% milk1401/2 cup361923Puddings, sundil, dry mix, regu	11364	Potatoes, baked, skin, without salt	58	1 skin	25
11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup3111403Potatoes, french fried, all types, salt added in processing, frozen, home-5010 strips1311391Potatoes, fnench fried, all types, salt added in processing, frozen, home-5010 strips1311391Potatoes, hashed brown, fnozen, plain, prepared291 patty5511370Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup3811371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup4411372Potatoes, mashed, home-prepared, whole milk and margarine added2451 cup4411372Potatoes, scalloped, dry mix, prepared with watter, whole milk and2451 cup4705306Poultry food products, ground turkey, cooked821 patty2009294Prune juice, canned2561 cup3619123Puddings, chocolate, dry mix, regular, prepared with 2% milk1471/2 cup3019183Puddings, free, ready-to-eat1134 oz919214Puddings, free, ready-to-eat1134 oz919215Puddings, free, ready-to-eat1134 oz919214Puddings, free, ready-to-eat1134 oz919215Puddings, ready-to-eat1134 oz919214Puddings, ready-to-eat1134 oz919215Puddings, ready-to-eat <td>11365</td> <td>Potatoes, boiled, cooked in skin, flesh, without salt</td> <td>136</td> <td>1 potato</td> <td>30</td>	11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	30
11403Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated5010 strips1311311Potatoes, hashed brown, home-prepared291 patty511370Potatoes, hashed brown, home-prepared from flakes without milk, whole milk and butter added101 cup3811371Potatoes, mashed, debydrated, prepared from flakes without milk, whole milk and butter added2101 cup3811371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup3411387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup4011387Potatoes, scalloped, home-prepared, whole milk and2451 cup4705306Poultry food products, ground turkey, cooked821 patty2005306Poultry food products, ground turkey, cooked821 patty2005306Poultry food products, ground turkey, cooked821 patty2019133Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3019134Puddings, chocolate, ready-to-eat1134 oz9191212Puddings, runila, dry mix, regular, prepared with 2% milk1401/2 cup1619214Puddings, runila, dry mix, regular, prepared with 2% milk1401/2 cup3619215Puddings, runila, dry mix, regular, prepared with 2% milk1401/2 cup3619214Puddings, runila, dry mix, regular, prepared with 2% milk1	11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27
prepared, oven heatedProtation11391Potatoes, hashed brown, forzen, plain, prepared291 path11370Potatoes, hashed brown, home-prepared1561 cup11371Potatoes, mashed, home-prepared, whole milk added2101 cup11657Potatoes, mashed, home-prepared, whole milk added2101 cup11371Potatoes, mashed, home-prepared, whole milk added2101 cup11372Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup11372Potatoes, scalloped, home-prepared with butter2451 cup05306Poultry food products, ground turkey, cooked821 patty2009294Pune juice, canned2561 cup361133Puddings, chocolate, dry mix, instant, prepared with 25 milk1471/2 cup3019133Puddings, chocolate, rady-to-eat1134 oz919124Puddings, chocolate, rady-to-eat1134 oz919215Puddings, nice, rady-to-eat1134 oz919214Puddings, vanilla, regular, prepared with 25 milk1401/2 cup3019215Puddings, cocold, boiled, drained, without salt2451 cup3619214Puddings, cocold, boiled, drained, without salt2451 cup3619215Puddings, cocold, boiled, drained, without salt2451 cup3619216 <td< td=""><td>11367</td><td>Potatoes, boiled, cooked without skin, flesh, without salt</td><td>156</td><td>1 cup</td><td>31</td></td<>	11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31
11370Potatoes, hashed brown, hom-prepared1561 cup5511379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup3811657Potatoes, mashed, home-prepared, whole milk added2101 cup4011371Potatoes, sanaked, home-prepared, whole milk and margarine added2101 cup4011387Potatoes, sanaked, home-prepared, whole milk and margarine added2101 cup4011387Potatoes, scalloped, home-prepared with water, whole milk and2451 cup4705306Poultry food products, ground turkey, cooked821 patty2009294Prune juice, canned2561 cup3619123Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup3019188Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3019189Puddings, chocolate, ready-to-eat1134 oz919212Puddings, tupica, ready-to-eat1134 oz919214Puddings, vanila, regular, prepared with 2% milk1401/2 cup3019215Puddings, vanila, ready-to-eat1134 oz919214Puddings, vanila, ready-to-eat1134 oz919215Puddings, vanila, ready-to-eat1134 oz919214Pungkin, conked, drained, without salt2451 cup361923Puddings, vanila, ready-to-eat1134 oz	11403		50	10 strips	13
11379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup4011387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup4111372Potatoes, scalloped, home-prepared with butter2451 cup4705306Poultry food products, ground turkey, cooked821 patty2009294Prune juice, canned2561 cup3619123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup2819190Puddings, chocolate, ready-to-eat1134 oz919212Puddings, thocolate, ready-to-eat1134 oz919213Puddings, tupicca, ready-to-eat1134 oz919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup161923Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719210Puddings, vanilla, ready-to-eat1134 oz919212Puddings, vanilla, ready-to-eat1134 oz911424Pumpkin, canned, without salt2451 cup3611423Pumpkin, conoked, boiled, drained, withou	11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	5
whole milk and butter added2101 cup3811657Potatoes, mashed, home-prepared, whole milk add margarine added2101 cup4011371Potatoes, mashed, home-prepared with water, whole milk and2451 cup34butterPotatoes, scalloped, home-prepared with butter2451 cup4705366Poultry food products, ground turkey, cooked821 patty2009294Prue juice, canned2561 cup3819132Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3019133Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3019134Puddings, chocolate, dry mix, regular, prepared with 2% milk1444 oz919135Puddings, rice, ready-to-eat1134 oz919212Puddings, rice, ready-to-eat1134 oz919213Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719210Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2019212Puddings, vanilla, trady-to-eat1134 oz911424Pumpkin, canned, without salt2451 cup4609298Raisins, seedless141 packet409300Rabishes, raw1231 cup3309302Raspberries, raw2501 cup3309303Rabisher, forzen, cooked, with sugar2451 cup	11370	Potatoes, hashed brown, home-prepared	156	1 cup	55
11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup4011387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3411372Potatoes, scalloped, home-prepared with butter2451 cup4705306Poultry food products, ground turkey, cooked821 patty2009294Prune juice, canned2561 cup3619123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3019183Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3019183Puddings, chocolate, ready-to-eat1134 oz919212Puddings, rice, ready-to-eat1134 oz919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719201Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1611424Pumpkin, caned, without salt2451 cup2611429Radishes, raw4.51 cup4609298Raisins, seedless1451 cup3309206Raspberries, frozen, red, sweetened2501 cup3309302Rapberries, raw231 cup3309310Rhubarb, frozen, cooked, with sugar2401 cup3309310Rhubarb, frozen, cooke	11379		210	1 cup	23
11387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3411372Potatoes, scalloped, home-prepared with butter2451 cup4705306Poultry food products, ground turkey, cooked821 patty2006294Prune juice, canned2561 cup3619123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3019183Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3019183Puddings, chocolate, ready-to-eat1134 oz919218Puddings, trice, ready-to-eat1134 oz919212Puddings, tapica, ready-to-eat1134 oz919213Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719201Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719212Puddings, vanilla, ready-to-eat1134 oz919213Puddings, vanilla, ready-to-eat1134 oz919214Pumpkin, canned, without salt2451 cup2211424Pumpkin, canned, without salt2451 cup4600298Raisins, seedless141 packet409306Raspberries, raw1231 cup3309302Raspberries, frozen, red, sweetened2501 cup3309310Rhubarb, frozen, cooked, with sugar2401 cup8 </td <td>11657</td> <td></td> <td>210</td> <td>1 cup</td> <td>38</td>	11657		210	1 cup	38
butterbutter2451 cup4711372Potatess, scalloped, home-prepared with butter2451 cup2005306Poultry food products, ground tarkey, cooked821 patty2009294Prune juice, canned2561 cup3619133Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3019133Puddings, chocolate, ready-to-eat1134 oz241913Puddings, rice, ready-to-eat1134 oz919214Puddings, tapioca, ready-to-eat1134 oz919215Puddings, tapioca, ready-to-eat1134 oz919216Puddings, vanilla, ready-to-eat1134 oz919212Puddings, vanilla, ready-to-eat1134 oz919214Pundyings, vanilla, ready-to-eat1134 oz919215Puddings, vanilla, ready-to-eat1134 oz919216Puddings, vanilla, ready-to-eat1134 oz919217Puddings, vanilla, ready-to-eat1134 oz919218Puddings, vanilla, ready-to-eat1134 oz919219Puddings, vanilla, ready-to-eat1134 oz919210Puddings, vanilla, ready-to-eat1134 oz919221Pumpkin, conked, without salt2451 cup261923Raisins, seedless141 packet409298Raisins, seedless14<			210	1 cup	40
Description Poiltry food products, round turkey, cooked 82 1 patty 20 09294 Prune juice, canned 256 1 cup 36 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 147 1/2 cup 30 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 142 1/2 cup 30 19183 Puddings, chocolate, ready-to-eat 113 4 oz 24 19193 Puddings, tapioca, ready-to-eat 113 4 oz 9 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 17 19201 Puddings, vanilla, ready-to-eat 113 4 oz 9 19212 Puddings, vanilla, ready-to-eat 113 4 oz 9 19214 Pumpkin, canned, without salt 245 1 cup 26 11424 Pumpkin, cooked, boiled, drained, without salt 245 1 cup 26 11423 Pumpkin, cooked, boiled, drained, without salt 245 1 cup 36 09298 Raisins, seedless </td <td></td> <td>butter</td> <td></td> <td>1 cup</td> <td>34</td>		butter		1 cup	34
09294 Prune juice, canned 256 1 cup 36 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 147 1/2 cup 30 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 142 1/2 cup 30 19183 Puddings, chocolate, ready-to-eat 113 4 oz 24 19193 Puddings, tapioca, ready-to-eat 113 4 oz 9 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 17 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 17 19212 Puddings, vanilla, ready-to-eat 113 4 oz 9 19214 Pungkin, conked, boiled, drained, without salt 245 1 cup 56 11424 Pumpkin, cooked, boiled, drained, without salt 245 1 cup 40 09298 Raisins, seedless 14 1 packet 44 09306 Raspberries, frozen, red, sweetened 250 1 cup 33 09302 Raspberries, raw 123 1 cup 29 16103 <	11372		245	1 cup	47
Puddings, chocolate, dry mix, instant, prepared with 2% milk 147 1/2 cup 30 19100 Puddings, chocolate, dry mix, regular, prepared with 2% milk 142 1/2 cup 30 19183 Puddings, chocolate, ready-to-eat 113 4 oz 24 19193 Puddings, trice, ready-to-eat 113 4 oz 9 19218 Puddings, tapioca, ready-to-eat 113 4 oz 9 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 17 19210 Puddings, vanilla, ready-to-eat 113 4 oz 9 11424 Pumpkin, canned, without salt 245 1 cup 56 11423 Pumpkin, cooked, boiled, drained, without salt 245 1 cup 22 11429 Radishes, raw 4.5 1 radish 0 09298 Raisins, seedless 14 1 packet 4 09302 Raspberries, frozen, red, sweetened 250 1 cup 33 09302 Raspberries, canned (includes USDA commodity) 252 1 cup 33 09310 Rhubarb, frozen, cooked, with sugar	05306		82	1 patty	20
19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 142 1/2 cup 30 19183 Puddings, chocolate, ready-to-eat 113 4 oz 24 19193 Puddings, tapioca, ready-to-eat 113.4 4 oz 9 19218 Puddings, tapioca, ready-to-eat 113 4 oz 9 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 17 19201 Puddings, vanilla, ready-to-eat 113 4 oz 9 11424 Pumpkin, canned, without salt 245 1 cup 56 11423 Pumpkin, cooked, boiled, drained, without salt 245 1 cup 22 11429 Radishes, raw 4.5 1 radish 0 09298 Raisins, seedless 14 1 packet 4 09306 Raspberries, frozen, red, sweetened 250 1 cup 33 09302 Raspberries, raw 123 1 cup 27 16103 Refried beans, canned (includes USDA commodity) 252 1 cup 33 09310 Rhubarb, frozen, cooked, with sugar 240	09294		256	1 cup	36
19183Puddings, chocolate, ready-to-eat1134 oz2419193Puddings, rice, ready-to-eat113.44 oz919218Puddings, tapioca, ready-to-eat1134 oz919212Puddings, tapioca, ready-to-eat1134 oz919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719201Puddings, vanilla, ready-to-eat1134 oz911424Pumpkin, canned, without salt2451 cup5611423Pumpkin, cooked, boiled, drained, without salt2451 cup2211429Radishes, raw4.51 radish009298Raisins, seedless1451 cup4609298Raisins, seedless141 packet409306Raspberries, frozen, red, sweetened2501 cup3309302Raspberries, raw1231 cup2716103Refried beans, canned (includes USDA commodity)2521 cup8309310Rhubarb, frozen, cooked, with sugar2401 cup2914342Rice beverage, RICE DREAM, canned2451 cup1020037Rice, brown, long-grain, parboiled, enriched, cooked1951 cup1620047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16				*	
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19218Puddings, tapioca, ready-to-eat1134 oz919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1719201Puddings, vanilla, ready-to-eat1134 oz911424Pumpkin, canned, without salt2451 cup5611423Pumpkin, cooked, boiled, drained, without salt2451 cup2211429Radishes, raw4.51 radish009298Raisins, seedless1451 cup4609298Raisins, seedless141 packet409306Raspberries, frozen, red, sweetened2501 cup3309302Raspberries, raw1231 cup2716103Refried beans, canned (includes USDA commodity)2521 cup8309310Rhubarb, frozen, cooked, with sugar2401 cup2914342Rice beverage, RICE DREAM, canned2451 cup1020037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16				4 oz	
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19201Puddings, vanilla, ready-to-eat1134 oz911424Pumpkin, canned, without salt2451 cup5611423Pumpkin, cooked, boiled, drained, without salt2451 cup2211429Radishes, raw4.51 radish009298Raisins, seedless1451 cup4609298Raisins, seedless141 packet409306Raspberries, frozen, red, sweetened2501 cup3309302Raspberries, raw1231 cup2716103Refried beans, canned (includes USDA commodity)2521 cup8309310Rhubarb, frozen, cooked, with sugar2401 cup2914342Rice beverage, RICE DREAM, canned2451 cup8420037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16					9
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09302Raspberries, raw1231 cup2716103Refried beans, canned (includes USDA commodity)2521 cup8309310Rhubarb, frozen, cooked, with sugar2401 cup2914342Rice beverage, RICE DREAM, canned2451 cup1020037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16				1 packet	
16103Refried beans, canned (includes USDA commodity)2521 cup8309310Rhubarb, frozen, cooked, with sugar2401 cup2914342Rice beverage, RICE DREAM, canned2451 cup1020037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16				*	
09310Rhubarb, frozen, cooked, with sugar2401 cup2914342Rice beverage, RICE DREAM, canned2451 cup1020037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16				•	27
14342Rice beverage, RICE DREAM, canned2451 cup1020037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16				*	
20037Rice, brown, long-grain, cooked1951 cup8420047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16		-		•	29
20047Rice, white, long-grain, parboiled, enriched, cooked1751 cup16		-		-	10
				1 cup	84
20046Rice, white, long-grain, parboiled, enriched, dry1851 cup50				1 cup	16
	20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	50

20045 Rice, white, long-grain, regular, cooked 158 1 cap 1 20044 Rice, white, long-grain, regular, cooked 185 1 cap 1 20045 Role, white, long-grain, regular, we, encoded 185 1 cal 18303 Rolls, hard (includes kaiser) 57 1 roll 1 18303 Rolls, hard (includes kaiser) 57 1 roll 2 14305 Salid dessing, finde, home coejee 15.3 1 thep 3 04205 Salid dessing, finde, home coejee 14 1 thep 1 04134 Salid dessing, finder, home coejee 14.7 1 thep 1 04135 Salid dessing, finder, home coejee 16.3 1 thep 1 04135 Salid dessing, indica diring, coluced fint 15.6 1 thep 1 04021 Salid dessing, indica diring, coluced fint 15.3 1 thep 1 04022 Salid dessing, indica diring, coluced fint 15.3 1 thep 1 04025 Salid dessing, indica diring, coluced ring 1 for 1 des	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
2004Rec, white, long-grain, regular, raw, enriched1851 exp418342Rolls, famer, regular, raw, enriched281 roll18353Rolls, harding ero holdsog, plain371 roll18353Rolls, harding ero holdsog, bain371 roll18354Ruzhagas, cookad, boiled, danied, without salt15.31 hop11316Ruzhagas, cookad, boiled, danied, without salt15.61 thsp01120Salad dressing, frech, home recipe16.41 thsp01133Salad dressing, frech, home recipe141 thsp01134Salad dressing, inden dessing, ronneretil, regular14.71 thsp01135Salad dressing, inden dessing, commercial, regular15.61 thsp01136Salad dressing, inden dessing, commercial, regular15.61 thsp01135Salad dressing, inden dessing, ronneretial, regular15.31 thsp01141Salad dressing, inden dessing, ronneretial, regular15.31 thsp01125Salad dressing, inden dessing, ronneretial, regular15.61 thsp01125Salad dressing, inden dessing, ronneretial, regular15.61 thsp01125Salad dressing, inden dessing, ronneretial, regular15.61 thsp01126Salad dressing, inden dessing, ronneretial, regular15.61 thsp01215Salad dressing, inden dessing, ronneretial, regular15.61 thsp01225Salad dressing, inden dessing, ronneretial, regular15.61 thsp01236Salad dressin	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	8
1842Rolls, damer, plan, commercially prepared (includes bown-and-serv)281 roll1850Rolls, hand(medus kainer)701 coll118515Rolls, hand(medus kainer)701 coll318535Rolls, hand(medus kainer)15.61 dbp318540Aslad dressing, french dressing, conmercial, regular15.61 dbp118535Salad dressing, french dressing, conduced fri16.31 dbp118130Salad dressing, french dressing, ronduced fri16.31 dbp118141Salad dressing, french dressing, ronduced fri15.61 dbp118143Salad dressing, indue recipe, cookad16.41 dbp118141Salad dressing, indue mesing, commercial, regular15.61 dbp118143Salad dressing, indue mesing, conduced fri15.31 dbp118145Salad dressing, indue dressing, ronduced fri15.31 dbp118145Salad dressing, indue dressing, ronduced fri15.61 dbp118145Salad dressing, indue dressing, ronduced fri15.61 dbp118146Salad dressing, indue dressing, ronduced fri15.61 dbp118147Salad dressing, indue dres	20045	Rice, white, long-grain, regular, cooked	158	1 cup	19
18350Rolls, hand uncludes kainer)43I roll18353Rolls, hard (nehides kainer)57I roll118354Rolls, hard (nehides kainer)57I roll118454Rolls, kand (nehides kainer)153I thop118459Salad dressing, Frech dressing, commercial, regular15.3I thop11813Salad dressing, frech dressing, commercial, regular15.6I thop11813Salad dressing, frech dressing, context of fat16.3I thop11813Salad dressing, frech dressing, context of fat15.6I thop11814Salad dressing, inter ore recipe, context of fat15.6I thop11814Salad dressing, rotic context of fat15.6I thop11815Salad dressing, rotic context of fat15.3I thop11815Salad dressing, rotic context of fat15.3I thop11816dressing, instain dressing, rotic context of fat15.3I thop11817Salad dressing, indonard island, commercial, regular15.6I thop11818dressing, indonard island, commercial, regular15.6I thop11819Salad dressing, indonard island, commercial, regular15.6I thop11810dressing, indonard island, commercial, regular15.6I thop11810dressing, indonard island, commercial, regular15.6I thop11811salad dressing, indonard island, co	20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	46
1833Rolls, hard (includes kainer)571 roll1 roll111446Rutubagas, cooked, bolied, drained, without hal701 cup304530Salad dressing, ferren rougefor chees elessing, commercial, regular15.61 thsp04120Salad dressing, ferren dressing, conmercial, regular16.31 thsp04133Salad dressing, ferren, home recipe, cooked161 thsp04144Salad dressing, home recipe, cooked16.41 thsp04135Salad dressing, infain dressing, conmercial, regular14.71 thsp04021Salad dressing, infain dressing, conmercial, regular15.31 thsp04021Salad dressing, inspina for sing, low clorie16.31 thsp04022Salad dressing, inspina for sing, low clorie16.31 thsp04023Salad dressing, inspina for sing, low clorie15.31 thsp04024Salad dressing, inspina for sing, low clorie15.61 thsp04025Salad dressing, inspina for sing, low clorie15.61 thsp04026Salad dressing, inspina for sing, low clorie15.61 thsp04027Salad dressing, inspina for sing, low clorie15.61 thsp04038Salad dressing, inspina for sing, low clorie15.61 thsp04047Salad dressing, inspina for sing, single meat pathy, with19.51 sta04047Salad dressing, inspina for sing, single meat pathy, with15.61 thsp04047Salad dressing, inspina for sing, single meat pathy, with1	18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	6
11436Runabagas, cooked, boiled, drained, without salt170I eup304539Salid dressing, blue or requefor theses dressing, commercial, regular15.611 bsp04400Salid dressing, french dressing, reduced fat16.311 bsp04134Salid dressing, french dressing, orence recipe, vinegar and oil15.611 bsp04135Salid dressing, home recipe, vinegar and oil15.611 bsp04141Salid dressing, indina dressing, commercial, regular14.71 bsp04155Salid dressing, indina dressing, commercial, regular15.611 bsp04161Salid dressing, indina dressing, commercial, regular15.811 bsp04025Salid dressing, russin dressing15.31 bsp04025Salid dressing, russin dressing, owalorie16.31 bsp04025Salid dressing, subusani disand, commercial, regular15.61 bsp04026Salid dressing, thousand island, commercial, regular15.61 bsp04027Salid dressing, thousand island, commercial, regular15.61 bsp04028Salid dressing, thousand island, commercial, regular15.61 bsp04029Salid dressing, notice and pork6.72 slices04020Salid dressing, notice and pork, beef151 bsp02047Sali, tabe161 bsp202047Sali, tabe15.751 bsp202048Sandwichs and burger, cheeseburger, regular, single meat patty, vith101 bsp0219Sand	18350	Rolls, hamburger or hotdog, plain	43	1 roll	9
94359Salad dressing, rouce for cheese dressing, commercial, regular15.31 thsp04120Salad dressing, reine dressing, commercial, regular15.61 thsp04133Salad dressing, reine dressing, conduced fai16.31 thsp04134Salad dressing, inter dresp, cooked15.61 thsp04135Salad dressing, inter dresp, cooked15.61 thsp04141Salad dressing, intina dressing, commercial, regular14.71 thsp04114Salad dressing, rounsies, nybean oil, with salt15.81 thsp04021Salad dressing, rouse drift15.81 thsp04032Salad dressing, rouse drift15.31 thsp04042Salad dressing, thousan distand, commercial, regular15.61 thsp04023Salad dressing, rouse drift15.61 thsp04024Salad dressing, thousan distand, commercial, regular15.61 thsp04025Salad dressing, thousan distand, commercial, regular15.61 thsp04026Salant, cotock, beef and pork61 tsp04027Salad dressing, thousan distand, commercial, regular, single meat patty, plain1021 sandwich04070Salant, dros rhad, pork, beef151 thsp04071Sandwiches and bargers, therebarger, large, single meat patty, plain1021 sandwich04071Sandwiches and bargers, therebarger, large, single meat patty, plain1021 sandwich040705Sandwiches and bargers, therebarger, regular, single meat patty, plain121 sandw	18353	Rolls, hard (includes kaiser)	57	1 roll	15
94120Salad dressing, french dressing, commercial, regular15.61 bep94020Sidad dressing, french dressing, reduced fat16.31 bep94133Salad dressing, home recipe, cooked161 bep94134Salad dressing, home recipe, cooked16.71 bep94134Salad dressing, ind messing, ordneed fat15.61 bep94021Salad dressing, indina dressing, ordneed fat15.81 bep94022Salad dressing, indina dressing, ordneed fat15.31 bep94023Salad dressing, russin dressing, reduced fat15.31 bep94024Salad dressing, indina dressing, reduced fat15.61 bep94025Salad dressing, indina dressing, reduced fat15.61 bep94026Salad dressing, indina disalnd, commercial, regular15.61 bep94027Salami, droy of hard, pork, beef202 slices97078Sandwich spread, pork, beef151 bap910797Sandwich spread, pork, beef151 bap91080Sandwichs and bargers, cheesebarger, large, single meat patty, with condiments1951 sandwich9118Sandwichs and bargers, cheesebarger, large, single meat patty, with condiments15.751 bap91080Sandwichs and bargers, benevagers, single meat patty, with condiments15.751 bap9118Sandwichs and bargers, benevagers, single meat patty, with 	11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	39
94020 Salad dressing, french dressing, reduced fat 16.3 1 thsp 94133 Salad dressing, french, home recipe 14 1 thsp 94134 Salad dressing, none recipe, vinegar and oil 16 1 thsp 94134 Salad dressing, italian dressing, commercial, regular 14.7 1 thsp 94121 Salad dressing, italian dressing, reduced fat 15.8 1 thsp 94022 Salad dressing, russian dressing 15.3 1 thsp 94023 Salad dressing, russian dressing, low calorie 15.3 1 thsp 94024 Salad dressing, housand ialand, commercial, regular 15.6 1 thsp 94027 Salad dressing, housand ialand, commercial, regular 15.6 1 thsp 97078 Salami, cooked, bef and pork 5.6 1 thsp 97074 Salad dressing, ork, bef 15 1 sp 97075 Salad wicks and burgers, checeSurger, regular, single meat patty, with becon and condiments 12 1 sandwick 97073 Sandwicks and burgers, checeSurger, regular, single meat patty, with becon and condiments 12 1 sandwich 97075	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0
94133Salad dressing, finench, home recipe, cooked1414 thsp94134Salad dressing, home recipe, cooked161 thsp94135Salad dressing, home recipe, cooked15.61 thsp94136Salad dressing, italian dressing, commercial, regular14.71 thsp94021Salad dressing, ratian dressing, commercial, regular13.81 thsp94022Salad dressing, russian dressing15.31 thsp94023Salad dressing, russian dressing, low calorie16.31 thsp94024Salad dressing, russian dressing, reduced fat15.31 thsp94025Salad dressing, nussian dressing, reduced fat15.61 thsp94026Saland dressing, housand island, commercial, regular15.61 thsp97072Salami, cooked, beef and pork56.72 slices97073Salami, cooked, beef151 thsp97074Salami, top rate, pork, beef151 thsp97075Sandwichs sand burgers, checeschurger, large, single meat patty, with1951 sandwich97078Sandwichs and burgers, theseschurger, large, single meat patty, with1281 sandwich97079Sauce, hotsin, ready-to-serve631 thsp197079Sauce, konser, ready-to-serve631 thsp197079Sauce, konser, ready-to-serve631 thsp197079Sauce, konser, ready-to-serve631 thsp197079Sauce, konser, ready-to-serve631 thsp1	04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	1
94134Salad dressing, home recipe, cooked161 thsp94135Salad dressing, italian dressing, commercial, regular15.61 thsp94041Salad dressing, italian dressing, commercial, regular13.71 thsp940425Salad dressing, russian dressing15.31 thsp940425Salad dressing, russian dressing15.31 thsp940426Salad dressing, russian dressing, or duced fat15.31 thsp940427Salad dressing, russian dressing, reduced fat15.31 thsp940428Salad dressing, thousand island, commercial, regular15.62 slices940497Salad dressing, thousand island, commercial, regular56.72 slices940497Salami, corke, beef and pork61 thsp1940497Salad indexing, or hard, pork, beef151 thsp2940497Salad wiches and burgers, theseburger, large, single meat patty, with boson and condiments151 sandwich2940498Sandwiches and burgers, theseburger, regular, single meat patty, with boson and condiments15.71 sandwich294050Sauce, checke, ready-to-serve631 thsp2940515Sauce, checke, ready-to-serve631 thsp3940516Sauce, checke, ready-to-serve631 thsp3940517Sauce, knesky, ready-to-serve631 thsp3940518Sauce, these, ready-to-serve631 thsp3940519Sauce, knesky, trady-to-serve63 <td>04020</td> <td>Salad dressing, french dressing, reduced fat</td> <td>16.3</td> <td>1 tbsp</td> <td>1</td>	04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	1
Od135Salad dressing, home recipt, vinegar and oil15.61 thsp04114Salad dressing, home recipt, vinegar and oil15.61 thsp04021Salad dressing, nonunsic, solybean oil, with salt15.81 thsp04025Salad dressing, nonunsic, solybean oil, with salt13.81 thsp04025Salad dressing, nussin dressing, reduced fat15.31 thsp04022Salad dressing, nussin dressing, reduced fat15.31 thsp04023Salad dressing, housand island dressing, reduced fat15.61 thsp04023Salad dressing, housand island dressing, reduced fat15.61 thsp04017Salad dressing, housand island dressing, reduced fat56.72 slices07072Salami, dry or hard, pork, beef202 slices07073Sandwich spread, pork, beef151 thsp07073Sandwich spread, pork, beef151 sandwich21097Sandwiches and burgers, hencesburger, large, single meat patty, with1951 sandwich2113Sandwiches and burgers, hencesburger, large, single meat patty, plain1021 sandwich06150Sauce, hostin, ready-to-serve161 thsp06175Sauce, hostin, ready-to-serve631/4 cup06180Sauce, east, stagdetti/marinar, ready-to-serve2501 cup06112Sauce, east, stagdetti/marinar, ready-to-serve631/4 cup06113Sauce, east, stagdetti/marinar, ready-to-serve181 thsp06164Sauce, erady-to-serve, ealsa<	04133	Salad dressing, french, home recipe	14	1 tbsp	0
04114Salad dressing, italian dressing, conmercial, regular14.71 thsp04021Salad dressing, italian dressing, reduced fat151 thsp04022Salad dressing, asybean oil, with salt13.81 thsp04023Salad dressing, russian dressing15.31 thsp04024Salad dressing, russian dressing, low calorie16.31 thsp04025Salad dressing, thousand island, commercial, regular15.61 thsp04027Salad dressing, thousand island, commercial, regular15.61 thsp04017Salad dressing, thousand island, commercial, regular5.6.72 slices07072Salami, cooked, beef and pork61 tsp07073Sandwich spread, pork, beef151 thsp07073Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich07073Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich207073Sandwiches and burgers, hamburger, large, single meat patty, plain1021 sandwich406105Sauce, habecue sauce15.751 thsp606105Sauce, habecue sauce15.751 thsp106166Sauce, horescue sauce161 thsp106175Sauce, horescue, ready-to-serve161 thsp106166Sauce, cheese, ready-to-serve2501 cup506174Sauce, cready-to-serve, salsa161 thsp106183 </td <td>04134</td> <td>Salad dressing, home recipe, cooked</td> <td>16</td> <td>1 tbsp</td> <td>1</td>	04134	Salad dressing, home recipe, cooked	16	1 tbsp	1
Odu21Salad dressing, italian dressing, reduced fat151 bsp04025Salad dressing, russian dressing15.31 bsp04015Salad dressing, russian dressing, low calorie16.31 bsp04023Salad dressing, russian dressing, low calorie16.31 bsp04023Salad dressing, russian dressing, reduced fat15.31 bsp04023Salad dressing, thousand island, conmercial, regular15.61 bsp04017Salad dressing, rhousand island, conmercial, regular15.61 bsp07079Salami, cooked, beef and pork56.72 slices07071Salad vices, preach, pork, beef151 bsp02047Salt, table61 tsp07073Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich02109Sandwiches and burgers, cheeseburger, large, single meat patty, with1021 sandwich02113Sandwiches and burgers, hamburger, targe, single meat patty, with2181 sandwich02103Sauce, bries15.751 tbsp02113Sauce, bries, sauce15.751 tbsp02113Sauce, bries, neady-to-serve161 tbsp02114Sauce, howenade, white, medium2501 cup302125Sauce, howenade, white, medium2501 cup502145Sauce, ready-to-serve, salsa161 tbsp102145Sauce, ready-to-serve, salsa161 tbsp102145Sauce, reindy-to-serve, sa	04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
Output Salad dressing, mayonnaise, sophean oil, with salt 13.8 1 thsp 04015 Salad dressing, mayonnaise, sophean oil, with salt 13.3 1 thsp 04012 Salad dressing, russian dressing, reduced fat 15.3 1 thsp 04023 Salad dressing, thousand island, commercial, regular 15.6 1 thsp 04017 Salad dressing, thousand island, commercial, regular 15.6 1 thsp 07009 Salami, cooked, beef and pork 56.7 2 slices 07072 Salami, toy or hard, pork, beef 6 1 tsp 07073 Sandwich spread, pork, beef 15 1 thsp 07074 Sandwiches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 2 21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, with 218 1 sandwich 2 21113 Condiments and vegetables 15.75 1 thsp 3 06150 Sauce, hotese, ready-to-serve 63 1/4 cup 3 06166 Sauce, neast, spagheti/matinar, ready-to-serve 1 sup 1	04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
04015Salad dressing, russian dressing, low calorie15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island cessing, reduced fat15.61 tbsp04017Salad dressing, thousand island, commercial, regular15.61 tbsp07079Salami, cooked, beef and pork56.72 slices07071Salad inpressing, thousand island, commercial, regular151 tsp07072Salad inpressing, thousand island, commercial, regular, single meat patty, with61 tsp07073Sandwiches and burgers, cheeseburger, regular, single meat patty, with151 sandwich07073Sandwiches and burgers, henseburger, regular, single meat patty, with1021 sandwich07074Sandwiches and burgers, henseburger, regular, single meat patty, with2181 sandwich07075Sauce, horsecue sauce15.751 tbsp06150Sauce, hense-touser, regular, single meat patty, with2181 sandwich06150Sauce, honemade, white, medium2501 cup306166Sauce, Nebreue sauce2501 cup506168Sauce, ready-to-serve161 tsp106164Sauce, neady-to-serve161 tsp106164Sauce, ready-to-serve, aslaa161 tsp106164Sauce, ready-to-serve, aslaa161 sausage106164Sauce, ready-to-serve, aslaa161 sausage106164	04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1
04022Salad dressing, russian dressing, low calorie16.31 thsp04023Salad dressing, thousand island, commercial, regular15.61 thsp04017Salad dressing, thousand island, commercial, regular15.61 thsp07069Salami, droy rhard, pork, beef202 slices02047Salt, table61 tsp07073Sandwichs spread, pork, beef151 thsp02047Salt, table61 tsp07073Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich21089Sandwiches and burgers, cheeseburger, large, single meat patty, plain1021 sandwich21113Sandwiches and burgers, cheeseburger, large, single meat patty, with2181 sandwich21089Sandwiches and burgers, cheeseburger, large, single meat patty, with2181 sandwich21131Sandwiches and burgers, hendburger, large, single meat patty, with2181 sandwich06150Sauce, cheese, ready-to-serve631 dcup06161Sauce, homemade, white, medium2501 cup06175Sauce, hoses, ready-to-serve2501 cup06164Sauce, ready-to-serve, page ro thot4.71 tsp06165Sauce, ready-to-serve, salsa161 sausage0112Sauce, ready-to-serve, salsa161 sausage0113Sauser, ready-to-serve, salsa161 sausage0114Sauser, ready-to-serve, salsa161 sausage0112Sauce, ready-to	04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0
04023Salad dressing, thousand island, commercial, regular15.31 thsp04017Salad dressing, thousand island, commercial, regular15.61 thsp07069Salami, dry or hard, pork, beef202 slices07072Salami, dry or hard, pork, beef202 slices07073Sandwich spread, pork, beef151 thsp07074Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich221089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain condiments and vegetables1021 sandwich206150Sauce, barbecue sauce15.751 thsp406166Sauce, cheese, ready-to-serve631/4 cup306166Sauce, cheese, ready-to-serve161 thsp306168Sauce, nonemade, white, medium2501 cup306168Sauce, ready-to-serve, pepper or hot4.71 tsp506142Sauce, ready-to-serve, pepper or hot4.71 tsp306143Sauce, ready-to-serve, asla161 thsp106144Sauce, ready-to-serve, pepper or hot161 sausage106145Sauce, trady-to-serve181 bsp106146Sauce, ready-to-serve161 tsp106147Sauce, trady-to-serve, pepper or hot4.71 tsp106148Sauce, ready-to-serve181 bsp106149Sauce, trady-to-serve<	04015	Salad dressing, russian dressing	15.3	1 tbsp	2
04017Salad dressing, thousand island, commercial, regular15.61 thsp07069Salami, cooked, beef and pork56.72 slices07072Salami, dry or hard, pork, beef202 slices02047Salt, table61 tsp07073Sandwich spread, pork, beef151 tbsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich421089Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables1021 sandwich221113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables15.751 tbsp406150Sauce, horese, ready-to-serve631/4 cup606166Sauce, homemade, white, medium2501 cup306990Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup606141Sauce, ready-to-serve, paspent fumarinara, ready-to-serve631/4 cup506158Sauce, ready-to-serve, slasa161 tbsp106140Sauce, ready-to-serve, slasa161 susage10112Sauce, treiyski, ready-to-serve181 tbsp10113Sauce, treiyski, ready-to-serve161 susage101145Sauce, ready-to-serve, slasa161 susage10115Sauce, treiyski, ready-to-serve181 tbsp101167Sauce, kelp, raw	04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
04017Salad dressing, thousand island, commercial, regular15.61 thsp07069Salami, cooked, beef and pork56.72 slices07072Salami, dry or hard, pork, beef202 slices02047Salt, table61 tsp07073Sandwich spread, pork, beef151 tbsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich421089Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich421113Sandwiches and burgers, hamburger, large, single meat patty, with2181 sandwich406150Sauce, horese, ready-to-serve631 /4 cup606155Sauce, horese, ready-to-serve161 tbsp606166Sauce, homemade, white, medium2501 cup306990Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631 /4 cup606146Sauce, ready-to-serve, salsa161 tbsp106147Sauce, ready-to-serve, salsa161 tbsp106148Sauce, ready-to-serve, salsa2361 cup307083Sauseg, Vienna, canned, chicken, beef, pork161 sausage111439Sauce, ready-to-serve181 tbsp10112Sauce, ready-to-serve, salsa2361 cup30113Sauce, ready-to-serve, salsa161 sausage10144Sauce, ready-to-serve, salsa16<	04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	1
OrderSalami, cooked, beef and pork56.72 slices07072Salami, dry or hard, pork, beef202 slices02047Salt, table61 tsp07073Sandwichs spread, pork, beef151 tbsp21097Sandwiches and burgers, checseburger, large, single meat patty, with bacon and condiments1951 sandwich21133Sandwiches and burgers, checseburger, regular, single meat patty, with condiments and vegetables1021 sandwich221133Sandwiches and burgers, checseburger, regular, single meat patty, with condiments and vegetables15.751 tbsp406150Sauce, horbecue sauce15.751 tbsp0006150Sauce, horbecue sauce161 tbsp006155Sauce, horisin, ready-to-serve161 tbsp006166Sauce, nosini, ready-to-serve631/4 cup006175Sauce, nosini, ready-to-serve631/4 cup006186Sauce, ready-to-serve161 tbsp006168Sauce, ready-to-serve181 tbsp106164Sauce, ready-to-serve181 tbsp10112Sauce, keiptik, iready-to-serve181 tbsp101139Sauce, teriyaki, ready-to-serve181 tbsp101143Sauce, ready-to-serve181 tbsp101143Sauce, noisi, ready-to-serve181 tbsp101145Seaweed, kelp, raw102 tbsp <td>04017</td> <td></td> <td>15.6</td> <td>*</td> <td>1</td>	04017		15.6	*	1
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6930Sauce, cheese, ready-to-serve631/4 cup06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup306909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve631 /4 cup506168Sauce, ready-to-serve, pepper or hot4.71 tsp506164Sauce, ready-to-serve, salsa161 tbsp10614Sauce, teriyaki, ready-to-serve181 tbsp10112Sauce, teriyaki, ready-to-serve181 cup307083Sausage, Vienna, canned, chicken, beef, pork161 sausage311445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)11 tbsp212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp21237Seeds, sunflower seed kernels, driv noasted, with salt added28.351 oz31237Seeds, sunflower seed kernels, driv noasted, with salt added321/4 cup4	21113		218	1 sandwich	44
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06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup506168Sauce, ready-to-serve, pepper or hot4.71 tsp106164Sauce, ready-to-serve, salsa161 tbsp106112Sauce, teriyaki, ready-to-serve181 tbsp10113Sauce, teriyaki, ready-to-serve181 cup30614Sauce, teriyaki, ready-to-serve181 cup307083Sausage, Vienna, canned, solids and liquids2361 cup307083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	4
06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup506168Sauce, ready-to-serve, pepper or hot4.71 tsp106164Sauce, ready-to-serve, salsa161 tbsp106112Sauce, teriyaki, ready-to-serve181 tbsp101132Sauce, teriyaki, ready-to-serve181 cup306143Sauce, teriyaki, ready-to-serve181 cup307084Sausage, Vienna, canned, chicken, beef, pork161 sausage307085Sausage, Vienna, canned, chicken, beef, pork102 tbsp111667Seaweed, kelp, raw102 tbsp112516Seeds, spirulina, dried0.931 tbsp112516Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, driy roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06166	Sauce, homemade, white, medium	250	1 cup	35
06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage11445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	6
06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp111439Sauerkraut, canned, solids and liquids2361 cup307083Sausage, Vienna, canned, chicken, beef, pork161 sausage11445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	53
06112Sauce, teriyaki, ready-to-serve181 tbsp111439Sauerkraut, canned, solids and liquids2361 cup307083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
11439Sauerkraut, canned, solids and liquids2361 cup307083Sausage, Vienna, canned, chicken, beef, pork161 sausage11445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2
07083Sausage, Vienna, canned, chicken, beef, pork161 sausage11445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	11
11445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	11439	Sauerkraut, canned, solids and liquids	236	1 cup	31
11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1
12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1512166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	11445	Seaweed, kelp, raw	10	2 tbsp	12
12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	11667	Seaweed, spirulina, dried	0.93	1 tbsp	2
common type)81 tbsp212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp212537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	151
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz312537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most	15	1 tbsp	14
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4	12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	28
	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	37
14346 Shake, fast food, chocolate 333 16 fl oz 5	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	41
	14346	Shake, fast food, chocolate	333	16 fl oz	57

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14347	Shake, fast food, vanilla	333	16 fl oz	43
11677	Shallots, raw	10	1 tbsp	2
19097	Sherbet, orange	74	1/2 cup	6
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	10
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	18
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	22
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	24
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	6
19013	Snacks, fruit leather, pieces	28.35	1 oz	4
19014	Snacks, fruit leather, rolls	21	1 large	4
19015	Snacks, granola bars, hard, plain	28.35	1 bar	27
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	19
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	22
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	20
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	10
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	3
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	33
19034	Snacks, popcorn, air-popped	8	1 cup	12
19036	Snacks, popcorn, cakes	10	1 cake	16
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	34
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	12
19040	Snacks, popcorn, cheese-flavor	11	1 cup	10
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	9
19041	Snacks, pork skins, plain	28.35	1 oz	3
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	21
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	18
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	16
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	16
19411	Snacks, potato chips, plain, salted	28.35	1 oz	20
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	19
19422	Snacks, potato chips, reduced fat	28.35	1 oz	25
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	21
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	17
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	12
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	27
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	41
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	235
19061	Snacks, trail mix, tropical	140	1 cup	134
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	22
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	46
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	46
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	3
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	10
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	5
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	8
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	10
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	22
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	17
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	20
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	5
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	7
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	23
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	5
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	40
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	24
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	41
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	31
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	12
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	21
06174	Soup, stock, fish, home-prepared	233	1 cup	16
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	7
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	5
06067 06468	Soup, vegetable, canned, chunky, ready-to-serve, commercial Soup, vegetarian vegetable, canned, prepared with equal volume	240 241	l cup l cup	7 7
01050	water, commercial	10		
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
16120	Soy milk, fluid	245	1 cup	61
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	7
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	108
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	148
22401	Spaghetti with meat sauce, frozen entree	283	1 package	42
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	25
20125	Spaghetti, whole-wheat, cooked	140	1 cup	42
02007	Spices, celery seed	2	1 tsp	9
02009	Spices, chili powder	2.6	1 tsp	4
02010	Spices, cinnamon, ground	2.3	1 tsp	1
02015	Spices, curry powder	2	1 tsp	5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	2
02026	Spices, onion powder	2.1	1 tsp	3
02027	Spices, oregano, dried	1.5	1 tsp	4
02028	Spices, paprika	2.1	1 tsp	4
02029	Spices, parsley, dried	1.3	1 tbsp	3
02030	Spices, pepper, black	2.1	1 tsp	4
11658	Spinach souffle	136	1 cup	41
11461	Spinach, canned, drained solids	214	1 cup	163
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	157
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	156
11457	Spinach, raw	10	1 leaf	8
11457	Spinach, raw	30	1 cup	24
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	43
11641	Squash, summer, all varieties, raw	113	1 cup	19
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	27
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	22
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	18
09316	Strawberries, raw	166	1 cup	22
09316	Strawberries, raw	12	1 strawberry	2
09316	Strawberries, raw	18	1 strawberry	2
19334	Sugars, brown	3.2	1 tsp	1
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	24
11512	Sweet potato, canned, vacuum pack	255	1 cup	56
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	39
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	28
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	12
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	10
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	4
19348	Syrups, chocolate, fudge-type	19	1 tbsp	12
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	3
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	14
09223	Tangerine juice, canned, sweetened	249	1 cup	20
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	20
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	10
20068	Tapioca, pearl, dry	152	1 cup	2
14355	Tea, brewed, prepared with tap water	178	6 fl oz	5
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	2
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	3
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	12

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	9
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	15
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	30
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	32
11954	Tomatillos, raw	34	1 medium	7
11540	Tomato juice, canned, with salt added	243	1 cup	27
11546	Tomato products, canned, paste, without salt added	262	1 cup	110
11547	Tomato products, canned, puree, without salt added	250	1 cup	58
11549	Tomato products, canned, sauce	245	1 cup	39
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	31
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	26
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	14
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	20
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2
11955	Tomatoes, sun-dried	2	1 piece	4
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	2
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	19
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	7
21088	Tostada with guacamole	130.5	1 tostada	37
05286	Turkey and gravy, frozen	142	5-oz package	11
05292	Turkey patties, breaded, battered, fried	64	1 patty	10
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	19
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	20
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	26
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	24
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	36
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	23
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	32
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	43
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14
02050	Vanilla extract	4.2	1 tsp	1
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	25
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	19
11578	Vegetable juice cocktail, canned	242	1 cup	27
04582	Vegetable oil, canola	14	1 tbsp	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	26
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	40
02048	Vinegar, cider	15	1 tbsp	1
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	8
18367	Waffles, plain, prepared from recipe	75	1 waffle	14
14429	Water, municipal	237	8 fl oz	2
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	7
09326	Watermelon, raw	152	1 cup	15
09326	Watermelon, raw	286	1 wedge	29
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	28

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	24
20083	Wheat flour, white, bread, enriched	137	1 cup	34
20084	Wheat flour, white, cake, enriched	137	1 cup	22
20080	Wheat flour, whole-grain	120	1 cup	166
20089	Wild rice, cooked	164	1 cup	52
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	16
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	34
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	39
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	43
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	27