NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	74
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	96
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	131
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	73
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	295
09011	Apples, dried, sulfured, uncooked	32	5 rings	144
09003	Apples, raw, with skin	138	1 apple	148
09004	Apples, raw, without skin	110	1 cup	99
09020	Applesauce, canned, sweetened, without salt	255	1 cup	156
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	183
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
09032	Apricots, dried, sulfured, uncooked	35	10 halves	407
09021	Apricots, raw	35	1 apricot	91
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	595
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	425
11015	Asparagus, canned, drained solids	72	4 spears	124
11012	Asparagus, cooked, boiled, drained	60	4 spears	134
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	310
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103
09038	Avocados, raw, California	28.35	1 oz	144
09039	Avocados, raw, Florida	28.35	1 oz	100
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
18005	Bagels, cinnamon-raisin	89	4" bagel	132
18003	Bagels, egg	71	3-1/2" bagel	48
18003	Bagels, egg	89	4" bagel	61
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	53
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	67
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	331
19078	Baking chocolate, unsweetened, squares	28.35	1 square	235
11028	Bamboo shoots, canned, drained solids	131	1 cup	105
09040	Bananas, raw	118	1 banana	422
09040	Bananas, raw	150	1 cup	537
20006	Barley, pearled, cooked	157	1 cup	146
20005	Barley, pearled, raw	200	1 cup	560
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	551

Content per NDB No Description Weight (g) **Common Measure** Measure 16008 Beans, baked, canned, with franks 609 259 1 cup 16010 Beans, baked, canned, with pork and sweet sauce 253 1 cup 653 16011 Beans, baked, canned, with pork and tomato sauce 253 1 cup 746 16015 Beans, black, mature seeds, cooked, boiled, without salt 172 1 cup 611 16025 Beans, great northern, mature seeds, cooked, boiled, without salt 177 1 cup 692 16034 Beans, kidney, red, mature seeds, canned 256 658 1 cup 16033 Beans, kidney, red, mature seeds, cooked, boiled, without salt 177 1 cup 713 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182 708 1 cup 16043 Beans, pinto, mature seeds, cooked, boiled, without salt 171 746 1 cup 11056 Beans, snap, green, canned, regular pack, drained solids 135 1 cup 147 11053 Beans, snap, green, cooked, boiled, drained, without salt 125 183 1 cup Beans, snap, green, frozen, cooked, boiled, drained without salt 135 170 11061 1 cup 11932 Beans, snap, yellow, canned, regular pack, drained solids 135 1 cup 147 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125 374 1 cup 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135 1 cup 170 16051 Beans, white, mature seeds, canned 262 1 cup 1189 22905 Beef stew, canned entree 232 1 cup 404 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all 85 3 oz 224 grades, cooked, braised 13348 Beef, cured, corned beef, canned 85.05 3 oz 116 13350 Beef, cured, dried 28.35 1 oz 82 85 3 oz 246 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 258 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 270 85 3 oz 23568 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 13073 85 3 oz 256 fat, all grades, cooked, roasted 3 oz 13085 318 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, 85 all grades, cooked, roasted 13869 85 3 oz 226 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 23605 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all 85 3 oz 240grades, cooked, braised Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, 13878 85 3 oz 193 all grades, cooked, roasted 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 205 grades, cooked, roasted 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, 85 3 oz 286 cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, 23610 85 3 oz 320 cooked, broiled 85 298 13327 Beef, variety meats and by-products, liver, cooked, pan-fried 3 oz 11087 Beet greens, cooked, boiled, drained, without salt 144 1 cup 1309 11084 Beets, canned, drained solids 24 1 heet 36 Beets, canned, drained solids 252 11084 170 1 cup 11081 Beets, cooked, boiled, drained 170 1 cup 519 11081 Beets, cooked, boiled, drained 50 1 beet 153 18016 Biscuits, plain or buttermilk, prepared from recipe 60 2-1/2" biscuit 73 122 18016 Biscuits, plain or buttermilk, prepared from recipe 101 4" biscuit 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 27 2-1/2" biscuit 42 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 2-1/4" biscuit 39 18013 21 09042 Blackberries, raw 233 144 1 cup 09055 Blueberries, frozen, sweetened 230 1 cup 138

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09050	Blueberries, raw	145	1 cup	112
07008	Bologna, beef and pork	56.7	2 slices	179
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
18023	Bread, cornbread, dry mix, prepared	60	1 piece	77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
18025	Bread, cracked-wheat	25	1 slice	44
18027	Bread, egg	40	1/2" slice	46
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	28
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	69
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	123
18033	Bread, italian	20	1 slice	22
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	53
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	53
18039	Bread, oatmeal	27	1 slice	38
18040	Bread, oatmeal, toasted	25	1 slice	39
18041	Bread, pita, white, enriched	28	4" pita	34
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
18044	Bread, pumpernickel	32	1 slice	67
18045	Bread, pumpernickel, toasted	29	1 slice	66
18047	Bread, raisin, enriched	26	1 slice	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18053	Bread, reduced-calorie, rye	23	1 slice	23
18055	Bread, reduced-calorie, tyc	23	1 slice	23
18055	Bread, reduced calorie, white	23	1 slice	17
18057	Bread, reduced-caloric, white Bread, rye	32	1 slice	53
18061	Bread, rye	24	1 slice	44
18064	-	24	1 slice	44 50
	Bread, wheat (includes wheat berry) Bread, wheat, toasted (includes wheat berry)	23		
18065			1 slice	50 45
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	45 25
18069 18070	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	25
	Bread, white, commercially prepared, toasted	22	1 slice	29
18075	Bread, whole-wheat, commercially prepared	28	1 slice	71
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	71
21023	Breakfast items, french toast with butter	135	2 slices	177
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
11091	Broccoli, cooked, boiled, drained, without salt	37	l spear	108
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
11090	Broccoli, raw	31	1 spear	98
11090	Broccoli, raw	88	1 cup	278
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	450
20011	Buckwheat flour, whole-groat	120	1 cup	692
20010	Buckwheat groats, roasted, cooked	168	1 cup	148

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20013	Bulgur, cooked	182	1 cup	124
20012	Bulgur, dry	140	1 cup	574
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	146
11109	Cabbage, raw	70	1 cup	172
11112	Cabbage, red, raw	70	1 cup	170
11114	Cabbage, savoy, raw	70	1 cup	161
18086	Cake, angelfood, commercially prepared	28	1 piece	26
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	61
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	37
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
18134	Cake, sponge, prepared from recipe	63	1 piece	89
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
19074	Candies, caramels	10.1	1 piece	22
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
19071	Candies, carob	28.35	1 oz	179
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	22
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	34
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	7
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
19107	Candies, hard	6	1 piece	0
9107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	10
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	14
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	69
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	147
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43

Content per NDB No Description Weight (g) **Common Measure** Measure 19155 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2 oz) 184 19156 Candies, M&M MARS, STARBURST Fruit Chews 5 1 piece 0 Candies, marshmallows 50 3 19116 1 cup 19120 Candies, milk chocolate 1 bar (1.55 oz) 164 44 19126 Candies, milk chocolate coated peanuts 40 10 pieces 201 19127 Candies, milk chocolate coated raisins 10 10 pieces 51 19132 Candies, milk chocolate, with almonds 41 1 bar (1.45 oz) 182 Candies, MR. GOODBAR Chocolate Bar 193 19143 49 1 bar (1.75 oz) 19069 Candies. NESTLE, BUTTERFINGER Bar 7 1 fun size bar 16 Candies, NESTLE, CRUNCH Bar and Dessert Topping 151 19145 44 1 bar (1.55 oz) 1 package (contains 2) 19150 Candies, REESE'S Peanut Butter Cups 154 45 19080 Candies, semisweet chocolate 168 1 cup 613 Candies, SPECIAL DARK Chocolate Bar 42 19164 8.4 1 miniature 19087 Candies, white chocolate 170 1 cup 486 09060 Carambola, (starfruit), raw 91 1 fruit 121 09060 Carambola, (starfruit), raw 108 1 cup 144 14121 Carbonated beverage, club soda 355 12 fl oz 7 370 14400 Carbonated beverage, cola, contains caffeine 12 fl oz 7 14136 366 12 fl oz 4 Carbonated beverage, ginger ale Carbonated beverage, grape soda 372 12 fl oz 14142 4 14416 355 12 fl oz 28 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine 14143 Carbonated beverage, low calorie, other than cola or pepper, without 355 12 fl oz 7 caffeine Carbonated beverage, orange 12 fl oz 14150 372 7 14153 Carbonated beverage, pepper-type, contains caffeine 368 12 fl oz 4 370 12 fl oz 14157 Carbonated beverage, root beer 4 Carbonated beverage, SPRITE, lemon-lime, without caffeine 12 fl oz 14145 368 4 16055 Carob flour 8 1 tbsp 66 11655 Carrot juice, canned 236 1 cup 689 11960 Carrots, baby, raw 10 1 medium 24 11128 Carrots, canned, regular pack, drained solids 146 1 cup 261 Carrots, cooked, boiled, drained, without salt 367 11125 156 1 cup 11131 Carrots, frozen, cooked, boiled, drained, without salt 146 1 cup 280 11124 Carrots, raw 72 230 1 carrot 11124 Carrots, raw 110 1 cup 352 23 11935 Catsup 6 1 packet 15 57 11935 1 tbsp Catsup 124 11136 Cauliflower, cooked, boiled, drained, without salt 1 cup 176 11136 Cauliflower, cooked, boiled, drained, without salt 54 3 flowerets 77 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180 1 cup 250 Cauliflower, raw 303 11135 100 1 cup 11135 Cauliflower, raw 13 1 floweret 39 11144 Celery, cooked, boiled, drained, without salt 150 426 1 cup 37.5 107 11144 Celery, cooked, boiled, drained, without salt 1 stalk 11143 Celery, raw 120 1 cup 312 40 104 11143 Celery, raw 1 stalk 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON 30 58 3/4 cup CHEERIOS

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	155
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	25
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	209
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	43
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	50
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	33
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	50
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	92
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	30
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	135
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	35
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	57
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	238
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	42
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	30
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	354
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	17
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	113
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	111
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	103
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	306
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	36
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	61
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	171
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	22
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	26
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	33
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	36
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	23
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	190
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	372
08065 08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33 30	1-1/4 cup 3/4 cup	36 24
08071	TREATS Cereal	27	Ĩ	41
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	3/4 cup	
08087	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS,	51	1 cup 1 cup	61 173
08010	original Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	54
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	54
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	51
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	181
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	204

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	257
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	82
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	173
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	43
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	54
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	94
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	131
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	107
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	109
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82
01164	Cheese sauce, prepared from recipe	243	1 cup	345
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	l oz	69
01004	Cheese, blue	28.35	l oz	73
01007	Cheese, camembert	38	1 wedge	71
01009	Cheese, cheddar	28.35	l oz	28
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	176
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	217
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	46
01017	Cheese, cream	14.5	1 tbsp	17
01186	Cheese, cream, fat free	15.6	1 tbsp	25
01019	Cheese, feta	28.35	l oz	18
01168	Cheese, low fat, cheddar or colby	28.35	l oz	19
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	l oz	27
01026	Cheese, mozzarella, whole milk	28.35	l oz	22
01030	Cheese, muenster	28.35	l oz	38
01031	Cheese, neufchatel	28.35	l oz	32
01032	Cheese, parmesan, grated	5	1 tbsp	6
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	l oz	48
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	61
01035	Cheese, provolone	28.35	l oz	39
01037	Cheese, ricotta, part skim milk	246	1 cup	308

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	258
01040	Cheese, swiss	28.35	1 oz	22
18147	Cheesecake commercially prepared	80	1 piece	72
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239
09070	Cherries, sweet, raw	68	10 cherries	151
22906	Chicken pot pie, frozen entree	217	1 small pie	256
07017	Chicken roll, light meat	56.7	2 slices	129
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	325
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	124
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
)5277	Chicken, canned, meat only, with broth	142	5 oz	196
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
22904	Chili con carne with beans, canned entree	222	1 cup	608
11156	Chives, raw	3	1 tbsp	9
14181	Chocolate syrup	18.75	1 tbsp	42
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	128
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405
14192	Cocoa mix, powder	28.35	3 heaping tsp	202
14194	Cocoa mix, powder, prepared with water	206	1 serving	202
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	405
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11159	Coleslaw, home-prepared	120	1 cup	217
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
18151	Cookies, brownies, commercially prepared	56	1 brownie	83
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6

1819 Cookies, checolate chip, commercially prepared, regular, lower fat 10 1 cookie 18185 Cookies, checolate chip, prepared from recipe, made with margame 16 1 cookie 18164 Cookies, checolate chip, prepared from recipe, made with margame 16 1 cookie 18165 Cookies, checolate schip, prepared from recipe, made with margame 16 1 cookie 18176 Cookies, checolate schip, prepared from recipe, made with margame 16 1 cookie 18176 Cookies, guban crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 15 1 cookie, molano 18178 Cookies, undiane, commercially prepared, fai-fiee 11 1 cookie 18179 Cookies, outmaid, commercially prepared, regular 25 1 cookie 18170 Cookies, outmaid, commercially prepared, regular 15 1 cookie 18170 Cookies, outmaid, commercially prepared, regular 15 1 cookie 18180 Cookies, shourthed' commercially prepared, regular 15 1 cookie 18180 Cookies, shourthed' commercially prepared, regular 15 1 cookie 18180 Cookies, sugar, prepare	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18164Cookies, chocolate chip, rerigenced from recipe, made with margarine161 cookie18164Cookies, chocolate and wich, with creme filling, regular161 cookie18170Cookies, fighars161 cookie18171Cookies, graham cackers, plain or honey (includes cinnamon)841 cap18172Cookies, graham cackers, plain or honey (includes cinnamon)841 cap18173Cookies, graham cackers, plain or honey (includes cinnamon)841 caokie18174Cookies, graham cackers, plain or honey (includes cinnamon)841 cookie18175Cookies, graham cackers, plain or honey (includes cinnamon)841 cookie18176Cookies, graham cackers, plain or honey (includes cinnamon)811 cookie18177Cookies, graham cackers, plain or honey (includes cinnamon)151 cookie18178Cookies, catmeal, commercially prepared, regular151 cookie18184Cookies, catmeal, commercially prepared, regular151 cookie18185Cookies, gatar, catmeard ly prepared, plan81 cookie18184Cookies, gatar, catmeard ly prepared, plan81 cookie18185Cookies, sugar, commercially prepared, plan81 cookie18186Cookies, gatar, catmeard ly prepared, plan141 cookie18180Cookies, gatar, catmeard ly prepared, plan141 cookie18180Cookies, gatar, catmeard ly prepared, plan141 cookie18181Cookies, gatar, catmeard ly prepared, plan<	18159		10	1 cookie	15
18164Cookies, chocolate enhyr effigerated dough, baked261 ecokie18106Cookies, figharn101 cookie18173Cookies, graham erackers, plain or honey (includes einnamon)841 cup18173Cookies, graham erackers, plain or honey (includes einnamon)142 squares18174Cookies, molasses321 cookie, medium18175Cookies, molasses321 cookie, medium18176Cookies, nomercially prepared, fin-free111 cookie18177Cookies, ontanie, commercially prepared, soft-type151 cookie18178Cookies, natineal, commercially prepared, soft-type151 cookie18179Cookies, natineal, commercially prepared, regular151 cookie18184Cookies, natineal, commercially prepared, regular141 cookie18184Cookies, natineal, nommercially prepared, regular141 cookie18184Cookies, natineal, nommercially prepared, regular141 cookie18184Cookies, natinead, commercially prepared, regular (includes vanilla)151 cookie18189Cookies, sugar, repared from recipe, made with margarine141 cookie18200Cookies, sugar, repared from recipe, made with margarine14 <td< td=""><td>18158</td><td>Cookies, chocolate chip, commercially prepared, regular, lower fat</td><td>10</td><td>1 cookie</td><td>12</td></td<>	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18170 Cookies, graham crackers, plain or honey (includes cimamon) 84 1 cup 18171 Cookies, graham crackers, plain or honey (includes cimamon) 14 2 squares 18171 Cookies, graham crackers, plain or honey (includes cimamon) 14 2 squares 18175 Cookies, andmasc, ornamercially prepared, far-free 1 1 cookie 18178 Cookies, antamed, commercially prepared, regular 15 1 cookie 18184 Cookies, anatume, commercially prepared, regular 15 1 cookie 18185 Cookies, paantu butter, commercially prepared, regular 14 1 cookie 18186 Cookies, square, commercially prepared, pecan 14 1 cookie 18192 Cookies, square, regurared from recipe, made with margarine 14 1 cookie 18192 Cookies, square refrigerated dough, baled 1 cookie 1 cookie 18192 Cookies, square, refrigerated dough, baled 1 cookie 1 cookie 18192 Cookies, square, refrigerated dough, baled 1 cookie 1 cookie <td>18165</td> <td>Cookies, chocolate chip, prepared from recipe, made with margarine</td> <td>16</td> <td>1 cookie</td> <td>36</td>	18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
18170 Cookies, fighans 16 I cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18174 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, anneal, commercially prepared, fat-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 18184 Cookies, anneal, prepared from recipe 20 1 cookie 18185 Cookies, shortbread, commercially prepared, regular 15 1 cookie 18189 Cookies, shortbread, commercially prepared, pergular (heludes vanilla) 15 1 cookie 18180 Cookies, sugar, remercially prepared, regular (heludes vanilla) 15 1 cookie 18204 Cookies, sugar, remercially prepared, regular (heludes vanilla) 15 1 cookie 18205 Cookies, sugar, remercially prepared, regular pack 26 1 cookie 1820	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18173Cookies, graham enackers, plain or honey (includes einnamon)841 eup18174Cookies, malam enackers, plain or honey (includes einnamon)142 squees18175Cookies, molasses151 cookie, large (3-1/2" to 4")18176Cookies, antmeal, commercially prepared, fait-fare111 cookie18178Cookies, oatmeal, commercially prepared, fait-fare111 cookie18178Cookies, cantmeal, commercially prepared, fait-fare11 cookie18184Cookies, cantmeal, commercially prepared, regular151 cookie18185Cookies, panut butter, commercially prepared, regular141 cookie18192Cookies, spanut butter, commercially prepared, perand141 cookie18193Cookies, spanut butter, commercially prepared, perand141 cookie18194Cookies, sugar, commercially prepared, perand151 cookie18195Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, biked151 cookie18210Cookies, vanilla marker, lower fait41 cookie182110Cookies, vanilla marker, lower fait2561 cup18212Cookies, neard butter, durindu vithout staft771 carp18214Coonsect, belied, drained, without staft731 cup18215Coorneal, degramed, enriched, yellow1381 cup18216Corn, sweet, yellow, conked, bolied, drained,1641 cup18216	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	19
18173Cookies, graham crackers, plain or howy (includes cinnamo)142 squares18174Cookies, molasses151 cookie, medium18175Cookies, notasses221 cookie, medium18187Cookies, notanses251 cookie18187Cookies, notanser, lally prepared, regular251 cookie18179Cookies, notanser, lang prepared, soft-type151 cookie18188Cookies, notansel, prepared from recipe, with ruisins151 cookie18189Cookies, penant butter, commercially prepared, regular151 cookie18189Cookies, stantprepared, commercially prepared, penan141 cookie18192Cookies, stantprepared, commercially prepared, penan81 cookie18193Cookies, sugar, rengered from recipe141 cookie18194Cookies, sugar, rengered from recipe, mediar (includes vanilla)151 cookie18194Cookies, sugar, rengered from recipe, mediar (includes vanilla)1 cookie18194Cookies, sugar, rengered from recipe, mediar (includes vanilla)1 cookie18204Cookies, sugar, rengered from recipe, mediar (includes vanilla)1 cookie18205Cookies, sugar, rengered from recipe, regular factorida141 cookie18204Cookies, sugar, rengered from recipe, regular factorida141 cookie18205Cookies, sugar, rengered from recipe, regular factorida161 cookie18206Cookies, sugar, rengered from recipe, regular factorida1 cookie1 cookie<	18170	Cookies, fig bars	16	1 cookie	33
18177Cookies, molasses15Lookie, medium18177Cookies, molasses32Lookie, ingel (3-1/2" to 4")18175Cookies, oatmeal, commercially prepared, fegular25Lookie, alteral, colice18174Cookies, oatmeal, commercially prepared, segular25Lookie18184Cookies, oatmeal, commercially prepared, segular15Lookie18184Cookies, peant butter, prepared from recipe, with raisins15Lookie18185Cookies, peant butter, commercially prepared, pean14Lookie18189Cookies, shortbread, commercially prepared, pean14Lookie18204Cookies, sugar, commercially prepared, pean14Lookie18205Cookies, sugar, commercially prepared, pean14Lookie18206Cookies, sugar, refrigerated dough, baked15Lookie18206Cookies, sugar, refrigerated dough, baked15Lookie18210Cookies, vanilla sandwich with creme filing15Lookie18210Cookies, vanilla sandwich with creme filing10Leookie18211Cookies, vanilla sandwich with creme filing17Leup11174Corn, sweet, yellow, canned, vacuum pack, regular pack256Lcup11175Corn, sweet, yellow, canned, vacuum pack, regular pack210Leup11176Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,164Lcup11176Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,164Lcup11176	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
18172Cookies, manages22cookie, large (3-1/2" to 4"18456Cookies, outmeal, commercially prepared, fai-free11cookie18178Cookies, outmeal, commercially prepared, soft-type5cookie18184Cookies, outmeal, commercially prepared, soft-type15cookie18185Cookies, pant butter, commercially prepared, regular15cookie18186Cookies, sonthread, commercially prepared, perant14cookie18197Cookies, shorthread, commercially prepared, perant14cookie18198Cookies, sugar, commercially prepared, perant14cookie18204Cookies, sugar, commercially prepared, prepared pini8cookie18204Cookies, sugar, refrigerated dough, baked14cookie18205Cookies, sugar, refrigerated dough, baked16cookie18210Cookies, sunilla sandwich with creme filling16cookie18210Cookies, vanilla sandwich with creme filling16cookie18210Cookies, vanilla sandwich with creme filling16cookie18211Coon, sweet, yellow, canned, creaular paek210cookie18212Cookies, vanilla sandwich with creme filling16cugar18214Cookies, vanilla sandwich with creme filling16cugar18215Cookies, sunilla sandwich with creme filling16cugar18214Cookies, vanilla sandwich with creme filling16cugar18215Cookies, vanilla sandwich with creme filling	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18456Cookies, oatmeal, commercially prepared, fair-free111 cookie18177Cookies, oatmeal, commercially prepared, spl-type151 cookie18184Cookies, oatmeal, lypeqared from recipe, with raisins151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18184Cookies, peanut butter, prepared from recipe, with raisins161 cookie18185Cookies, shortbread, commercially prepared, regular141 cookie18186Cookies, sugar, commercially prepared, pean141 cookie18187Cookies, sugar, commercially prepared, pean141 cookie18208Cookies, sugar, refrigreated doegh, backd151 cookie18210Cookies, sugar, refrigreated doegh, backd151 cookie18210Cookies, vanilla sandwich with creme filling161 cookie18210Cookies, vanilla waders, lower fat2101 cookie182111Corn, sweet, yellow, canned, cream style, regular pack2101 cookie193111Corn, sweet, yellow, canned, caream style, regular pack2101 cup11117Corn, sweet, yellow, canned, caream style, regular pack2141 cup11118Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, drained, without salt11 cup11119Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, drained, without salt11 cup11119Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, sellow11<	18177	Cookies, molasses	15	1 cookie, medium	52
18178Cookies, oatmeal, commercially prepared, regular25I cookie18179Cookies, oatmeal, commercially prepared, regular15I cookie18184Cookies, peant butter, commercially prepared, regular15I cookie18185Cookies, peant butter, commercially prepared, pean14I cookie18190Cookies, shortbread, commercially prepared, pean14I cookie18192Cookies, shortbread, commercially prepared, pean14I cookie18193Cookies, sugar, commercially prepared, pean14I cookie18204Cookies, sugar, commercially prepared, negalar14I cookie18205Cookies, sugar, refrigerated dough, baked15I cookie18206Cookies, augar, refrigerated dough, baked16I cookie18207Cookies, augar, refrigerated dough, baked16I cookie18208Cookies, autilia sandwich with creme filling16I cookie18217Cookies, autilia sandwich with creme filling16I cookie18218Cons, sweet, yellow, canned, creaut spte, regular pack210I cup19314Corn, sweet, yellow, canned, creaut spte, regular pack210I cup11174Corn, sweet, yellow, consed, boiled, drained, without salt77I car11175Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, mithout salt120I cup20020Cornmeal, while-grain, yellow138I cup20021Cornmeal, self-rising, degermed, cniched, yellow136I cup<	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	111
18179Cookies, oatmeal, commercially prepared, soft-type151 cookie18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie18185Cookies, paanu butter, commercially prepared, regular151 cookie18192Cookies, shortbread, commercially prepared, peean141 cookie18193Cookies, saugar, commercially prepared, peean141 cookie18194Cookies, sugar, reprared from recipe201 cookie18204Cookies, sugar, reprared from recipe151 cookie18205Cookies, sugar, reprared from recipe141 cookie18206Cookies, sugar, reprared from recipe151 cookie18207Cookies, sugar, reprared from recipe151 cookie18208Cookies, sugar, reprared from recipe, made with margarine141 cookie18209Cookies, sugar, reprared from recipe151 cookie18210Cookies, vanila andwich with creme filling151 cookie18210Cookies, vanila andwich with creme filling101 cookie19010Corn, sweet, yellow, canned, cream style, regular pack2101 cup11174Corn, sweet, yellow, canned, cream style, regular pack2101 cup11188Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt771 ear11181Cornmeal, whole-grain, yellow1381 cup20022Cornmeal, whole-grain, yellow1381 cup20024Cornmeal, whole-grain, yellow <td>18456</td> <td>Cookies, oatmeal, commercially prepared, fat-free</td> <td>11</td> <td>1 cookie</td> <td>23</td>	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18189Cookies, shortbread, commercially prepared, pean141 cookie18192Cookies, shortbread, commercially prepared, pean141 cookie18194Cookies, sugar, commercially prepared, pean151 cookie18204Cookies, sugar, commercially prepared, pean151 cookie18205Cookies, sugar, repared from recipe, made with margarine141 cookie18206Cookies, sugar, rifegrated dough, backd151 cookie18210Cookies, vaar, rifegrated dough, backd151 cookie18212Cookies, vaar, ling sandwich with creme filling101 cookie18212Cookies, vanilla sandwich, with creme filling101 cookie18212Cookies, vanilla waren, lower fat771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11175Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, fozen, kernels ou coff cook boiled, drained, without salt1641 cup11179Corn, sweet, yellow, fozen, kernels ou cooked, boiled, drained, without salt1641 cup11180Corn, sweet, yellow, fozen, kernels ou cooked, boiled, drained, without salt1 cup11179Corn, sweet, yellow, fozen, kernels ou cooked, boiled, drained, 	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
18185Cookies, penul butter, commercially prepared, regular151 cookie18189Cookies, spenut butter, prepared from recipe201 cookie18192Cookies, shorthread, commercially prepared, pecan141 cookie18192Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18205Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18206Cookies, sugar, trefrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18211Coon, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, creau style, regular pack2561 cup11176Corn, sweet, yellow, canned, cum pack, regular pack2101 cup11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt1641 cup11181Cornsaret, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt1 cup11182Cornsaret, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt1 cup11182Cornsaret, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt1 cup11181Cornsaret, yellow, forzen, kernels on	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
18189Cookies, penut butter, prepared from recipe201 cookie18193Cookies, shorthread, commercially prepared, pecan141 cookie18192Cookies, shorthread, commercially prepared, pelain81 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18204Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla wardwich with creme filling101 cookie18213Cookies, vanilla wardwich with creme filling101 cookie18214Cookies, vanilla wardwich with creme filling2561 cup11174Corn, sweet, yellow, canned, vacaum pack, regular pack2561 cup11175Corn, sweet, yellow, conced, boiled, drained, without salt771 car11175Corn, sweet, yellow, frozen, kernels ou coft cook cooked, boiled, drained, without salt1641 cup11179Corn, sweet, yellow, frozen, kernels ou cob, cooked, boiled, drained, without salt1 cup2002220027Commeal, egermed, enriched, yellow1381 cup20028Couscous, cooked1571 cup20029Couscous, cooked1571 cup20020Couscous, cooked1571 cup20021Cornmeal, self-rising, degermed, enciched, yellow1651 cup20022Cou	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18193Cookies, shortbread, commercially prepared, pean141 cookie18192Cookies, shortbread, commercially prepared, plain81 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, refrigerated dough, baked151 cookie18209Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18213Cookies, vanilla sandwich with creme filling101 cookie18214Cookies, vanilla sandwich with creme filling101 cookie18215Cookies, vanilla sandwich with creme filling161 cup18216Cookies, vanilla wafers, lower fat771 ear18217Corn, sweet, yellow, canned, recam style, regular pack2101 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt771 ear11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1221 cup20022Cornmeal, egermed, enriched, yellow1381 cup20023Cornmeal, self-rising, degermed, enriched, yellow1381 cup20024Couscous, coled1571 cup20025Cornmeal, whole-grain, yellow1651 cup20026Co	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
18192Cookies, shortbread, commercially prepared, plain81 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18208Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18213Cookies, vanilla sandwich with creme filling2561 cup11144Corn, sweet, yellow, canned, vregular pack2101 cup11176Corn, sweet, yellow, canned, vregular pack2101 cup11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt631 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1 cup20022Commeal, elefrising, degrmed, enriched, yellow1381 cup20025Commeal, self-rising, degrmed, enriched, yellow1361 cup20026Couscous, cooked1571 cup20027Consect, blackeyes, inmature seeds, frozen, cooked, boiled, drained, without salt1651 cup20028Couscous, cooked1611 cup20029Couscous, cooked, boiled, drained, without salt1651 cup20029Couscous, dry1 cup21020	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18204Cookies, sugar, commercially prepared, regular (includes vanilla)15I cookie18208Cookies, sugar, prepared from recipe, made with margarine14I cookie18206Cookies, sugar, refrigrated dough, baked15I cookie18210Cookies, vanilla sandwich with creme filling15I cookie18210Cookies, vanilla sandwich with creme filling10I cookie18212Cookies, vanilla sandwich with creme filling10I cookie18213Cookies, vanilla sandwich with creme filling77I car18214Cook, sweet, vellow, canned, cream style, regular pack256I cup11175Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup11176Corn, sweet, yellow, conked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup20025Commeal, algermed, enriched, yellow138I cup20025Commeal, self-risin, degermed, enriched, yellow138I cup20020Commeal, self-risin, degermed, enriched, yellow138I cup20021Consuscus, cooked157I cup20022Couscous, cooked164I cup20029Couscous, cooked, boiled, drained, without salt165I cup20029Couscous, cooked161I cup20029Couscous, dipI cupI cup20029Couscous, dipI cupI cup20030	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18208Cookies, sugar, prepared from recipe, made with margarine14I cookie18206Cookies, sugar, refrigerated dough, baked15I cookie18210Cookies, vanilla sandwich with creme filling10I cookie18211Cookies, vanilla sandwich with creme filling10I cookie18212Cookies, vanilla sandwich with creme filling10I cookie18212Cookies, vanilla sandwich, lower fat4I cookie18214Corn, sweet, white, cooked, boiled, drained, without salt77I ear11174Corn, sweet, yellow, canned, cream style, regular pack210I cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cu off cob, boiled, drained, without salt63I ear20022Commeal, gegermed, enriched, yellow138I cup20025Commeal, gegermed, enriched, yellow122I cup20020Comsecus, cooked157I cup20021Comsearch8.064I thsp.20022Couscous, dry173I cup20028Couscous, dry173I cup20044Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt165I cup20044Cowpeas, collackeyes, immature seeds, frozen, cooked, boiled, drained, without salt170I cup20054Cowpeas, collackeyes, immature seeds, frozen, cooked, boiled, drained, without salt165I cup20045Cowp	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla wafers, lower fat441 cookie18212Cookies, vanilla wafers, lower fat441 cookie18212Cookies, vanilla wafers, lower fat441 cookie18214Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt381 cup20022Cornmeal, degermed, enriched, yellow1381 cup20025Cornmeal, degermed, enriched, yellow1221 cup20020Constarch8.06441 thsp20021Couscous, cooked1571 cup20022Couscous, dry1731 cup20023Couscous, dry1731 cup20024Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup20024Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup20025Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup<	18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla wafers, lower fat41 cookie18213Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11179Corn, sweet, yellow, canned, vacuum pack, regular pack1641 cup11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20022Cornmeal, self-rising, degermed, enriched, yellow1381 cup20025Cornstarch80641 bsp20029Couscous, cooked1571 cup20029Couscous, cooked1571 cup20028Couscous, cooked, forzen, cooked, boiled, drained, without salt1651 cup11196Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, without salt1201 cup11063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1701 cup11064Cowpeas,	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
18210Cookies, vanilla sandwich with creme filling10I cookie18212Cookies, vanilla wafers, lower fat4I cookie18214Corn, sweet, white, cooked, boiled, drained, without salt77I ear11174Corn, sweet, yellow, canned, cream style, regular pack256I cup11176Corn, sweet, yellow, conned, vacuum pack, regular pack210I cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, without salt164I cup11181Corn, sweet, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt63I cup20022Commeal, degermed, enriched, yellow138I cup20025Cornmeal, self-rising, degermed, enriched, yellow138I cup20020Cornstach8.064I tbsp20021Couscous, cooked157I cup20022Couscous, cooked165I cup20023Couscous, dry173I cup20024Couscous, dry173I cup20025Couscous, dry1 cup20026Couscous, dry1 cup20027Conseas (blackeyes), immature seeds, cooked, boiled, drained, without salt1 cup20028Couscous, dry1 cup20029Couscous, dry1 cup20029Couscous, dry1 cup20029Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, lafained, <br< td=""><td>18206</td><td>Cookies, sugar, refrigerated dough, baked</td><td>15</td><td>1 cookie</td><td>24</td></br<>	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
18212Cookies, vanilla wafers, lower fat41 cookie111901Corm, sweet, white, cooked, boiled, drained, without salt771 ear11174Corm, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt631 ear11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1381 cup20022Cornmeal, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1221 cup20020Cornmeal, whole-grain, yellow1231 cup20021Couscous, cooked1571 cup20022Couscous, dry1731 cup20028Couscous, dry1731 cup20029Couscous, condent (blackeyes, crowder, southern), mature seeds, armed, plain1701 cup20030Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt101 cup2004Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt101 cup20031Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt10 <td>18210</td> <td>Cookies, vanilla sandwich with creme filling</td> <td>15</td> <td>1 cookie</td> <td>14</td>	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
11901Corn, sweet, white, cooked, boiled, drained, without salt77I ear11174Corn, sweet, yellow, canned, cream style, regular pack256I cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup11184Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup2002Cornmeal, degermed, enriched, yellow63I cup2002Cornmeal, degermed, enriched, yellow138I cup2002Cornmeal, self-rising, degermed, enriched, yellow122I cup2002Comsatch8064I bsp2002Couscous, cooked157I cup20028Couscous, dry173I cup20028Couscous, dry165I cup20049Cowpeas (Blackeyes), immature seeds, rooked, boiled, drained, without salt170I cup11196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt120I cup12044Cackers, cheese, regular10I cup12055Crackers, cheese, regular10I cup11196Cowpeas, (blackeyes, crowder, southern), mature seeds, conded, boiled, drained, conded, plain10I cup12056Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt10I cup12164Cackers, cheese, regular10I cup12165Crackers,	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
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11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, cooked1651 cup20028Couscous, dry1731 cup20029Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup110604Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	1901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	192
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, cooked1651 cup20028Couscous, dry1731 cup20029Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup110604Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	11174		256	1 cup	343
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, cooked1651 cup20029Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas, common (blackeyes, crowder, southern), mature seeds, conked, boiled, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers18214Crackers, cheese, negular1010 crackers182141 sandwich18217Crackers, matzo, plain28.351 matzo	11176		210	1 cup	391
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without salt20021Cornmeal, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, dry1731 cup20029Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular101 curackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,	164	1 cup	382
20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, dry1731 cup20029Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	11181		63	1 ear	158
20020Cornmeal, whole-grain, yellow122I cup20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, dry1731 cup20029Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	224
20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20028Couscous, dry1731 cup20029Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
20029Couscous, cooked1571 cup20028Couscous, dry1731 cup11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	20020	Cornmeal, whole-grain, yellow	122	1 cup	350
20028Couscous, dry1731 cup11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	20027	Cornstarch	8.064	1 tbsp	0
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without saltimmediate of the formation of the for	20028	Couscous, dry	173	1 cup	287
without saltwithout salt16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	11192	1 1 2 //	165	1 cup	690
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cooked, boiled, without salt1018214Crackers, cheese, regular1018215Crackers, cheese, sandwich-type with peanut butter filling718217Crackers, matzo, plain28.35		canned, plain		·	413
18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo		cooked, boiled, without salt		·	478
18217Crackers, matzo, plain28.351 matzo		-			15
					15
18220 Crackers melba toast plain 20 4 pieces		-			32
	18220	Crackers, melba toast, plain	20	4 pieces	40

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	54
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	18
18229	Crackers, standard snack-type, regular	12	4 crackers	16
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
18232	Crackers, wheat, regular	8	4 crackers	15
18235	Crackers, whole-wheat	16	4 crackers	48
14242	Cranberry juice cocktail, bottled	253	8 fl oz	35
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
01069	Cream substitute, powdered	2	1 tsp	16
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01052	Cream, fluid, light whipping	15	1 tbsp	15
01056	Cream, sour, cultured	12	1 tbsp	17
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	67
18243	Croutons, seasoned	40	1 cup	72
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
15141	Crustaceans, crab, blue, canned	135	1 cup	505
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	68
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
11206	Cucumber, peeled, raw	119	1 cup	162
11206	Cucumber, peeled, raw	280	1 large	381
11205	Cucumber, with peel, raw	301	1 large	442
11205	Cucumber, with peel, raw	104	1 cup	153
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
18245	Danish pastry, cheese	71	1 danish	70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
09087	Dates, deglet noor	178	1 cup	1168
09087	Dates, deglet noor	41.5	5 dates	272
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	60
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	14
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	65
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
-	,			227

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	207
01124	Egg, white, raw, fresh	33.4	1 large	54
01128	Egg, whole, cooked, fried	46	1 large	68
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
01131	Egg, whole, cooked, poached	50	1 large	67
01132	Egg, whole, cooked, scrambled	61	1 large	84
01123	Egg, whole, raw, fresh	58	1 extra large	78
01123	Egg, whole, raw, fresh	44	1 medium	59
01123	Egg, whole, raw, fresh	50	1 large	67
01125	Egg, yolk, raw, fresh	16.6	1 large	18
01057	Eggnog	254	1 cup	419
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
11213	Endive, raw	50	1 cup	157
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	62
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	67
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	182
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	320
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	445
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	285
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	308
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	335
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	223
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	277
21042	Fast foods, chili con carne	253	1 cup	691
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
21127	Fast foods, coleslaw	99	3/4 cup	177
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	199
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21024	Fast foods, french toast sticks	141	5 sticks	127
21077	Fast foods, frijoles with cheese	167	1 cup	605
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	570
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	527
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	251
21118	Fast foods, hotdog, plain	98	1 sandwich	143
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
21129	Fast foods, hush puppies	78	5 pieces	188

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	169
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	737
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	468
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	930
21139	Fast foods, potato, mashed	80	1/3 cup	235
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	267
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21082	Fast foods, taco	171	1 small	474
21082	Fast foods, taco	263	1 large	729
21083	Fast foods, taco salad	198	1-1/2 cups	416
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
09094	Figs, dried, uncooked	38	2 figs	258
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	439
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	123
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	60
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	437
15034	Fish, haddock, cooked, dry heat	150	1 fillet	599
15034	Fish, haddock, cooked, dry heat	85	3 oz	339
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	490
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	916
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	298
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	329
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	232
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	775
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	154
15077	Fish, salmon, chinook, smoked	85.05	3 oz	149
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	319
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
15111	Fish, swordfish, cooked, dry heat	106	1 piece	391
15111	Fish, swordfish, cooked, dry heat	85	3 oz	314

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	375
15128	Fish, tuna salad	205	1 cup	365
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	484
07022	Frankfurter, beef	45	1 frank	70
07023	Frankfurter, beef and pork	45	1 frank	75
07024	Frankfurter, chicken	45	1 frank	38
18268	French toast, frozen, ready-to-heat	59	1 slice	79
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	13
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	41
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	7
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	9
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	188
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152
19294	Fruit butters, apple	17	1 tbsp	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	77
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	328
11215	Garlic, raw	3	1 clove	12
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	30
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	334
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	53
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	160
09404	Grapefruit juice, pink, raw	247	1 cup	400
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	1 cup 1 cup	378 336
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
09128	Grapefruit juice, white, raw	247	1 cup	400
09120	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166
09112	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	96
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	306
06116	Gravy, beef, canned	58.25	1/4 cup	47
06119	Gravy, chicken, canned	59.5	1/4 cup	65

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06121	Gravy, mushroom, canned	59.6	1/4 cup	63
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	48
06125	Gravy, turkey, canned	59.6	1/4 cup	65
07027	Ham, chopped, not canned	21	2 slices	67
07028	Ham, sliced, extra lean	56.7	2 slices	198
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	365
11961	Hearts of palm, canned	33	1 piece	58
19296	Honey	21	1 tbsp	11
02055	Horseradish, prepared	5	1 tsp	12
16158	Hummus, commercial	14	1 tbsp	32
19270	Ice creams, chocolate	66	1/2 cup	164
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152
19095	Ice creams, vanilla	66	1/2 cup	131
19088	Ice creams, vanilla, light	66	1/2 cup	137
19089	Ice creams, vanilla, rich	74	1/2 cup	116
19297	Jams and preserves	20	1 tbsp	15
19300	Jellies	19	1 tbsp	10
11226	Jerusalem-artichokes, raw	150	1 cup	644
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	237
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
17034 17044	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4"	85 85	3 oz 3 oz	268 260
17044	fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85	3 oz	287
	fat, choice, cooked, braised			
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	495
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90

Content per NDB No Description Weight (g) **Common Measure** Measure 09153 Lemon juice, canned or bottled 244 249 1 cup 09153 Lemon juice, canned or bottled 15.2 1 tbsp 16 47 58 09152 Lemon juice, raw juice of 1 lemon 14293 248 8 fl oz 50 Lemonade, frozen concentrate, white, prepared with water 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 3 09150 Lemons, raw, without peel 58 1 lemon 80 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 731 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 388 7.5 1 medium leaf 18 11250 Lettuce, butterhead (includes boston and bibb types), raw 11251 138 Lettuce, cos or romaine, raw 56 1 cup 11251 Lettuce, cos or romaine, raw 10 1 leaf 25 109 11253 Lettuce, green leaf, raw 56 1 cup 11253 Lettuce, green leaf, raw 10 1 leaf 19 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 760 11252 Lettuce, iceberg (includes crisphead types), raw 8 1 medium 11 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 78 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 180 1 cup 740 without salt 170 517 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, 1 cup drained, without salt 16073 Lima beans, large, mature seeds, canned 241 530 1 cup 16072 Lima beans, large, mature seeds, cooked, boiled, without salt 188 955 1 cup 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 12 09161 Lime juice, canned or bottled, unsweetened 246 185 1 cup 09160 Lime juice, raw 38 juice of 1 lime 44 22247 Macaroni and Cheese, canned entree 252 212 1 cup 20100 Macaroni, cooked, enriched 140 63 1 cup 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 251 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 578 with whole milk 21 4-5 heaping tsp 203 14309 Malted drink mix, natural, with added nutrients, powder 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 530 whole milk 09176 207 323 Mangos, raw 1 mango 09176 165 257 Mangos, raw 1 cup 04611 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 5 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 6 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 4 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 1 04585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 5 Margarine-like spread, (approximately 40% fat), unspecified oils 04128 4.8 1 tsp 1 09181 69 1/8 melon 184 Melons, cantaloupe, raw 09181 Melons, cantaloupe, raw 160 1 cup 427 09184 Melons, honeydew, raw 160 1/8 melon 365 09184 Melons, honeydew, raw 170 1 cup 388 01110 Milk shakes, thick chocolate 300 10.6 fl oz 672 Milk shakes, thick vanilla 313 11 fl oz 573 01111 01094 Milk, buttermilk, dried 6.5 1 tbsp 103

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
01097	Milk, canned, evaporated, nonfat	256	1 cup	850
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	764
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	423
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	418
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	366
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	382
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	366
01077	Milk, whole, 3.25% milkfat	244	1 cup	349
16112	Miso	68.75	1 cup	144
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
15157	Mollusks, clam, mixed species, raw	85	3 oz	267
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
18274	Muffins, blueberry, commercially prepared	57	1 muffin	70
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18279	Muffins, corn, commercially prepared	57	1 muffin	39
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
18283	Muffins, oat bran	57	1 muffin	289
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
11264	Mushrooms, canned, drained solids	156	1 cup	201
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555
11260	Mushrooms, raw	70	1 cup	223
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	8
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
09191	Nectarines, raw	136	1 nectarine	273
20113	Noodles, chinese, chow mein	45	1 cup	54
20110	Noodles, egg, cooked, enriched	160	1 cup	61
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
12061	Nuts, almonds	28.35	1 oz (24 nuts)	206
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
12104	Nuts, coconut meat, raw	45	1 piece	160
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103

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	169
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	165
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
12147	Nuts, pine nuts, dried	28.35	1 oz	169
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
20034	Oat bran, cooked	219	1 cup	201
20033	Oat bran, raw	94	1 cup	532
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	431
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11284	Onions, dehydrated flakes	5	1 tbsp	81
11282	Onions, raw	110	1 whole	158
11282	Onions, raw	160	1 cup	230
11282	Onions, raw	14	1 slice	20
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
09207	Orange juice, canned, unsweetened	249	1 cup	436
09209	Orange juice, chilled, includes from concentrate	249	1 cup	473
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
09206	Orange juice, raw	248	1 cup	496
09206	Orange juice, raw	86	juice from 1 orange	172
09200	Oranges, raw, all commercial varieties	131	1 orange	237
09200	Oranges, raw, all commercial varieties	180	1 cup	326
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	45
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
09226	Papayas, raw	304	1 papaya	781
09226	Papayas, raw	140	1 cup	360
11297	Parsley, raw	10	10 sprigs	55
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	416
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
09236	Peaches, raw	170	1 cup	323
09236	Peaches, raw	98	1 peach	186
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
09340	Pears, asian, raw	122	1 pear	148
09340	Pears, asian, raw	275	1 pear	333
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09252	Pears, raw	166	1 pear	198
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	294
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11819	Peppers, hot chili, red, raw	45	1 pepper	145
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11333	Peppers, sweet, green, raw	10	1 ring	18
11333	Peppers, sweet, green, raw	119	1 pepper	208
11333	Peppers, sweet, green, raw	149	1 cup	261
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11821	Peppers, sweet, red, raw	149	1 cup	314
11821	Peppers, sweet, red, raw	119	1 pepper	251
11945	Pickle relish, sweet	15	1 tbsp	4
11937	Pickles, cucumber, dill	65	1 pickle	75
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	139
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
18302	Pie, apple, prepared from recipe	155	1 piece	122
18305	Pie, blueberry, commercially prepared	117	1 piece	59
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
18308	Pie, cherry, commercially prepared	117	1 piece	95
8309	Pie, cherry, prepared from recipe	180	1 piece	139
8310	Pie, chocolate creme, commercially prepared	113	1 piece	144
18316	Pie, coconut custard, commercially prepared	104	1 piece	182

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
18324	Pie, pecan, commercially prepared	113	1 piece	84
18325	Pie, pecan, prepared from recipe	122	1 piece	162
18326	Pie, pumpkin, commercially prepared	109	1 piece	168
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
11943	Pimento, canned	12	1 tbsp	19
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	325
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
09266	Pineapple, raw, all varieties	155	1 cup	178
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	96
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	165
09278	Plantains, cooked	154	1 cup	716
09277	Plantains, raw	179	1 medium	893
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
09291	Plums, dried (prunes), uncooked	42	5 prunes	307
09279	Plums, raw	66	1 plum	104
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
07064	Pork Sausage, Fresh, Cooked	26	2 links	76
07064	Pork Sausage, Fresh, Cooked	27	1 patty	79
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	268
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	304
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	361
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	319
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	382
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	358
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	279
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
1672	Potato pancakes	76	1 pancake	473
11399	Potato puffs, frozen, oven-heated	79	10 puffs	246
11414	Potato salad, home-prepared	250	1 cup	635
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
11364	Potatoes, baked, skin, without salt	58	1 skin	332
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	226
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	347
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	626
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	689
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
05306	Poultry food products, ground turkey, cooked	82	1 patty	221
09294	Prune juice, canned	256	1 cup	707
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	237
19183	Puddings, chocolate, ready-to-eat	113	4 oz	203
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
19218	Puddings, tapioca, ready-to-eat	113	4 oz	108
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
19201	Puddings, vanilla, ready-to-eat	113	4 oz	128
11424	Pumpkin, canned, without salt	245	1 cup	505
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11429	Radishes, raw	4.5	1 radish	10
09298	Raisins, seedless	145	1 cup	1086
)9298	Raisins, seedless	14	1 packet	105
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
09302	Raspberries, raw	123	1 cup	186
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	673
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
14342	Rice beverage, RICE DREAM, canned	245	1 cup	69
20037	Rice, brown, long-grain, cooked	195	1 cup	84
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	98
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	346

D0099 Rice, white, long-grain, precooked or instant, earched, prepared 165 1 cup 155 20044 Rice, white, long-grain, regular, row, orniched 185 1 cup 251 18342 Rolfs, dinner, plain, commercially repared (includes brown-and-serve) 28 1 roll 471 18358 Rolfs, famore, productory plain, commercial, repared (includes brown-and-serve) 28 1 roll 470 18358 Rolfs, famore, productory dece dessing, commercial, repair 57 1 roll 470 18358 Rolfs, famore, productory dece dessing, commercial, repair 15.6 1 dwp 401 04120 Salid dressing, forced, dressing, contractial, repair 16.6 1 dwp 19 04133 Salid dressing, forcer dressing, contractial, repair 14.7 1 btwp 13 04145 Salid dressing, inclused ressing, contractial, repair 14.7 1 btwp 13 04125 Salid dressing, inclused ressing, contractial, repair 14.7 1 btwp 13 04015 Salid dressing, inclused ressing, contractial, repair 14.7 1 btwp 15 0401	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20044Kice, white, long-grain, regular, raw, enriched1851 enp21318442Kolls, dunner, plain, commercially repured (includes bown-and-serv)281 roll3718505Kolls, handruger or hodes, plain571 roll6018535Kolls, handruger or hodes, plain15771 roll6218446Ruabagas, cooked, boiled, duined, without salt15.31 thsp6601120Salad dressing, rench dessing, commercial, regular15.61 thsp1004135Salad dressing, rench dessing, commercial, regular161 thsp1904136Salad dressing, intern tercipe, vingar and ol15.61 thsp704137Salad dressing, intern tercipe, vingar and ol15.61 thsp704114Salad dressing, rencipe, concel and oli, with salt1.81 thsp2604012Salad dressing, rencipe concel oli, with salt1.81 thsp2604012Salad dressing, rencipe concel oli, with salt1.8.31 thsp2604012Salad dressing, network dessing, reduced fat15.31 thsp1704013Salad dressing, network dessing, reduced fat15.61 thsp1004014Salad dressing, network dessing, reduced fat15.61 thsp1004015Salad dressing, network dessing, reduced fat15.61 thsp1004017Salad dressing, network dessing, reduced fat15.61 thsp1004013Salad dressing, network dessing, red	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	15
1842Rolls, dinner, plan, commercially prepared (includes brown-and-serve)281 roll371850Rolls, handmerger or hodeo, plan431 roll6211436Ranhapgar, cookeck, boiled, drained, without salt1701 cap55404539Salad dressing, french dessing, conmercial, regular15.61 thep6004102Salad dressing, french dessing, conmercial, regular15.61 thep1004133Salad dressing, french, dessing, conduct fat6.31 thep1104134Salad dressing, french, dessing, conduct fat15.61 thep1304135Salad dressing, french, dessing, conduct, regular15.61 thep1304136Salad dressing, intain dressing, conduct, regular15.61 thep1304135Salad dressing, intain dressing, conduct, regular15.81 thep2604021Salad dressing, intain dressing, reduced fat15.31 thep2604022Salad dressing, intain dressing, conductor16.31 thep2604023Salad dressing, intaina dressing, conductor15.61 thep1707070Salad dressing, intaina dressing, reduced fat15.91 thep1707071Salad dressing, intaina dressing, reduced fat15.91 thep1707072Salad dressing, intaina dressing, reduced fat15.91 thep1707073Salad dressing, intaina dressing, reduced fat15.91 thep1707074Salad dressing, fonto	20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
B3850 Rolls, hard (includes kaiser) 57 1 roll 40 18353 Rolls, hard (includes kaiser) 57 1 roll 62 11436 Rubbage, cookel, oblic d'arined, without salt 170 1 eup 554 04393 Salad dessing, french dressing, commercial, regular 15.6 1 thsp 10 04130 Salad dessing, french, dressing, commercial, regular 15.6 1 thsp 17 04133 Salad dessing, french, dressing, commercial, regular 1.4 1 thsp 3 04144 Salad dessing, inden dessing, contractial, regular 1.4,7 1 thsp 13 04115 Salad dessing, instain dressing, contractial, regular 1.4,7 1 thsp 7 04021 Salad dessing, instain dressing, reduced fat 1.5 1 thsp 13 04022 Salad dessing, instain dressing, reduced fat 1.5.3 1 thsp 31 04023 Salad dessing, instain dressing, reduced fat 1.5.3 1 thsp 31 04024 Salad dessing, instain dressing, reduced fat 1.5.5 1 thsp 17	20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
1833Rolls, hard (includes kaner)57I roll6211436Ruthagag, cooked, boiled, drained, without sail170I cup5546430Salad dressing, foren outquott chees dressing, commercial, regular15.6I thsp1004020Salad dressing, foren chessing, ronnercial, regular15.6I thsp1704133Salad dressing, foren chessing, ronnercial, regular16.6I thsp3104144Salad dressing, home recipe, vinegar and oil15.6I thsp1304135Salad dressing, intalin dressing, ronnercial, regular14.7I thsp1304021Salad dressing, intalin dressing, ronnercial, regular15.3I thsp1304023Salad dressing, mayonatis, soybcan oil, with salt15.3I thsp2604023Salad dressing, mayonatis, soybcan oil, with salt15.3I thsp1104021Salad dressing, mayonatis, soybcan oil, with salt15.6I thsp1104023Salad dressing, mayonatis, soybcan oil, with salt15.6I thsp1104024Salad dressing, houre, roleed fat15.3I thsp1104025Salad dressing, mayonatis, soybcan oil, with salt15.6I thsp1104026Salad dressing, mayonatis, soybcan oil, with salt15.6I thsp1104027Salad dressing, mayonatis, soybcan oil, with salt15.6I thsp1204023Salad dressing, mayonatis, soybcan oil, with salt15.6I thsp1204024	18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	37
11446Rutabagas, enoked, bailed, drained, without salt1701 eup55404530Salad dressing, include or requeor to leces dressing, commercial, regular15.61 htsp1004000Salad dressing, french, home recipe, coluced fat16.31 thsp1704134Salad dressing, include dressing, control fat16.31 thsp1904135Salad dressing, include dressing, control fat15.61 thsp1104144Salad dressing, inlum dressing, control fat15.61 thsp1304121Salad dressing, inlum dressing, control fat15.81 thsp504022Salad dressing, rassing dressing15.31 thsp2604023Salad dressing, rassing dressing15.31 thsp2604024Salad dressing, rassing dressing, reduced fat15.31 thsp3104025Salad dressing, sassing dressing, reduced fat15.31 thsp3104026Salad dressing, thousand island, control crei al, regular15.61 thsp1104027Salad dressing, thousand island, control crei al, regular15.61 thsp1204028Salad dressing, thousand island, control crei al, regular15.61 thsp1204029Salad dressing, reduced fat15.31 thsp3204020Salad dressing, reduced fat15.31 thsp3204021Salad dressing, reduced fat15.71 thsp1204022Salad dressing, reduced fat15.71 thsp	18350	Rolls, hamburger or hotdog, plain	43	1 roll	40
94339Salad dressing, hue or requefort checst dressing, commercial, regular15.31 thsp604120Salad dressing, french dressing, commercial, regular15.61 thsp1704133Salad dressing, french, home recipe, cooked161 thsp304134Salad dressing, indina dressing, reduced fat15.61 thsp104135Salad dressing, indina dressing, commercial, regular14.71 thsp704021Salad dressing, indina dressing, commercial, regular15.61 thsp1504035Salad dressing, indina dressing, reduced fat15.31 thsp2604042Salad dressing, russin dressing, low caloric16.31 thsp2604022Salad dressing, thusand rissing, low caloric16.31 thsp3104017Salad dressing, thusand risland corssing, reduced fat15.61 thsp1707062Salam, cooked, beef and pork56.72 slices11207072Salad dressing, hubasand island, cornmercial, regular15.61 thsp1707073Sandwiches and bragers, harbergers, large, single meat paty, wilh1951 sandwich3307074Salad wiches and bragers, harbergers, large, single meat paty, wilh1021 sandwich1407075Sandwiches and bragers, harbergers, large, single meat paty, wilh1021 sandwich1907076Sance, hore, ready-to-serve631 thsp1907075Sance, hore, ready-to-serve161 thsp19	18353	Rolls, hard (includes kaiser)	57	1 roll	62
04120Salad dressing, french dressing, reduced fat15.61 fbsp1004020Salad dressing, french dressing, reduced fat16.31 fbsp3304133Salad dressing, home recipe, cooked161 fbsp1904134Salad dressing, indine dressing, reduced fat15.61 fbsp1704021Salad dressing, indine dressing, reduced fat15.71 fbsp704021Salad dressing, indine dressing, reduced fat15.31 fbsp2604022Salad dressing, indine dressing, reduced fat15.31 fbsp2604023Salad dressing, indine dressing, reduced fat15.31 fbsp3104024Salad dressing, indine dressing, reduced fat15.31 fbsp3104025Salad dressing, indine dressing, reduced fat15.31 fbsp3104026Salad dressing, indine diselsing2661 fbsp3104027Salam, cooked, beef and pork56.72 slices11207078Sandwich spread, pork, beef151 fbsp3221089Sandwich spread, pork, beef151 fbsp3221089Sandwiches and burges, cheseburger, large, single meat patty, with1951 sandwich340161Sance, hoersing, white, mattin2501 cup3906175Sance, hoerse, white, mattin2601 cup3906164Sance, neardwich-serse you per to to161 fbsp4106175Sance, neardwich-serse you per to to<	11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
94020 Salad dressing, french dressing, reduced fat 16.3 1 tsp. 17 94133 Salad dressing, homer keipe, conced 16 1 thsp. 39 94134 Salad dressing, homer recipe, conced 16 1 thsp. 11 94134 Salad dressing, homer recipe, conced and 15 1 thsp. 17 94134 Salad dressing, inlain dressing, commercial, regular 14.7 1 thsp. 7 94021 Salad dressing, russian dressing, reduced fat 15.3 1 thsp. 26 94022 Salad dressing, russian dressing, could core 16.3 1 thsp. 26 94022 Salad dressing, russian dressing, could core 15.3 1 thsp. 26 94022 Salad dressing, thousand island corssing, cold at 1 15.3 1 thsp. 17 97070 Salad dressing, thousand island coresing 20 2 slices 117 97071 Salad dressing, thousand island core 15 1 thsp. 17 97072 Salad metas ing, top on the port, the port 10 2 slices 117	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	6
94133Salad dressing, french, home recipe, cocked141 bap394134Salad dressing, home recipe, cocked161 thsp.1994135Salad dressing, inlian dressing, croumercial, regular14.71 thsp.794021Salad dressing, inlian dressing, croumercial, regular15.71 thsp.3394025Salad dressing, russian dressing, croumercial, regular15.31 thsp.3594026Salad dressing, russian dressing, councel at the sp.15.31 thsp.3694027Salad dressing, russian dressing, roucacia16.31 thsp.3194028Salad dressing, nussina idares councel at regular15.61 thsp.3194027Salad dressing, nussina idares councel at regular15.61 thsp.3197078Salad vockel, beef and pork.56.72 slices7697079Salani, coukel, beef and pork.56.72 slices7697074Sandwichs sread, pork, beef151 thsp.3297075Sandwichs and hurgers, checesburger, large, single meat patty, with 2181951 sandwich3297080Sandwichs and hurgers, herseburger, large, single meat patty, with 21815 sandwich363097191Sandwichs and burgers, herseburger, large, single meat patty, with 218161 thsp.3097192Sandwichs and burgers, herseburger, large, single meat patty, with 	04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
94134Salad dressing, home recipe, cooked161 hsp1994135Salad dressing, indin dressing, conmercial, regular15.61 thsp.19414Salad dressing, inlain dressing, conmercial, regular15.71 thsp.1394025Salad dressing, russian dressing, low calorie16.31 thsp.2694021Salad dressing, russian dressing, low calorie16.31 thsp.2694022Salad dressing, russian dressing, low calorie16.31 thsp.3194023Salad dressing, thousand island, commercial, regular15.61 thsp.11940424Salad dressing, thousand island, commercial, regular56.72 slices7694075Salad, cosk, beef and pork61 thsp.9094074Salt, able61 thsp.1294075Sandwichs sread, pork, beef151 thsp.1394076Salt, able61 thsp.149417Sandwichs sread, pork, beef151 thsp.169418Sandwichs and burgers, cheeseburger, large, single meat patty, with broon and condimerits151 sandwich169419Sandwiches and burgers, heneseburger, large, single meat patty, with broon and condimerits151 sandwich169411Sandwiches and burgers, heneseburger, large, single meat patty, with broon and condimerits161 thsp.169411Sandwiches and burgers, heneseburger, large, single meat patty, with broon and condimerits161 thsp. <t< td=""><td>04020</td><td>Salad dressing, french dressing, reduced fat</td><td>16.3</td><td>1 tbsp</td><td>17</td></t<>	04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17
94135Salad dressing, home recipe, vinegar and oil15.61 thsp194114Salad dressing, italian dressing, connercial, regular14.71 thsp794021Salad dressing, italian dressing, roduced fat151 thsp1394025Salad dressing, mayonnaise, soybean oil, with salt13.81 thsp594015Salad dressing, mayonnaise, soybean oil, with salt13.81 thsp2694022Salad dressing, housand island commercial, regular15.61 thsp3194017Salad dressing, housand island, commercial, regular15.61 thsp1197069Salami, cooked, beef and pork56.72 slices7697072Salad wichs spread, pork, beef151 thsp1797073Sandwich spread, pork, beef151 thsp1797074Sandwichs and burgers, herseburger, large, single meat patty, with1951 sandwich32297075Sandwiches and burgers, herseburger, large, single meat patty, plain1021 sandwich14697173Sandwiches and burgers, herseburger, large, single meat patty, plain1021 sandwich14697183Sauce, hersek, ready-to-serve631 /4 cup1997143Sauce, hersek, ready-to-serve631 /4 cup2097035Sauce, hoisin, ready-to-serve631 /4 cup2097030Sauce, hoisin, ready-to-serve631 /4 cup209714Sauce, hoisin, ready-to-serve631 /4 cup	04133	Salad dressing, french, home recipe	14	1 tbsp	3
94114Salad dressing, italian dressing, commercial, regular14.71 htsp704021Salad dressing, rusian dressing, roduced fat151 htsp1304025Salad dressing, rusian dressing15.31 htsp2604022Salad dressing, rusian dressing, roduced fat15.31 htsp2604023Salad dressing, rusian dressing, roduced fat15.31 htsp3104017Salad dressing, thousand island (commercial, regular15.61 htsp3104017Saland, or hard, pork, beef202 slices11207072Salami, cooked, beef and pork61 fsp007073Sandwich spread, pork, beef151 htsp3220073Sandwich spread, pork, beef151 sandwich33221099Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich14421113Sandwiches and burgers, heneburger, large, single meat patty, with condiments and vegetables15.71 thsp2706930Sauce, hortesand, white, medium2501 cup303006166Sauce, hortesand, white, medium2501 cup3006171Sauce, nerady-to-serve161 thsp410144Sauce, ready-to-serve, sala161 thsp410145Sauce, nerady-to-serve161 thsp410146Sauce, nerady-to-serve161 thsp410145Sauce, heresand, shild,	04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
04021Salad dressing, italian dressing, reduced fat151 tbsp1304025Salad dressing, rusyonnaic, soybean oil, with salt13.81 tbsp504015Salad dressing, russian dressing, low calorie16.31 tbsp2604023Salad dressing, russian dressing, reduced fat15.31 tbsp3104017Salad dressing, thousand island, commercial, regular15.61 tbsp3104017Salad dressing, thousand island, commercial, regular15.61 tbsp3104017Salad dressing, thousand island, commercial, regular56.72 slices11207072Salami, coxked, beef and pork, beef202 slices7602047Salt, table61 tsp007073Sandwichs pread, pork, beef151 sandwich33212089Sandwiches and burgers, cheeseburger, regular, single meat patty, with bacon and condiments1021 sandwich16421113Sandwiches and burgers, hamburger, large, single meat patty, plain1021 sandwich19906150Sauce, horbecue sauce15.751 tbsp2706930Sauce, horbecue sauce15.751 tbsp39006165Sauce, horbecue sauce2501 cup39006166Sauce, cheese-tree, salsa161 tbsp48006112Sauce, horbecue, salsa161 sausage1606145Sauce, horbecue, salsa161 sausage160714Sauce, regul-to-serve,	04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04025 Salad dressing, mayonnaise, soybean oil, with salt 13.8 1 thsp 5 04015 Salad dressing, mayonnaise, soybean oil, with salt 13.8 1 thsp 26 04012 Salad dressing, russian dressing 16.3 1 thsp 26 04022 Salad dressing, thousand island dressing, reduced fat 15.6 1 thsp 31 04017 Salad icessing, thousand island, commercial, regular 15.6 1 thsp 17 07069 Salami, cooked, beef and pork 56.7 2 slices 76 07072 Saladwich spread, pork, beef 15 1 thsp 0 07073 Sandwichs and burgers, cheeseburger, ragular, single meat patty, with acco and condiments 322 sandwiches and burgers, heneseburger, large, single meat patty, with acco and condiments 164 1 sandwich 480 06150 Sauce, hotse, ready-to-serve 63 1 /4 cup 19 19 06165 Sauce, neist, ready-to-serve 16 1 thsp 490 06175 Sauce, hotse, ready-to-serve 63 1 /4 cup 20 06175	04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7
04015Salad dressing, russian dressing, low calorie15.31 tbsp2604022Salad dressing, russian dressing, low calorie16.31 tbsp3604023Salad dressing, thousand island, commercial, regular15.61 tbsp3107069Salami, cooked, beef and pork56.72 slices11207072Salami, dry or hard, pork, beef202 slices7602047Salt, table61 tsp0007073Sandwich spread, pork, beef151 tbsp1707076Sandwich spread, pork, beef151 sandwich33221087Sandwiches and burgers, cheeseburger, regular, single meat patty, with bacon and condiments1021 sandwich1642113Sandwiches and burgers, hamburger, large, single meat patty, plain1021 sandwich2706150Sauce, horsen, ready-to-serve631/4 cup2006150Sauce, horsen, eady-to-serve161 tbsp39006166Sauce, NETELF, ORTEGA Mild Nach Cheese Sauce, ready-to-serve631/4 cup2006168Sauce, neady-to-serve161 tbsp4806140Sauce, ready-to-serve181 tbsp4806141Sauce, ready-to-serve161 tbsp4806142Sauce, ready-to-serve, alsa161 tbsp4806143Sauce, ready-to-serve, easla161 tbsp4806144Sauce, ready-to-serve, salsa161 sausage16	04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	13
04022Salad dressing, russian dressing, low calorie16.31 tbsp2604023Salad dressing, thousand island cressing, reduced fat15.31 tbsp3104017Salad ressing, thousand island, commercial, regular15.61 tbsp1707069Salami, cooked, beef and pork56.72 slices7602047Salath, dry or hard, pork, beef02 slices7602047Salad, ispead, pork, beef151 tbsp007073Sandwichs and burgers, cheeseburger, large, single meat patty, with1951 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich6421113Sandwiches and burgers, cheeseburger, large, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich6421113Sandwiches and burgers, cheeseburger, regular, single meat patty,	04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5
04023Salad dressing, thousand island dressing, reduced fat15.31 thsp3104017Salad dressing, thousand island, commercial, regular15.61 thsp1707069Salami, dry or hard, pork, beer202 slices11207072Salami, dry or hard, pork, beer61 tsp007073Sandwich spread, pork, beer151 thsp1721097Sandwiches and burgers, cheeseburger, large, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, hamburger, large, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, hamburger, large, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1641 drup1906150Sauce, hoisin, ready-to-serve631 /4 cup191906165Sauce, hoisin, ready-to-serve631 /4 cup202006166Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, galsa161 tsp4806112Sauce, ready-to-serve, pepper or hot2	04015	Salad dressing, russian dressing	15.3	1 tbsp	26
04017Salad dressing, thousand island, commercial, regular15.61 tbsp1707069Salami, cooked, beef and pork56.72 slices11207072Salami, dry or hard, pork, beef202 slices7602047Sal, table61 tsp007073Sandwich spread, pork, beef151 btsp1721097Sandwiches and burgers, cheeseburger, large, single meat patty, vilth1951 sandwich642113Sandwiches and burgers, cheeseburger, regular, single meat patty, vilth1021 sandwich642113Sandwiches and burgers, cheeseburger, regular, single meat patty, vilth2181 sandwich480condiments and vegetables15.751 tbsp2706930Sauce, horecue sauce15.751 tbsp1906165Sauce, horecue sauce2501 cup30006999Sauce, Ipstecue sauce2501 cup94006168Sauce, ready-to-serve, alsa161 tbsp4806112Sauce, ready-to-serve, alsa161 tbsp4806112Sauce, ready-to-serve, alsa161 sausage1611439Sauce, trady-to-serve, alsa161 sausage1611445Sauce, trady-to-serve, alsa161 sausage161145Sauce, trady-to-serve, alsa161 sausage161145Sauce, trady-to-serve, alsa161 sausage161145Sauce, trady-to-serve, alsa16<	04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	26
Order Salami, cooled, beef and pork 56.7 2 slices 112 07072 Salami, dry or hard, pork, beef 20 2 slices 76 02047 Salt, table 6 1 tsp 0 07073 Sandwich spread, pork, beef 15 1 tbsp 17 21097 Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments 195 1 sandwich 332 21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, plain 102 1 sandwich 480 21113 Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables 15.75 1 tbsp 27 06150 Sauce, hoisin, ready-to-serve 63 1/4 cup 19 06156 Sauce, hoisin, ready-to-serve 63 1/4 cup 20 06157 Sauce, hosin, ready-to-serve 250 1 cup 90 06168 Sauce, norsta, spaghetti/marinara, ready-to-serve 250 1 cup 40 06144 Sauce, ready-to-serve, aslaa 16 1 tbsp 41 11	04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
D7069Salami, cooked, beef and pork56.72 slices11207072Salami, dry or hard, pork, beef202 slices7602047Salt, table61 tsp007073Sandwich spread, pork, beef151 tbsp1721097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33221089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables15.751 tbsp2706930Sauce, cheese, ready-to-serve631/4 cup1906150Sauce, hoisin, ready-to-serve631/4 cup39006150Sauce, hoisin, ready-to-serve2501 cup94006166Sauce, northwaiti, madium2501 cup94006168Sauce, ready-to-serve, pepper or hot4.71 tsp706140Sauce, ready-to-serve, alsa161 tbsp4806152Sauce, keight, arady-to-serve181 tbsp4111439Sauce, ready-to-serve, pepper or hot4.71 tsp706140Sauce, ready-to-serve, alsa161 sausage1611445Seaweed, kelp, raw102 tbsp93111516Seeds, spirulin, dried0.931 tbsp13115216Seeds, spirulin, adried, norasted, with salt added28.35 <td>04017</td> <td></td> <td>15.6</td> <td>1 tbsp</td> <td>17</td>	04017		15.6	1 tbsp	17
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D2047Salt, table61 tsp007073Sandwich spread, pork, beef151 tbsp1721097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33221089Sandwiches and burgers, henseburger, regular, single meat patty, plain1021 sandwich16421113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables15.751 tbsp2706930Sauce, cheese, ready-to-serve631/4 cup1906155Sauce, honsenade, white, medium2501 cup39006930Sauce, pasta, spaghetti/marinara, ready-to-serve631/4 cup2006931Sauce, noternade, white, medium2501 cup9006166Sauce, neady-to-serve631 cup9006175Sauce, pasta, spaghetti/marinara, ready-to-serve631 cup9006186Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, ready-to-serve, salsa161 tbsp4111439Sauer, ready-to-serve, salsa161 sausage1611445Sauce, kelp, raw102 tbsp931167Sause, kelp, raw102 tbsp2212166Seeds, sesame butter, tahini, from roasted and toasted kernels (most corretted kernels, dried (decorricated)81 tbsp301257Seeds, sunflower seed kernels, dried (decorricated)81 tbsp62<	07072	-	20	2 slices	76
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condiments and vegetablescondiments and vegetables06150Sauce, barbecue sauce15.751 tbsp2706930Sauce, cheese, ready-to-serve631/4 cup1906175Sauce, hoisin, ready-to-serve161 tbsp1906166Sauce, homemade, white, medium2501 cup39006909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup2006931Sauce, pasta, spaghetti/marinara, ready-to-serve631 cup94006168Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seawed, kelp, raw102 tbsp911667Seawed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)1 tbsp3012537Seeds, sunflower seed kernels, driv of salt added28.351 oz24112537Seeds, sunflower seed kernels, driv of salt added321/4 cup272	21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	164
06930 Sauce, cheese, ready-to-serve 63 1/4 cup 19 06175 Sauce, hoisin, ready-to-serve 16 1 bsp 19 06166 Sauce, honisin, ready-to-serve 16 1 bsp 390 06090 Sauce, homemade, white, medium 250 1 cup 390 06909 Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve 63 1/4 cup 20 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve 250 1 cup 940 06168 Sauce, ready-to-serve, apper or hot 4.7 1 tsp 7 06164 Sauce, ready-to-serve, salsa 16 1 bsp 48 06112 Sauce, teriyaki, ready-to-serve 18 1 bsp 41 11439 Sausage, Vienna, canned, chicken, beef, pork 16 1 sausage 16 11445 Seaweed, kelp, raw 10 2 bsp 9 11667 Seaweed, spirulina, dried 28.35 1 oz (142 seeds) 229 12166 Seeds, seame butter, tahini, from roasted and toasted kernels (most common type)	21113		218	1 sandwich	480
Def 175Sauce, hoisin, ready-to-serve161 tbsp1906166Sauce, homemade, white, medium2501 cup39006909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup2006931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup94006168Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauce, teriyaki, ready-to-serve161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)11 tbsp3012537Seeds, sunflower seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, drived, with salt added28.351 oz24112537Seeds, sunflower seed kernels, drived, with salt added321/4 cup272	06150	Sauce, barbecue sauce	15.75	1 tbsp	27
006166Sauce, homemade, white, medium2501 cup39006909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup2006931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup94006168Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp621201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, driv roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup241	06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
Normal NameNameNameNameName06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup2006931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup94006168Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp3012537Seeds, sunflower seed kernels, driv quasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup94006168Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp3012537Seeds, sunflower seed kernels, dried (decorticated)81 toz24112537Seeds, sunflower seed kernels, driv poasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, driv poasted, with salt added321/4 cup272	06166	Sauce, homemade, white, medium	250	1 cup	390
06168Sauce, ready-to-serve, pepper or hot4.71 tsp706164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20
06164Sauce, ready-to-serve, salsa161 tbsp4806112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1607084Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp3012517Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	940
06112Sauce, teriyaki, ready-to-serve181 tbsp4111439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp3012517Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
11439Sauerkraut, canned, solids and liquids2361 cup40107083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	06164	Sauce, ready-to-serve, salsa	16	1 tbsp	48
07083Sausage, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
11445Seaweed, kelp, raw102 tbsp911667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
11667Seaweed, spirulina, dried0.931 tbsp1312516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)22912166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	11445	Seaweed, kelp, raw	10	2 tbsp	9
12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp6212201Seeds, sesame seed kernels, dried (decorticated)81 tbsp3012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272		-	28.35	1 oz (142 seeds)	229
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz24112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most	15	1 tbsp	62
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup272	12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	30
	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
14346 Shake, fast food, chocolate 333 16 fl oz 666	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
	14346	Shake, fast food, chocolate	333	16 fl oz	666

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14347	Shake, fast food, vanilla	333	16 fl oz	553
11677	Shallots, raw	10	1 tbsp	33
19097	Sherbet, orange	74	1/2 cup	71
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	76
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	38
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	56
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
19014	Snacks, fruit leather, rolls	21	1 large	62
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	96
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	73
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
19034	Snacks, popcorn, air-popped	8	1 cup	26
19036	Snacks, popcorn, cakes	10	1 cake	33
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	21
19041	Snacks, pork skins, plain	28.35	1 oz	36
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	285
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	286
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	141
19411	Snacks, potato chips, plain, salted	28.35	1 oz	466
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	88
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	61
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
19061	Snacks, trail mix, tropical	140	1 cup	993
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	67
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	425
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	402
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	154
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	100

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	108
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	55
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	33
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	367
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	101
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	188
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	300
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	88
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	273
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	270
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	100
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	313
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	281
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	64
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	190
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	209
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	275
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	336
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	306
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	283
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	290
06174	Soup, stock, fish, home-prepared	233	1 cup	336
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	449
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	264
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	173
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	396
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	210
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
16120	Soy milk, fluid	245	1 cup	304
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	35
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	63
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
02007	Spices, celery seed	2	1 tsp	28
02009	Spices, chili powder	2.6	1 tsp	50
02010	Spices, cinnamon, ground	2.3	1 tsp	12
02015	Spices, curry powder	2	1 tsp	31

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	31
02026	Spices, onion powder	2.1	1 tsp	20
02027	Spices, oregano, dried	1.5	1 tsp	25
02028	Spices, paprika	2.1	1 tsp	49
02029	Spices, parsley, dried	1.3	1 tbsp	49
02030	Spices, pepper, black	2.1	1 tsp	26
11658	Spinach souffle	136	1 cup	318
11461	Spinach, canned, drained solids	214	1 cup	740
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
11457	Spinach, raw	10	1 leaf	56
11457	Spinach, raw	30	1 cup	167
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
11641	Squash, summer, all varieties, raw	113	1 cup	296
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	896
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
09316	Strawberries, raw	12	1 strawberry	18
09316	Strawberries, raw	18	1 strawberry	28
09316	Strawberries, raw	166	1 cup	254
19334	Sugars, brown	3.2	1 tsp	11
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	378
11512	Sweet potato, canned, vacuum pack	255	1 cup	796
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	198
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
19348	Syrups, chocolate, fudge-type	19	1 tbsp	86
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	41
19129	Syrups, table blends, pancake	20	1 tbsp	3
19129	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	24
09223	Tangerine juice, canned, sweetened	249	1 cup	443
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
20068	Tapioca, pearl, dry	152	1 cup	137
14355	Tea, brewed, prepared with tap water	132	6 fl oz	66
14555	Tea, herb, chamomile, brewed	178	6 fl oz	16
14343	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	31
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	39
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	43
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	58
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	120
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
11954	Tomatillos, raw	34	1 medium	91
11540	Tomato juice, canned, with salt added	243	1 cup	556
11546	Tomato products, canned, paste, without salt added	262	1 cup	2657
11547	Tomato products, canned, puree, without salt added	250	1 cup	1098
11549	Tomato products, canned, sauce	245	1 cup	811
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	528
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	451
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
11955	Tomatoes, sun-dried	2	1 piece	69
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	50
21088	Tostada with guacamole	130.5	1 tostada	325
05286	Turkey and gravy, frozen	142	5-oz package	87
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	392
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276
02050	Vanilla extract	4.2	1 tsp	6
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
11578	Vegetable juice cocktail, canned	242	1 cup	467
04582	Vegetable oil, canola	14	1 tbsp	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
02048	Vinegar, cider	15	1 tbsp	11
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	48
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
09326	Watermelon, raw	286	1 wedge	320
09326	Watermelon, raw	152	1 cup	170
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
20083	Wheat flour, white, bread, enriched	137	1 cup	137
20084	Wheat flour, white, cake, enriched	137	1 cup	144
20080	Wheat flour, whole-grain	120	1 cup	486
20089	Wild rice, cooked	164	1 cup	166
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	178
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	434
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352