NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.021
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.028
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.009
4037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.008
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.008
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.008
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.007
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.744
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.123
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.123
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.136
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.121
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.062
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.280
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.029
09003	Apples, raw, with skin	138	1 apple	0.048
09004	Apples, raw, without skin	110	1 cup	0.042
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.191
)9019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.183
)9403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.080
)9027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.132
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.127
)9032	Apricots, dried, sulfured, uncooked	35	10 halves	0.082
09021	Apricots, raw	35	1 apricot	0.027
1008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.311
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.435
11015	Asparagus, canned, drained solids	72	4 spears	0.122
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.092
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.084
09038	Avocados, raw, California	28.35	1 oz	0.042
09039	Avocados, raw, Florida	28.35	1 oz	0.027
18005	Bagels, cinnamon-raisin	89	4" bagel	0.780
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.622
18003	Bagels, egg	71	3-1/2" bagel	0.291
18003	Bagels, egg	89	4" bagel	0.365
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.366
8001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.458
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.468
9078	Baking chocolate, unsweetened, squares	28.35	1 square	1.181
1028	Bamboo shoots, canned, drained solids	131	1 cup	0.206
)9040	Bananas, raw	150	1 cup	0.405
9040	Bananas, raw	118	1 banana	0.319
20006	Barley, pearled, cooked	157	1 cup	0.407
20005	Barley, pearled, raw	200	1 cup	2.644
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.221

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16008	Beans, baked, canned, with franks	259	1 cup	1.088
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.215
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.764
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.764
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.917
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.620
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.844
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.959
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.775
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.270
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.356
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.436
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.270
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.368
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.436
16051	Beans, white, mature seeds, canned	262	1 cup	1.349
22905	Beef stew, canned entree	232	1 cup	0.332
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.015
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.012
13350	Beef, cured, dried	28.35	1 oz	0.007
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.009
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.009
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.010
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.011
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.014
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.009
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.010
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.009
23598 13930	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades,	85 85	3 oz 3 oz	0.009
23610	cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades,	85	3 oz	0.009
25010	cooked, broiled	00	5.02	0.007
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.303
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.740
11084	Beets, canned, drained solids	24	1 beet	0.069
11084	Beets, canned, drained solids	170	1 cup	0.488
11081	Beets, cooked, boiled, drained	170	1 cup	0.554
11081	Beets, cooked, boiled, drained	50	1 beet	0.163
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.382
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.227
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.068
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.074
09042	Blackberries, raw	144	1 cup	0.930
09055	Blueberries, frozen, sweetened	230	1 cup	0.603

9708Bolgan, berl and pork56.72 alices0.0097014Brannschweiger (a her sausage), pork36.72 alices0.0218376Bread crumbs, dry, grantel, plan23.51 oz0.218376Bread crumbs, dry, grantel, sensond1001.2 cup0.1818010Bread, shann, prepared from recipe, made with margarine601 place0.318023Bread, combrad, dry mix, prepared601 place0.318024Bread, combrad, dry mix, prepared601 place0.318025Bread, combrad, prepared from recipe, made with low fat (2%) mill631 place0.318024Bread, combrad, prepared from recipe, made with low fat (2%) mill631 place0.318025Bread, findian, fry, made with law (Navajo)251 slice0.318036Bread, findian, fry, made with law (Navajo)261 slice0.318037Bread, mixel, grain, fort, ander with law (Navajo)261 slice0.318038Bread, mixel, grain, fort, due law shole grain, 7-grain)241 slice0.318039Bread, mixel, grain, fort, ander whole grain, 7-grain)241 slice0.318041Bread, pink white, enriched261 slice0.318041Bread, pink white, enriched261 slice0.318041Bread, pink white, enriched231 slice0.318045Bread, risin, noracle, whole231 slice0.318045	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
97014Brannehweiger (aliver sausage), pork56.72 alicer0.0018075Bread crumsh, dy: granted, Jasano23.5.1 or0.2018076Bread crumsh, dy: granted, Jasanos10012 cup0.1618082Bread suffing, tread, dy mix, propared001 alice0.0118024Bread, combread, dyr mix, propared601 alice0.0218025Bread, combread, dyr mix, propared621 piece0.0318024Bread, combread, dyr mix, propared231 piece0.0218025Bread, cancked-wheat231 piece0.0218026Bread, cancked-wheat251.22* slice0.0218027Bread, fach or vienra (includes soudough)261 slice0.0218037Bread, insid-grain (includes whole-grain, 7-grain)261 slice0.3318038Bread, insid-grain (includes whole-grain, 7-grain)241 slice0.3318039Bread, insid-grain (includes whole-grain, 7-grain)241 slice0.3318040Bread, pinix, white, enriched251 slice0.2418041Bread, pinix, white, enriched261 slice0.1218041Bread, pinix, white, enriched261 slice0.3318045Bread, pinix, white, enriched261 slice0.3118045Bread, pinix, white, enriched231 slice0.3118046Bread, pinix, white, enriched231 slice0.3218046 </td <td>09050</td> <td>Blueberries, raw</td> <td>145</td> <td>1 cup</td> <td>0.487</td>	09050	Blueberries, raw	145	1 cup	0.487
Bread erumbs, dry, gratel, plan28.351 az0.2418776Bread erumbs, dry, gratel, sessond120Lup1.1818822Bread suffing, bread, dry ms, prepared1001.20 opt0.1618019Bread, breans, prepared from recipe, made with margarine601. piece0.0118023Bread, combread, prepared from recipe, made with low fat (25) mill651. piece0.0218025Bread, acced-wheat251. slice0.2318027Bread, french or vienna (includes sourdough)261.22° slice0.1218028Bread, french or vienna (includes sourdough)1601.01.2° tread0.4318142Bread, Infain, fr., made with lard (Navajo)1601.01.2° tread0.0318035Bread, mixed-grain (includes whole-grain, 7-grain)241. slice0.0318045Bread, mixed-grain, insoted (includes whole-grain, 7-grain)261. slice0.2318046Bread, nixed-grain, insoted (includes whole-grain, 7-grain)261. slice0.4318047Bread, nixe, insite, insoted284° piau0.3318048Bread, nixe, insite, insited284° piau0.3318049Bread, nixe, insite, insite284° piau0.3318041Bread, nixe, insite, insite284° piau0.3318041Bread, nixe, insite, insite284° piau0.3318043Bread, nixe, insite284° piau0.3318044Bread, nixe,	07008	Bologna, beef and pork	56.7	2 slices	0.010
18376Bread crumbs, dry, gated, seasoned1201 cup1.818082Broad stuffing, bread, dry mix, prepared001/2 cup0.618024Bread, combread, prepared from recipe, made with low fat (25) mill.651 piece0.0118024Bread, combread, prepared from recipe, made with low fat (25) mill.651 piece0.0218025Bread, cancked-wheat251 slice0.2318024Bread, ancked-wheat251/2" slice0.2418025Bread, french or vienna (includes sourdough)251/2" slice0.2318030Bread, Indian, fry, made with lard (Navajo)005" bread0.2318035Bread, Indian, fry, made with lard (Navajo)261 slice0.2318036Bread, inixel grain (includes whole-grain, 7-grain)261 slice0.2318036Bread, admand271 slice0.2318046Bread, mixel grain (includes whole-grain, 7-grain)261 slice0.2318047Bread, pinx, white, arriched251 slice0.2318048Bread, pinx, white, arriched284" pina0.2318044Bread, pinx, white, arriched291 slice0.4118045Bread, rainin, curiched231 slice0.2018056Bread, rainin, curiched231 slice0.2018057Bread, rainin, curiched231 slice0.2018058Bread, pinx, white, arriched241 slice0.20 <td>07014</td> <td>Braunschweiger (a liver sausage), pork</td> <td>56.7</td> <td>2 slices</td> <td>0.088</td>	07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.088
1882     Bread starfing, bead, dry mix, prepared     100     1/2 cup     0.16       18019     Bread, banan, prepared from recipe, made with margarine     00     1 slice     0.12       18021     Bread, combread, ymir, prepared from recipe, made with low fat (25) mill     65     1 piece     0.03       18024     Bread, combread, prepared from recipe, made with low fat (25) mill     65     1 piece     0.03       18025     Bread, cacked-wheat     25     1 slice     0.03       18024     Bread, facin, fry, made with lard (Navajo)     160     10-1/2* Nerad     0.03       18035     Bread, findain, fry, made with lard (Navajo)     26     1 slice     0.03       18036     Bread, mixed grin (includes whole grin 7-grain)     26     1 slice     0.23       18036     Bread, mixed grin, includes whole grin 7-grain)     26     1 slice     0.23       18037     Bread, antmeal     27     1 slice     0.23       18048     Bread, pint, whire, enriched     28     4" pina     0.13       18044     Bread, pint, whire, enriched     26     1 slice     0.13	18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.261
18019Bread, banan, prepared from recipe, made with margarine601 slice0.1218024Bread, combread, prepared from recipe, made with low fat (2%) mill.631 piece0.0318025Bread, combread, prepared from recipe, made with low fat (2%) mill.531 slice0.0318027Bread, cracked-wheat251 slice0.2018028Bread, french or vinnan (includes sourdough)251 /2* slice0.2118142Bread, Indian, fry, made with lard (Navajo)905* bread0.6218033Bread, Indian, fry, made with lard (Navajo)905* bread0.6318034Bread, indian201 slice0.2318035Bread, indian, fry, made with lard (Navajo)261 slice0.2318036Bread, inside-grain, tosted (includes whole-grain, 7-grain)241 slice0.2318036Bread, anneal1 slice0.23231 slice0.2318040Bread, anneal, tosted251 slice0.232318041Bread, pain, white, enriched284 pina0.1318044Bread, pain, white, enriched231 slice0.1018055Bread, riain, grainded, tasted231 slice0.1018056Bread, riain, grainded241 slice0.2318067Bread, riain, grainded241 slice0.2318068Bread, riain, grainded231 slice0.2418057Bread, riain, grainded24 </td <td>18376</td> <td>Bread crumbs, dry, grated, seasoned</td> <td>120</td> <td>1 cup</td> <td>1.181</td>	18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.181
18023   Bread, combread, prepared non regine, made with low fat (2%) mill:   66   1 piece   0.13     18024   Bread, canched what   62   1 slice   0.20     18025   Bread, canched what   62   1 slice   0.20     18027   Bread, canched what   0   1/2' slice   0.20     18029   Bread, canched what   0   1/2' slice   0.20     18024   Bread, Indian, fry, made with lard (Navajo)   160   10-1/2' bread   0.22     18035   Bread, incide, grain (neudes whole-grain, 7-grain)   24   1 slice   0.33     18036   Bread, antixed, grain, toasted (includes whole-grain, 7-grain)   24   1 slice   0.22     18040   Bread, oatmael   7   1 slice   0.23     18041   Bread, oatmael, ustast   22   1 slice   0.43     18044   Bread, pita, white, enriched   23   1 slice   0.41     18045   Bread, ratisni, ustasted, itassted   23   1 slice   0.41     18047   Bread, catmael, ustast, matched   23   1 slice   0.22     18044   Bread, ratisni, ustast enriched	18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.169
Bread, conthread, prepared from recipe, made with low fat (2%) milk     65     1 piece     0.07       B025     Bread, cankdowhait     25     1 silee     0.21       B027     Bread, french or vienna (includes sourdough)     25     1 /2' silee     0.22       B124     Bread, Indian, fry, made with lard (Navajo)     90     5' bread     0.42       B135     Bread, Indian, fry, made with lard (Navajo)     90     5' bread     0.42       B1803     Bread, indian, fry, made with lard (Navajo)     90     5' bread     0.42       B1803     Bread, mixed-grain (includes whole-grain, 7-grain)     24     1 slice     0.33       B18036     Bread, oatmeal, toasted     25     1 slice     0.22       B18040     Bread, prak, white, enriched     28     4''priat     0.33       B18041     Bread, prak, white, enriched     28     4''priat     0.33       B18045     Bread, rainin, enriched     28     4''priat     0.33       B18046     Bread, prak, prak, recinced     23     1 slice     0.41       B18045     Bread, recinced-caloric, what     23<	18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.125
18025     Bread, cracked-wheat     25     1 slice     0.34       18027     Bread, french or terma (includes sourdough)     25     1/2" slice     0.12       18129     Bread, Indian, fry, made with lard (Navajo)     160     10-1/2" bread     0.47       18142     Bread, Indian, fry, made with lard (Navajo)     90     5" bread     0.62       18033     Bread, inked-grain (includes whole-grain, 7-grain)     26     1 slice     0.38       18036     Bread, mixed-grain, toasted (includes whole-grain, 7-grain)     24     1 slice     0.32       18039     Bread, oatmeal, lostod     27     1 slice     0.23       18040     Bread, oatmeal, lostod     25     1 slice     0.21       18041     Bread, pink, white, enriched     60     6-12" pina     0.23       18041     Bread, pink, white, enriched     28     4" pina     0.13       18045     Bread, ruisin, enriched     26     1 slice     0.41       18045     Bread, ruisin, enriched     23     1 slice     0.22       18045     Bread, ruisin, enriched     23     <	18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.130
18027Bread, egg401/2" slice0.2018029Bread, Indian, fry, made with lard (Navajo)16010-1/2" bread0.4318131Bread, Indian, fry, made with lard (Navajo)905" bread0.6218033Bread, Indian, fry, made with lard (Navajo)905" bread0.6218035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice0.8318036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice0.2518040Bread, oatmeal, toasted (includes whole-grain, 7-grain)241 slice0.2518041Bread, oatmeal, toasted251 slice0.4118041Bread, oatmeal, toasted284" pira0.1318041Bread, pita, white, oariched284" pira0.1318045Bread, pita, white, oariched291 slice0.4118047Bread, real upmerrickel231 slice0.1018045Bread, reduced-calorie, whate231 slice0.2018055Bread, reduced-calorie, whate231 slice0.2018066Bread, reduced-calorie, whate231 slice0.2018066Bread, wheat (includes wheat berry)251 slice0.2018067Bread, wheat (includes wheat berry)251 slice0.2018068Bread, wheat (includes wheat berry)251 slice0.2018069Bread, white, commercially prepared, toasted211 slice0.20 <td>18024</td> <td>Bread, cornbread, prepared from recipe, made with low fat (2%) milk</td> <td>65</td> <td>1 piece</td> <td>0.077</td>	18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.077
18029     Bread, frein, fry, made with lard (Navajo)     160     10-1/2* fread     0.42       18142     Bread, Indian, fry, made with lard (Navajo)     90     5* bread     0.20       18033     Bread, indian     20     1 slice     0.33       18035     Bread, mixed-grain, fineludes whole-grain, 7-grain)     24     1 slice     0.33       18036     Bread, ontixed-frain, toasted (includes whole-grain, 7-grain)     24     1 slice     0.33       18036     Bread, ontixed, toasted     27     1 slice     0.25       18040     Bread, pitu, white, enriched     60     6-1/2* pita     0.25       18041     Bread, pitu, white, enriched     28     4* pita     0.41       18045     Bread, nisin, enriched     26     1 slice     0.41       18047     Bread, risin, enriched     23     1 slice     0.41       18047     Bread, reduced-calorie, rye     23     1 slice     0.42       18047     Bread, reduced-calorie, white     23     1 slice     0.42       18046     Bread, reduced-calorie, rye     23     1 slice <td>18025</td> <td>Bread, cracked-wheat</td> <td>25</td> <td>1 slice</td> <td>0.343</td>	18025	Bread, cracked-wheat	25	1 slice	0.343
35142     Bread, Indian, fry, made with lard (Navajo)     160     10-1/2* bread     0.47       35142     Bread, Indian, fry, made with lard (Navajo)     90     S* bread     0.20       18033     Bread, initian     20     1 slice     0.09       18033     Bread, initian, fry, made with lard (Navajo)     20     1 slice     0.20       18035     Bread, mixed-grain (ncludes whole-grain, 7-grain)     24     1 slice     0.33       18036     Bread, nixed-grain, toasted     25     1 slice     0.23       18040     Bread, pita, white, enriched     28     4* pita     0.13       18041     Bread, pumpernickel     22     1 slice     0.41       18044     Bread, pumpernickel     29     1 slice     0.41       18045     Bread, rusini, coasted, enriched     26     1 slice     0.10       18045     Bread, rusini, coasted, enriched     24     1 slice     0.10       18055     Bread, reduced-calorie, rye     23     1 slice     0.22       18050     Bread, reduced-calorie, wheat     23     1 slice <td< td=""><td>18027</td><td>Bread, egg</td><td>40</td><td>1/2" slice</td><td>0.200</td></td<>	18027	Bread, egg	40	1/2" slice	0.200
35142Bread, Indian, fry, made with lard (Navajo)905" bread6218033Bread, Inikal201 slice0.0218035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice0.3818039Bread, anixed-grain, toxsted (includes whole-grain, 7-grain)241 slice0.3818039Bread, anixed-grain, toxsted (includes whole-grain, 7-grain)241 slice0.2518040Bread, animeal, toxsted251 slice0.2518041Bread, pita, white, enriched606-1.2" pira0.2218041Bread, pita, white, enriched284" pita0.1318044Bread, numpernickel321 slice0.4118045Bread, numpernickel, toxsted291 slice0.1318045Bread, raisin, toxsted, enriched241 slice0.1018055Bread, reduced-caloric, type231 slice0.0218056Bread, reduced-caloric, wheat231 slice0.2618066Bread, tyce, toxsted241 slice0.2618067Bread, wheat (includes wheat berry)251 slice0.2618068Bread, wheat, includes wheat berry)251 slice0.0218069Bread, wheat, commercially prepared281 slice0.0218069Bread, wheat, consercially prepared281 slice0.0218069Bread, wheat, consercially prepared, toxsted21 slice0.0218069B	18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.127
18033   Bread, italian   20   1 slice   0.09     18035   Bread, mixed-grain (includes whole-grain, 7-grain)   26   1 slice   0.38     18036   Bread, mixed-grain (includes whole-grain, 7-grain)   24   1 slice   0.38     18036   Bread, oatmeal   0.25   1 slice   0.25     18040   Bread, oatmeal, toasted   25   1 slice   0.25     18041   Bread, pita, white, enriched   60   6-12" pita   0.22     18041   Bread, pita, white, enriched   28   4" pita   0.13     18044   Bread, pumpernickel   32   1 slice   0.41     18045   Bread, pumpernickel   26   1 slice   0.13     18048   Bread, risin, toasted, enriched   24   1 slice   0.13     18053   Bread, reduced-calorie, what   23   1 slice   0.26     18054   Bread, reduced-calorie, what   23   1 slice   0.26     18055   Bread, reduced-calorie, what   23   1 slice   0.26     18056   Bread, reduced-calorie, what   23   1 slice   0.26	35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	0.475
18035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice0.3818036Bread, mixed-grain, tosted (includes whole-grain, 7-grain)241 slice0.3818039Bread, oatmeal, tosted (includes whole-grain, 7-grain)241 slice0.2318040Bread, oatmeal, tosted251 slice0.2218041Bread, pita, white, enriched606-1/2" pita0.2818041Bread, pita, white, enriched284" pita0.1318044Bread, pumpernickel, tosted291 slice0.4118045Bread, raisin, enriched241 slice0.1318048Bread, raisin, tosted, criched241 slice0.1318045Bread, reduced-caloric, rye231 slice0.1018057Bread, reduced-caloric, white231 slice0.2218064Bread, rye, tosted241 slice0.2218065Bread, rye, tosted241 slice0.2218066Bread, white, conmercially prepared (includes soft bread crumbs)251 slice0.2218066Bread, whet, conmercially prepared (includes soft bread crumbs)251 slice0.2218070Bread, white, conmercially prepared (includes soft bread crumbs)251 slice0.6218069Bread, white, conmercially prepared (includes soft bread crumbs)251 slice0.6218070Bread, white, conmercially prepared (includes soft bread crumbs)251 slice0.62 <td< td=""><td>35142</td><td>Bread, Indian, fry, made with lard (Navajo)</td><td>90</td><td>5" bread</td><td>0.267</td></td<>	35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	0.267
18036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice0.3818039Bread, outmeal271 slice0.2518040Bread, outmeal, toasted261 slice0.2518041Bread, pita, white, enriched606-1/2" pita0.2818041Bread, pita, white, enriched284" pita0.1318044Bread, pumpernickel, toasted321 slice0.4118045Bread, raisin, consted, enriched241 slice0.1318046Bread, raisin, consted, enriched241 slice0.1018057Bread, reduced-caloric, rye231 slice0.1018058Bread, reduced-caloric, wheat231 slice0.1018057Bread, reduced-caloric, wheat231 slice0.2218060Bread, rye, toasted241 slice0.2218061Bread, vite, commercially prepared (includes soft bread enumbs)251 slice0.2218065Bread, white, commercially prepared (includes soft bread enumbs)251 slice0.0218076Bread, white, commercially prepared, toasted221 slice0.0218076Bread, white, commercially prepared, toasted221 slice0.0218076Bread, white, commercially prepared, toasted231 slice0.0218076Bread, white, commercially prepared, toasted221 slice0.0218076Bread, white, commercially prepared, toasted231	18033	Bread, italian	20	1 slice	0.093
18036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice0.3818039Bread, outmeal, toasted271 slice0.2518040Bread, outmeal, toasted606-1/2" pita0.2818041Bread, pita, white, enriched284" pita0.1318044Bread, pumpernickel, toasted291 slice0.4118045Bread, pumpernickel, toasted291 slice0.4118046Bread, raisin, coasted, enriched241 slice0.1318047Bread, raisin, coasted, enriched241 slice0.1018058Bread, raisin, coasted, enriched231 slice0.1018057Bread, reduced-calorie, wheat231 slice0.1018057Bread, reduced-calorie, wheat231 slice0.2218060Bread, roje, toasted241 slice0.2218061Bread, yea, toasted (includes wheat berry)251 slice0.2218064Bread, what, (notudes wheat berry)251 slice0.0218070Bread, whatic, commercially prepared (includes soft bread crumbs)251 slice0.0218071Bread, whatic, commercially prepared, toasted221 slice0.0218075Bread, whatic, commercially prepared, toasted221 slice0.0218076Bread, whatic, commercially prepared, toasted221 slice0.0218075Bread, whatic, commercially prepared, toasted231 slice	18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.386
18040Bread, outmeal, toasted25I slice0.2518041Bread, pita, white, enriched606-1/2" pita0.2818041Bread, pita, white, enriched284" pita0.1318044Bread, pumpernickel, toasted291 slice0.4118045Bread, raisin, enriched261 slice0.1318048Bread, raisin, enriched261 slice0.1318048Bread, raisin, toasted, enriched241 slice0.1318055Bread, reduced-caloric, wheat231 slice0.0918056Bread, reduced-caloric, wheat231 slice0.0918057Bread, reduced-caloric, wheat231 slice0.0218064Bread, reduced-sloric, wheat241 slice0.2518065Bread, routed wheat berry)251 slice0.2518066Bread, wheat (includes wheat berry)231 slice0.0218067Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.0218076Bread, white, commercially prepared, toasted221 slice0.0218076Bread, white, commercially prepared, toasted251 slice0.0218076Bread, wheite, commercially prepared, toasted251 slice0.0218076Bread, wheite, commercially prepared, toasted251 slice0.0218076Bread, wheite, commercially prepared, toasted131 spear0.0218076	18036		24	1 slice	0.388
18041     Bread, pita, white, enriched     60     6-1/2" pita     0.28       18041     Bread, pita, white, enriched     28     4" pita     0.13       18044     Bread, pumpernickel     32     1 slice     0.41       18045     Bread, pumpernickel, toasted     29     1 slice     0.13       18046     Bread, raisin, enriched     26     1 slice     0.13       18053     Bread, raisin, toasted, enriched     24     1 slice     0.13       18055     Bread, reduced-calorie, rye     23     1 slice     0.10       18055     Bread, reduced-calorie, wheat     23     1 slice     0.26       18050     Bread, rye     32     1 slice     0.26       18061     Bread, wheat (includes wheat berry)     25     1 slice     0.26       18064     Bread, white, commercially prepared (includes soft bread crumbs)     25     1 slice     0.26       18065     Bread, white, commercially prepared (includes soft bread crumbs)     25     1 slice     0.26       18070     Bread, white, commercially prepared (includes soft bread crumbs)     25<	18039	Bread, oatmeal	27	1 slice	0.254
18041Bread, pita, white, enriched284* pita0.1318044Bread, pumpernickel321 slice0.4118045Bread, pumpernickel, toasted291 slice0.4118047Bread, raisin, enriched261 slice0.1318048Bread, risin, toasted, enriched261 slice0.1318053Bread, reduced-calorie, ryc231 slice0.1018057Bread, reduced-calorie, what231 slice0.1918067Bread, reduced-calorie, what231 slice0.2618060Bread, ryc321 slice0.2618061Bread, ryc toasted241 slice0.2218065Bread, whet (includes wheat berry)251 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.0218070Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.0018076Bread, whole-wheat, commercially prepared, toasted251 slice0.0218076Bread, whole-wheat, commercially prepared, toasted251 slice0.0018076Bread, whole-wheat, commercially prepared, toasted13 <t< td=""><td></td><td>Bread, oatmeal, toasted</td><td>25</td><td>1 slice</td><td>0.256</td></t<>		Bread, oatmeal, toasted	25	1 slice	0.256
18041Bread, pita, white, enriched284* pita0.1318044Bread, pumpernickel321 slice0.4118045Bread, pumpernickel, toasted291 slice0.4118047Bread, raisin, enriched261 slice0.1318048Bread, risin, toasted, enriched261 slice0.1318053Bread, reduced-calorie, ryc231 slice0.1018057Bread, reduced-calorie, what231 slice0.1918067Bread, reduced-calorie, what231 slice0.2618060Bread, ryc321 slice0.2618061Bread, ryc toasted241 slice0.2218065Bread, whet (includes wheat berry)251 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.0218070Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.0018076Bread, whole-wheat, commercially prepared, toasted251 slice0.0218076Bread, whole-wheat, commercially prepared, toasted251 slice0.0018076Bread, whole-wheat, commercially prepared, toasted13 <t< td=""><td>18041</td><td>Bread, pita, white, enriched</td><td>60</td><td>6-1/2" pita</td><td>0.289</td></t<>	18041	Bread, pita, white, enriched	60	6-1/2" pita	0.289
18044Bread, pumpernickel321 slice0.4118045Bread, pumpernickel, toasted291 slice0.4118047Bread, raisin, caniched261 slice0.1318048Bread, raisin, toasted, enriched241 slice0.1318048Bread, raisin, toasted, enriched241 slice0.1318053Bread, reduced-calorie, rye231 slice0.1918055Bread, reduced-calorie, wheat231 slice0.0918060Bread, rye321 slice0.2618061Bread, rye, toasted241 slice0.2218065Bread, wheat (includes wheat berry)251 slice0.2518066Bread, wheat (includes wheat berry)251 slice0.2218069Bread, wheat, conmercially prepared (includes soft bread crumbs)251 slice0.0918070Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118069Bread, white, commercially prepared, toasted221 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6518075Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted2	18041	-	28	-	0.135
18045Bread, pumpernickel, toasted291 slice0.4118047Bread, raisin, enriched261 slice0.1318048Bread, raisin, toasted, enriched241 slice0.1318043Bread, raisin, toasted, enriched241 slice0.1018055Bread, reduced-caloric, rye231 slice0.1018057Bread, reduced-caloric, what231 slice0.0918060Bread, rye321 slice0.2218061Bread, rye, toasted241 slice0.2118064Bread, wheat (includes wheat berry)251 slice0.2218065Bread, wheat (includes wheat berry)231 slice0.2218069Bread, wheat, conster cliuly prepared (includes soft bread crumbs)251 slice0.2218069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared, toasted251 slice0.6218076Bread, whole-wheat, commercially prepared, toasted251 slice0.6218075Bread, whole-wheat, commercially prepared, toasted251 slice0.6218076Bread, whole-wheat, commercially prepared, toasted251 slice0.6218075Bread, whole-wheat, commercially repared, toasted1561 cup0.3011091Broccoli, fooxed, boiled, drain		-		-	0.418
Bread, raisin, enriched     26     1 slice     0.13       18047     Bread, raisin, toasted, enriched     24     1 slice     0.13       18053     Bread, raisin, toasted, enriched     23     1 slice     0.10       18055     Bread, reduced-calorie, wheat     23     1 slice     0.19       18057     Bread, reduced-calorie, white     23     1 slice     0.09       18060     Bread, reduced-calorie, white     23     1 slice     0.02       18061     Bread, reduced-calorie, white     23     1 slice     0.22       18064     Bread, vp, toasted     24     1 slice     0.22       18064     Bread, wheat (includes wheat berry)     25     1 slice     0.25       18065     Bread, what, toasted (includes soft bread crumbs)     25     1 slice     0.12       18069     Bread, white, commercially prepared (includes soft bread crumbs)     45     1 cup     0.21       18076     Bread, whole-wheat, commercially prepared, toasted     25     1 slice     0.02       18075     Bread, whole-wheat, conmercially prepared, toasted     25					0.416
18048Bread, raisin, toasted, enriched241 slice0.1318053Bread, reduced-calorie, rye231 slice0.1018055Bread, reduced-calorie, what231 slice0.1918057Bread, rye231 slice0.0918060Bread, rye221 slice0.2618061Bread, rye, toasted241 slice0.2118064Bread, rye, toasted241 slice0.2118065Bread, wheat (includes wheat berry)251 slice0.2518066Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.0918070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole, commercially prepared, toasted221 slice0.0918076Bread, whole, wheat, commercially prepared, toasted251 slice0.6318076Bread, whole, wheat, commercially prepared, toasted251 slice0.0311091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, forzen, chopped, cooked, boiled, drained, without salt161 cup0.3111090Broccoli, frozen, chopped, cooked, boiled, drained, without salt1561 cup0.3511091Broccoli, raw311 spear0.0611090Broccoli, raw881 cu	18047			1 slice	0.130
18053Bread, reduced-calorie, rye231 slice0.1018055Bread, reduced-calorie, what231 slice0.1918057Bread, reduced-calorie, white231 slice0.0918060Bread, rye321 slice0.2618061Bread, rye, toasted241 slice0.2118064Bread, what (includes wheat berry)251 slice0.2318065Bread, what (includes wheat berry)231 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0618075Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially repared, toasted251 slice0.0211091Broccoli, cooked, boiled, drained, without salt1561 cup0.3011094Broccoli, flower clusters, raw111 floweret0.0211093Broccoli, flower, chopped, cooked, boiled, drained, without salt1561 cup0.0311090Broccoli, raw311 spear0.0611090Broccoli, raw </td <td></td> <td></td> <td></td> <td></td> <td>0.131</td>					0.131
18055Bread, reduced-calorie, wheat231 slice0.1918057Bread, reduced-calorie, white231 slice0.0918060Bread, rye321 slice0.2618061Bread, rye, toasted241 slice0.2118064Bread, wheat (includes wheat berry)251 slice0.2518055Bread, what, toasted (includes wheat berry)231 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218070Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.0211091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, cooked, boiled, drained, without salt1561 cup0.3211090Broccoli, flower clusters, raw111 floweret0.0211091Broccoli, raw311 spear0.0611090					0.104
18057Bread, reduced-calorie, white231 slice0.0918060Bread, rye321 slice0.2618061Bread, rye, toasted241 slice0.2118064Bread, wheat (includes wheat berry)251 slice0.2518065Bread, wheat, toasted (includes wheat berry)231 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted371 spear0.0011091Broccoli, cooked, boiled, drained, without salt371 spear0.0011740Broccoli, flower clusters, raw111 floweret0.0211893Broccoli, flower, chopped, cooked, boiled, drained, without salt1841 cup0.4111990Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3511091Brussels sprouts, flozen, cooked, boile					0.196
18060     Bread, rye     32     1 slice     0.26       18061     Bread, rye, toasted     24     1 slice     0.21       18064     Bread, wheat (includes wheat berry)     25     1 slice     0.25       18065     Bread, wheat, toasted (includes wheat berry)     23     1 slice     0.25       18069     Bread, white, commercially prepared (includes soft bread crumbs)     25     1 slice     0.12       18069     Bread, white, commercially prepared (includes soft bread crumbs)     25     1 slice     0.09       18070     Bread, white, commercially prepared, toasted     22     1 slice     0.09       18075     Bread, whole-wheat, commercially prepared, toasted     25     1 slice     0.65       18076     Bread, whole-wheat, commercially prepared, toasted     25     1 slice     0.20       11091     Broccoli, cooked, boiled, drained, without salt     37     1 spear     0.07       11091     Broccoli, flower clusters, raw     11     1 floweret     0.02       11090     Broccoli, flower, clusters, naw     184     1 cup     0.41       11090 <td></td> <td></td> <td></td> <td></td> <td>0.090</td>					0.090
NumberBread, vpc, toasted241 slice0.2118064Bread, wheat (includes wheat berry)251 slice0.2518065Bread, wheat, toasted (includes wheat berry)231 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6521023Breakfast items, french toast with butter1352 slices0.2011091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, flower clusters, raw111 floweret0.0211093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup0.4111090Broccoli, raw311 spear0.0611091Broscoli, raw881 cup0.3511091Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3511010Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3511091Brussels sprouts, frozen, cooked, boiled, d					0.264
Bread, wheat (includes wheat berry)251 slice0.2518065Bread, wheat, toasted (includes wheat berry)231 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.2118069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6521023Breakfast items, french toast with butter1352 slices0.2011091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, flower clusters, raw111 floweret0.0211093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup0.4111090Broccoli, raw311 spear0.0611091Broscoli, raw881 cup0.3111091Brussels sprotts, cooked, boiled, drained, without salt1561 cup0.3511091Brussels sprotts, cooked, boiled, drained, without salt1561 cup0.3511091Brussels sprotts, frozen,					0.217
18065Bread, wheat, toasted (includes wheat berry)231 slice0.2518069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared281 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6521023Breakfast items, french toast with butter1352 slices0.2011091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, cooked, boiled, drained, without salt1561 cup0.3011093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup0.4111090Broccoli, raw311 spear0.0611091Broccoli, raw881 cup0.3111092Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3311093Broccoli, raw311 spear0.0611094Broccoli, raw311 cup0.3311095Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3311094Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3311095Brussels sprouts, frozen, cooked, boiled, drained, without salt156 <td></td> <td></td> <td></td> <td></td> <td></td>					
18069Bread, white, commercially prepared (includes soft bread crumbs)251 slice0.1218069Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared (includes soft bread crumbs)221 slice0.0918075Bread, whole-wheat, commercially prepared, toasted221 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6521023Breakfast items, french toast with butter1352 slices0.2011091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, infower clusters, raw111 floweret0.0211093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup0.4111090Broccoli, raw311 spear0.0611090Broccoli, raw881 cup0.3511091Broscoli, raw1561 cup0.3511090Broccoli, raw1201 cup0.351101Brussels sprouts, cooked, boiled, drained, without salt1561 cup0.3511091Brussels sprouts, cooked, boiled, drained, without salt1551 cup0.3511091Brussels sprouts, forzen, cooked, boiled, drained, without salt1551 cup0.3111091Brussels sprouts, cooked, boiled, drained, without salt1551 cup0.3111091Brussels sprouts, frozen, cooked, boiled, dr		•			
Bread, white, commercially prepared (includes soft bread crumbs)451 cup0.2118070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared281 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6521023Breakfast items, french toast with butter1352 slices0.2011091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, cooked, boiled, drained, without salt1561 cup0.3011740Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup0.4111090Broccoli, raw311 spear0.0611091Broccoli, raw881 cup0.3111090Broccoli, raw1561 cup0.3511091Broccoli, raw1201 cup0.34					
18070Bread, white, commercially prepared, toasted221 slice0.0918075Bread, whole-wheat, commercially prepared281 slice0.6518076Bread, whole-wheat, commercially prepared, toasted251 slice0.6521023Breakfast items, french toast with butter1352 slices0.2011091Broccoli, cooked, boiled, drained, without salt371 spear0.0711091Broccoli, cooked, boiled, drained, without salt1561 cup0.3011740Broccoli, flower clusters, raw111 floweret0.0211093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup0.4111090Broccoli, raw311 spear0.0611091Broccoli, raw881 cup0.1811090Broscoli, raw1561 cup0.3111091Broscoli, raw1201 cup2.43					
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20011Buckwheat flour, whole-groat1201 cup2.43		· · · · · ·		•	0.354
		-		•	0.319
20010Buckwheat groats, roasted, cooked1681 cup0.67				*	2.436
	20010	Buckwheat groats, roasted, cooked	168	1 cup	0.677

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20013	Bulgur, cooked	182	1 cup	1.108
20012	Bulgur, dry	140	1 cup	4.267
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.001
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.245
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.182
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.176
11109	Cabbage, raw	70	1 cup	0.111
11112	Cabbage, red, raw	70	1 cup	0.170
11114	Cabbage, savoy, raw	70	1 cup	0.126
18086	Cake, angelfood, commercially prepared	28	1 piece	0.024
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.032
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.046
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.205
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.266
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.095
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.505
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.403
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.025
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.038
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.215
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.165
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.071
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.096
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.063
18134	Cake, sponge, prepared from recipe	63	1 piece	0.105
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.310
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.146
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.166
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.061
19074	Candies. caramels	10.1	1 piece	0.001
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.003
19071	Candies, carob	28.35	l oz	0.040
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.072
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.168
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.071
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.001
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.007
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.002
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.001
19107	Candies, jellybeans	28.35	10 large	0.001
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.042
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.012
19140	Candies, M&M MARS, "M&M's Min Chocolate Candies Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.140
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.042
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.143

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.200
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.001
19116	Candies, marshmallows	50	1 cup	0.004
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.207
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.332
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.028
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.256
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.000
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.043
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.000
19080	Candies, semisweet chocolate	168	1 cup	1.344
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19087	Candies, white chocolate	170	1 cup	0.014
09060	Carambola, (starfruit), raw	91	1 fruit	0.034
09060	Carambola, (starfruit), raw	108	1 cup	0.040
14121	Carbonated beverage, club soda	355	12 fl oz	0.004
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.007
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.048
14142	Carbonated beverage, grape soda	372	12 fl oz	0.048
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.004
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.060
14150	Carbonated beverage, orange	372	12 fl oz	0.048
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.129
14157	Carbonated beverage, root beer	370	12 fl oz	0.048
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.007
16055	Carob flour	8	1 tbsp	0.041
11655	Carrot juice, canned	236	1 cup	0.307
11960	Carrots, baby, raw	10	1 medium	0.015
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.657
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.242
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.244
11124	Carrots, raw	110	1 cup	0.157
11124	Carrots, raw	72	1 carrot	0.103
11935	Catsup	15	1 tbsp	0.019
11935	Catsup	6	1 packet	0.008
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.171
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.075
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.270
11135	Cauliflower, raw	100	1 cup	0.156
11135	Cauliflower, raw	13	1 floweret	0.020
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.040
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.159
11143	Celery, raw	120	1 cup	0.124
11143	Celery, raw	40	1 stalk	0.041
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.424
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.912

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.156
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.023
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.821
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.033
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.191
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.305
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.213
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.753
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.704
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.289
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.639
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.305
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.293
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.307
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.029
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2.550
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.018
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	1.100
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.188
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	2.223
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.089
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.341
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	1.224
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.046
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.076
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.289
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.205
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.076
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.338
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.884
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.364
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.176
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.378
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.859
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.422
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.181
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.169
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.180
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.343
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.030
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.928
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.806
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.874
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.210

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.421
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.211
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.159
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.044
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.044
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.963
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.369
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.082
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	1.189
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.854
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.997
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	0.021
01164	Cheese sauce, prepared from recipe	243	1 cup	0.097
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.006
01004	Cheese, blue	28.35	1 oz	0.003
01007	Cheese, camembert	38	1 wedge	0.014
01009	Cheese, cheddar	28.35	1 oz	0.003
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.006
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.007
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.007
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.007
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.004
01017	Cheese, cream	14.5	1 tbsp	0.001
01186	Cheese, cream, fat free	15.6	1 tbsp	0.008
01019	Cheese, feta	28.35	1 oz	0.008
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.002
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.003
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.009
01030	Cheese, muenster	28.35	1 oz	0.002
01031	Cheese, neufchatel	28.35	1 oz	0.001
01032	Cheese, parmesan, grated	5	1 tbsp	0.004
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.002
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.004
01035	Cheese, provolone	28.35	1 oz	0.003
01037	Cheese, ricotta, part skim milk	246	1 cup	0.025
01036	Cheese, ricotta, whole milk	246	1 cup	0.015
01040	Cheese, swiss	28.35	1 oz	0.001
18147	Cheesecake commercially prepared	80	1 piece	0.112
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.185
09070	Cherries, sweet, raw	68	10 cherries	0.048
22906	Chicken pot pie, frozen entree	217	1 small pie	0.681

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07017	Chicken roll, light meat	56.7	2 slices	0.007
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.076
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.025
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.015
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.028
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.037
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.014
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.009
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.289
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.017
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.009
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.049
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.011
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.029
05277	Chicken, canned, meat only, with broth	142	5 oz	0.021
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.070
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.031
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.450
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.689
22904	Chili con carne with beans, canned entree	222	1 cup	0.526
11156	Chives, raw	3	1 tbsp	0.011
14181	Chocolate syrup	18.75	1 tbsp	0.072
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.153
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.170
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.100
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.076
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.076
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.100
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.207
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.041
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.027
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.284
11159	Coleslaw, home-prepared	120	1 cup	0.116
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.828
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.127
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.072
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.089
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.009
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.038
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.045
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.106
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.123
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.063
18170	Cookies, fig bars	16	1 cookie	0.055

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.675
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.113
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.402
18177	Cookies, molasses	15	1 cookie, medium	0.189
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.087
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.210
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.063
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.148
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.042
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.114
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.086
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.034
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.002
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.044
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.043
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.029
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.044
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.010
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.149
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.174
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.141
1168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.149
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.254
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.089
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.145
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.145
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.608
20027	Cornstarch	8.064	1 tbsp	0.004
20029	Couscous, cooked	157	1 cup	0.132
20028	Couscous, dry	173	1 cup	1.349
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.944
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.345
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.679
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	l cup	0.817
18214	Crackers, cheese, regular	10	10 crackers	0.063
8215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.058
8217	Crackers, matzo, plain	28.35	1 matzo	0.184
8220	Crackers, melba toast, plain	20	4 pieces	0.226
18226	Crackers, rye, wafers, plain	11	1 wafer	0.590
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.078
18229	Crackers, standard snack-type, regular	12	4 crackers	0.067
8230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.020
8232	Crackers, wheat, regular	8	4 crackers	0.142
8235	Crackers, whole-wheat	16	4 crackers	0.360
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.121

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.034
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.004
01049	Cream, fluid, half and half	15	1 tbsp	0.000
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.000
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.000
01052	Cream, fluid, light whipping	15	1 tbsp	0.000
01056	Cream, sour, cultured	12	1 tbsp	0.000
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.000
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
18239	Croissants, butter	57	1 croissant	0.188
18243	Croutons, seasoned	40	1 cup	0.206
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.034
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.009
15141	Crustaceans, crab, blue, canned	135	1 cup	0.257
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.162
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.114
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.052
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.337
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.045
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.085
11206	Cucumber, peeled, raw	280	1 large	0.204
11206	Cucumber, peeled, raw	119	1 cup	0.087
11205	Cucumber, with peel, raw	301	1 large	0.238
11205	Cucumber, with peel, raw	104	1 cup	0.082
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.242
18245	Danish pastry, cheese	71	1 danish	0.249
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.180
09087	Dates, deglet noor	41.5	5 dates	0.109
09087	Dates, deglet noor	178	1 cup	0.466
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.002
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.002
02045	Dill weed, fresh	1	5 sprigs	0.013
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.160
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.048
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.034
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.158
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.042
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.128
01143	Egg substitute, liquid	62.75	1/4 cup	0.004
01124	Egg, white, raw, fresh	33.4	1 large	0.004
01128	Egg, whole, cooked, fried	46	1 large	0.019
01120	Egg, whole, cooked, hard-boiled	50	1 large	0.013
0112)	Egg, whole, cooked, nard boned	50	1 large	0.020
01131	Egg, whole, cooked, scrambled	61	1 large	0.013
	Egg, whole, raw, fresh	44	1 medium	0.015

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01123	Egg, whole, raw, fresh	50	1 large	0.019
01123	Egg, whole, raw, fresh	58	1 extra large	0.022
01125	Egg, yolk, raw, fresh	16.6	1 large	0.009
01057	Eggnog	254	1 cup	0.013
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.112
11213	Endive, raw	50	1 cup	0.210
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.288
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.328
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.168
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.360
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.315
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.216
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.416
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	0.311
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.304
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.234
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	0.299
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.176
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.473
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.120
21042	Fast foods, chili con carne	253	1 cup	0.397
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.557
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.308
21127	Fast foods, coleslaw	99	3/4 cup	0.124
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.222
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.350
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.193
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.012
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.362
21024	Fast foods, french toast sticks	141	5 sticks	0.219
21077	Fast foods, frijoles with cheese	167	1 cup	0.503
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	0.249
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	0.325
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.366
21118	Fast foods, hotdog, plain	98	1 sandwich	0.091
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.114
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.193
21129	Fast foods, hush puppies	78	5 pieces	0.267
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.021
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.224
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.296
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.322
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.203
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.404
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.320

#### **Content per** NDB No Description Weight (g) **Common Measure** Measure 21139 Fast foods, potato, mashed 80 0.094 1/3 cup 21026 Fast foods, potatoes, hashed brown 72 1/2 cup 0.110 21121 Fast foods, roast beef sandwich, plain 139 1 sandwich 0.125 21053 Fast foods, salad, vegetable, tossed, without dressing, with cheese and 1-1/2 cups 217 0.273 egg Fast foods, salad, vegetable, tossed, without dressing, with chicken 0.249 21054 218 1-1/2 cups 164 0.333 21059 Fast foods, shrimp, breaded and fried 6-8 shrimp 21124 Fast foods, submarine sandwich, with cold cuts 228 1 sandwich, 6" roll 0.531 21125 Fast foods, submarine sandwich, with roast beef 216 1 sandwich, 6" roll 0.432 Fast foods, submarine sandwich, with tuna salad 256 1 sandwich, 6" roll 0.512 21126 21033 Fast foods, sundae, hot fudge 158 1 sundae 0.126 21082 Fast foods, taco 263 1 large 0.676 21082 Fast foods, taco 171 1 small 0.439 198 21083 Fast foods, taco salad 1-1/2 cups 0.331 225 21086 Fast foods, tostada, with beans, beef, and cheese 1 tostada 0.360 2 figs 09094 Figs, dried, uncooked 38 0.194 3 oz 15011 Fish, catfish, channel, cooked, breaded and fried 85 0.034 15017 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 0.017 15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 0.013 15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 0.121 15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 0.059 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 15029 0.017 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 0.025 15034 Fish, haddock, cooked, dry heat 85 3 oz 0.026 1 fillet 15034 Fish, haddock, cooked, dry heat 150 0.045 Fish, halibut, Atlantic and Pacific, cooked, dry heat 159 1/2 fillet 0.032 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 15037 85 3 oz 0.017 15041 Fish, herring, Atlantic, pickled 85.05 3 oz 0.034 Fish, ocean perch, Atlantic, cooked, dry heat 50 1 fillet 0.010 15058 15058 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 0.017 15067 Fish, pollock, walleye, cooked, dry heat 85 3 oz 0.017 Fish, pollock, walleye, cooked, dry heat 60 1 fillet 0.012 15067 15071 Fish, rockfish, Pacific, mixed species, cooked, dry heat 85 3 oz 0.017 15071 Fish, rockfish, Pacific, mixed species, cooked, dry heat 149 1 fillet 0.030 15232 Fish, roughy, orange, cooked, dry heat 85 3 oz 0.031 3 oz 15077 Fish, salmon, chinook, smoked 85.05 0.014 15084 Fish, salmon, pink, canned, solids with bone and liquid 85 3 oz 0.017 15086 Fish, salmon, sockeye, cooked, dry heat 155 1/2 fillet 0.031 15086 Fish, salmon, sockeye, cooked, dry heat 85 3 oz 0.017 15088 Fish, sardine, Atlantic, canned in oil, drained solids with bone 85.05 3 oz 0.092 Fish, swordfish, cooked, dry heat 106 0.021 15111 1 piece 15111 Fish, swordfish, cooked, dry heat 85 0.017 3 oz 15241 Fish, trout, rainbow, farmed, cooked, dry heat 85 3 oz 0.017 205 15128 Fish, tuna salad 1 cup 0.082 15119 Fish, tuna, light, canned in oil, drained solids 85.05 3 oz 0.013 15121 Fish, tuna, light, canned in water, drained solids 85 3 oz 0.009 15126 Fish, tuna, white, canned in water, drained solids 85 3 oz 0.016 Fish, tuna, yellowfin, fresh, cooked, dry heat 85 3 oz 0.016 15221 07022 Frankfurter, beef 45 1 frank 0.037

#### **Content per** NDB No Description Weight (g) **Common Measure** Measure 07023 Frankfurter, beef and pork 1 frank 0.014 45 07024 Frankfurter, chicken 45 1 frank 0.007 59 1 slice 18268 French toast, frozen, ready-to-heat 0.145 1 slice 0.122 18269 French toast, prepared from recipe, made with low fat (2%) milk 65 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 0.091 19230 Frostings, vanilla, creamy, ready-to-eat 38 1/12 package 0.000 19263 Frozen novelties, fruit and juice bars 77 1 bar (2.5 fl oz) 0.127 19281 Frozen novelties, ice type, italian, restaurant-prepared 116 1/2 cup 0.023 19283 59 1 bar (2 fl oz) 0.000 Frozen novelties, ice type, pop 72 19393 Frozen yogurts, chocolate, soft-serve 1/2 cup 0.087 19293 72 Frozen yogurts, vanilla, soft-serve 1/2 cup 0.009 19294 17 0.071 Fruit butters, apple 1 tbsp 09100 Fruit cocktail, (peach and pineapple and pear and grape and cherry), 248 1 cup 0.357 canned, heavy syrup, solids and liquids 09097 Fruit cocktail, (peach and pineapple and pear and grape and cherry), 237 0.346 1 cup canned, juice pack, solids and liquids 248 8 fl oz 14267 Fruit punch drink, with added nutrients, canned 0.208 09189 Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and 250 0.160 1 cup grape and boysenberry), frozen, sweetened 11215 1 clove Garlic, raw 3 0.050 19173 135 1/2 cup 0.003 Gelatin desserts, dry mix, prepared with water 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared 117 1/2 cup 0.000 with water 14277 Grape drink, canned 250 8 fl oz 0.068 09135 253 0.911 Grape juice, canned or bottled, unsweetened, without added vitamin C 1 cup 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume 250 0 443 1 cup water, with added vitamin C 09136 Grape juice, frozen concentrate, sweetened, undiluted, with added 216 6-fl-oz can 1.333 vitamin C 09404 247 0.049 Grapefruit juice, pink, raw 1 cup 09124 Grapefruit juice, white, canned, sweetened 250 1 cup 0.050 09123 Grapefruit juice, white, canned, unsweetened 247 0.049 1 cup 09126 Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 247 1 cup 0.049 3 volume water 09125 207 0.145 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 6-fl-oz can 09128 Grapefruit juice, white, raw 247 0.049 1 cup 09112 123 Grapefruit, raw, pink and red, all areas 1/2 grapefruit 0.027 09116 Grapefruit, raw, white, all areas 118 1/2 grapefruit 0.015 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 0.018 09132 Grapes, red or green (european type varieties, such as, Thompson 50 10 grapes 0.036 seedless), raw 09132 Grapes, red or green (european type varieties, such as, Thompson 160 1 cup 0.114 seedless), raw 58.25 06116 Gravy, beef, canned 1/4 cup 0.117 59.5 06119 Gravy, chicken, canned 1/4 cup 0.119 06121 Gravy, mushroom, canned 59.6 1/4 cup 0.179 06800 Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-62 1/4 cup 0.020 serve 06125 Gravy, turkey, canned 59.6 1/4 cup 0.119 07028 Ham, sliced, extra lean 56.7 2 slices 0.019 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 0.316 22402 HEALTHY CHOICE Beef Macaroni, frozen entree 240 1 package 0.547 11961 Hearts of palm, canned 33 0.460 1 piece

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19296	Honey	21	1 tbsp	0.017
02055	Horseradish, prepared	5	1 tsp	0.006
16158	Hummus, commercial	14	1 tbsp	0.108
19270	Ice creams, chocolate	66	1/2 cup	0.092
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.004
19095	Ice creams, vanilla	66	1/2 cup	0.005
19088	Ice creams, vanilla, light	66	1/2 cup	0.003
19089	Ice creams, vanilla, rich	74	1/2 cup	0.003
19297	Jams and preserves	20	1 tbsp	0.008
19300	Jellies	19	1 tbsp	0.025
11226	Jerusalem-artichokes, raw	150	1 cup	0.090
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.541
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.585
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.074
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.234
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.020
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.024
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.019
17027 17031	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat,	85 85	3 oz 3 oz	0.024
17034	Lamb, domestic, rib, separable lean and rat, unmiled to 1/4" rat, choice, cooked, roasted Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice,	85	3 oz	0.010
17044	cooked, roasted Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4"	85	3 oz	0.024
17048	fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85	3 oz	0.024
04002	fat, choice, cooked, braised Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.021
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.022
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.039
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.034
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.257
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.003
09153	Lemon juice, canned or bottled	244	1 cup	0.049
09152	Lemon juice, raw	47	juice of 1 lemon	0.004
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.015
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.002
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.017
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.978
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.013
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.292

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11251	Lettuce, cos or romaine, raw	56	1 cup	0.087
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.016
11253	Lettuce, green leaf, raw	10	1 leaf	0.025
11253	Lettuce, green leaf, raw	56	1 cup	0.140
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.674
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.069
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.010
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.463
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.102
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.875
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.970
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.001
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.020
09160	Lime juice, raw	38	juice of 1 lime	0.007
22247	Macaroni and Cheese, canned entree	252	1 cup	0.564
20100	Macaroni, cooked, enriched	140	1 cup	0.444
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.132
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.140
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.089
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.098
09176	Mangos, raw	207	1 mango	0.056
09176	Mangos, raw	165	1 cup	0.045
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.000
09181	Melons, cantaloupe, raw	69	1/8 melon	0.028
09181	Melons, cantaloupe, raw	160	1 cup	0.066
09184	Melons, honeydew, raw	170	1 cup	0.046
09184	Melons, honeydew, raw	160	1/8 melon	0.043
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.117
01111	Milk shakes, thick vanilla	313	11 fl oz	0.044
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.001
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.005
01095	Milk, canned, condensed, sweetened	306	1 cup	0.018
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.015
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.015
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.193
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.155
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.193
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.005
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.007
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.007
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.007
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.007
16112	Miso	68.75	1 cup	0.591
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.850
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.425
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.417

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.308
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.130
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.251
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.178
18279	Muffins, corn, commercially prepared	57	1 muffin	0.202
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.111
18283	Muffins, oat bran	57	1 muffin	1.499
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.147
1044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.174
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.196
1264	Mushrooms, canned, drained solids	156	1 cup	0.134
1261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.179
1260	Mushrooms, raw	70	1 cup	0.033
1269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.296
1268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.042
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.384
)2046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.015
)9191	Nectarines, raw	136	1 nectarine	0.073
20113	Noodles, chinese, chow mein	45	1 cup	0.611
20110	Noodles, egg, cooked, enriched	160	1 cup	0.504
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.507
2061	Nuts, almonds	28.35	1 oz (24 nuts)	0.719
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.347
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.234
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.473
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.687
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	2.302
12104	Nuts, coconut meat, raw	45	1 piece	0.675
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.751
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.861
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.549
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.536
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.276
12147	Nuts, pine nuts, dried	28.35	1 oz	2.495
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.757
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.361
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.968
20034	Oat bran, cooked	219	1 cup	2.111
20033	Oat bran, raw	94	l cup	5.292
)4053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
)4511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
1279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.470
1281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.879
)9193	Olives, ripe, canned (small-extra large)	22	5 large	0.004
1296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.252
1283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.144
1283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.321

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11284	Onions, dehydrated flakes	5	1 tbsp	0.069
11282	Onions, raw	160	1 cup	0.211
11282	Onions, raw	14	1 slice	0.018
11282	Onions, raw	110	1 whole	0.145
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.160
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.024
09207	Orange juice, canned, unsweetened	249	1 cup	0.035
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.057
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.035
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.102
09206	Orange juice, raw	248	1 cup	0.035
09206	Orange juice, raw	86	juice from 1 orange	0.012
09200	Oranges, raw, all commercial varieties	131	1 orange	0.033
09200	Oranges, raw, all commercial varieties	180	1 cup	0.045
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.056
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.103
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.053
09226	Papayas, raw	140	1 cup	0.015
09226	Papayas, raw	304	1 papaya	0.033
11297	Parsley, raw	10	10 sprigs	0.016
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.459
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.393
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.044
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.118
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.047
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.119
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.119
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.073
09236	Peaches, raw	98	1 peach	0.060
09236	Peaches, raw	170	1 cup	0.104
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.288
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.235
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.591
16390	Peanuts, all types, dry-roasted, with our all	28.35	1 oz (approx 28)	0.591
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.523
09340	Pears, asian, raw	122	1 pear	0.073
09340	Pears, asian, raw	275	1 pear	0.165
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.024
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.024
09254	Pears, canned, juice pack, solids and liquids	248	*	0.085
09254	Pears, canned, juice pack, solids and liquids	76	l cup 1 half	0.034
09254 09252		166		0.026
11301	Pears, raw	160	1 pear	0.081
	Peas, edible-podded, boiled, drained, without salt		1 cup	
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.448
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.515
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.446
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.776
11670	Peppers, hot chili, green, raw	45	1 pepper	0.107

1162     Perpers, solution, canned, solub, and liquids     26     14 dop     0.033       11334     Perpers, sovet, grent, row     149     1 cup     0.133       11335     Perpers, sovet, grent, row     149     1 perper     0.441       11337     Perpers, sovet, grent, row     149     1 perper     0.441       11338     Perpers, sovet, grent, row     149     1 perper     0.441       11331     Perpers, sovet, rot, cooked, bolled, drained, without salt     156     1 drap     0.051       11412     Perpers, sovet, rot, cooked, bolled, drained, without salt     156     1 drap     0.052       11412     Perpers, sovet, rot, cooked, sovet, rot, row     149     1 cup     0.052       11412     Perpers, sovet, rot, cooked, sovet, rot, row, row, row, row     149     1 pickle     0.050       11412     Per curt, standard-type, prepared from recipe, graham eracker, baked     126     1 pickle     0.050       11835     Pie curt, standard-type, prepared from recipe, baked     126     1 pickle     0.050       11836     Pie, curt, standard-type, prepared from recipe     177     1 sloce <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11313Perpers, sweet, green, nw1361 cup0.15211333Perpers, sweet, green, nw1491 cup0.15111333Perpers, sweet, green, nw191 perper0.15111333Perpers, sweet, red, nw101 ring0.01511334Perpers, sweet, red, nw101 ring0.01511421Perpers, sweet, red, nw191 cup0.15311421Perpers, sweet, red, nw191 cup0.15311421Perpers, sweet, red, nw191 cup0.01611437Netler sold, sweet, netler, gualant cracker, baked291 pic shell0.00011537Pic crust, snaded-type, prepared from recipe, gualant cracker, baked1261 pic shell0.07211838Pic crust, snaded-type, prepared from recipe, baked1301 pic shell0.07211839Pic crust, snaded-type, prepared from recipe, baked1301 pic shell0.07211840Pic fillings, cancel, cherry741.86 of 21-or can0.00211841Pic fillings, cancel, cherry1551 pice0.23211840Pic, cherry, commercially prepared1171 pice0.02411840Pic, cherry, commercially prepared1171 pice0.02411840Pic, cherry, commercially prepared1131 pice0.022118410Pic, cherry, commercially prepared1131 pice0.022118414Pic cherry, commercially prepared1131 pice0.032 <td>11819</td> <td>Peppers, hot chili, red, raw</td> <td>45</td> <td>1 pepper</td> <td>0.084</td>	11819	Peppers, hot chili, red, raw	45	1 pepper	0.084
11333   Peppers, sweet, green, naw   149   1 cup   0.183     11333   Peppers, sweet, green, naw   10   1 ring   0.014     11333   Peppers, sweet, red, cooked, boiled, drained, without salt   136   1 cup   0.153     11821   Peppers, sweet, red, cooked, boiled, drained, without salt   136   1 cup   0.165     11821   Peppers, sweet, red, cooked, boiled, drained, without salt   15   1 dsop   0.003     11835   Pic cust, standard-type, prepared from recipe, gradham cnocker, baked   239   1 pic shell   0.007     11835   Pic cust, standard-type, prepared from recipe, baked   126   1 pic shell   0.077     11835   Pic cust, standard-type, prepared from recipe   74   1.86 of 21-os ccan   0.022     11836   Pic cust, standard-type, prepared from recipe   15   1 picse   0.032     11831   Pic billings, canned, cherry   74   1.86 of 21-os ccan   0.022     11831   Pic billings, canned, cherry   15   1 picse   0.233     11830   Pic, blockerry, commercially prepared   117   1 picse   0.234     11830   Pic, blockery, comme	11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.030
11333 Peppers, sweet, green, raw 119 1 pepper 0.143   11333 Peppers, sweet, et, green, raw 10 1 ring 0.012   11334 Peppers, sweet, et, ock, holied, drained, without salt 136 1 eup 0.153   11421 Peppers, sweet, red, raw 119 1 eup 0.153   11421 Peppers, sweet, red, raw 149 1 eup 0.016   11435 Pic erst, endinet-type, repered from recipe, graham endeer, baked 239 1 pic shell 0.071   11336 Pic erst, standard-type, frogenet from recipe, baked 180 1 pic shell 0.072   11331 Pic erst, standard-type, frogenet from recipe, baked 180 1 pic shell 0.072   11312 Pic erst, standard-type, frogenet from recipe, baked 180 1 pic shell 0.072   11313 Pic erst, standard-type, repeard from recipe, baked 117 1 picse 0.231   11310 Pic erst, standard-type, prepard from recipe 137 1 picse 0.231   11310 Pic erst, standard-type, prepard from recipe 137 1 picse 0.231   11310 Pic erst, standard-type, prepard from recipe 137 1 picse 0.232   11310 Pic ersterst, prepard from recipe 138 1 picse <td>11334</td> <td>Peppers, sweet, green, cooked, boiled, drained, without salt</td> <td>136</td> <td>1 cup</td> <td>0.156</td>	11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.156
11333Pepers, sweet, red, cooked, boild, drained, without salt101 ring0.01411821Peppers, sweet, red, cooked, boild, drained, without salt1361 cup0.15311821Peppers, sweet, red, raw1491 sup0.01611945Pickle relish, sweet151 thsp0.00211945Pickles, cucurber, dill651 pickle0.002118336Pic crust, cookie-type, prepared from recipe, graham cracker, baked2391 pic shell0.77311835Pic crust, standard-type, frozen, ready-to-bake, baked1261 pic shell0.773118315Pic crust, standard-type, prepared from recipe, baked1801 pic shell0.773118316Pic, sapple, canned74188 of 21-ac can0.022118317Pic infling, cannet, cherry7418 of 21-ac can0.022118318Pic, apple, commercially prepared, enriched floar1171 picce0.236118305Pic, blackerry, commercially prepared1171 picce0.236118306Pic, cherry, prepared from recipe1801 picce0.226118306Pic, cherry, prepared from recipe131 picce0.236118306Pic, cherry, prepared from recipe131 picce0.236118306Pic, cherry, prepared from recipe131 picce0.236118307Pic, cherry, prepared from recipe131 picce0.236118310Pic, field pics, fuit131 picce0.236	11333	Peppers, sweet, green, raw	149	1 cup	0.182
11823   Peppers, sweet, ed., cooked, boiled, drained, without salt   136   1 cup   0.153     11811   Peppers, sweet, red, raw   119   1 cup   0.015     11812   Peppers, sweet, red, raw   149   1 cup   0.016     11935   Pickle relish, sweet   15   1 bbap   0.000     11937   Pickler, comber, duil   65   1 pickler   0.000     11833   Pic crust, conkit-type, prepared from recipe, graham crucker, baked   126   1 pic shell   0.077     11833   Pic crust, conkit-type, prepared from recipe, baked   180   1 pic shell   0.022     11834   Pic fillings, apple, camed, curiched flour   117   1 pice   0.022     11834   Pic, holpt, caproof from recipe   180   1 pice   0.024     11835   Pic, buberry, commercially prepared   117   1 pice   0.024     11836   Pic, cherry, prepared from recipe   128   1 pice   0.024     11836   Pic, cherry, commercially prepared   113   1 pice   0.024     11836   Pic, cherry, prepared from recipe   128   1 pice   0.024	11333	Peppers, sweet, green, raw	119	1 pepper	0.145
11821   Pepers, sweet, red, raw   119   1 pepper   0.133     11811   Pepers, sweet, red, raw   149   1 upp   0.013     11937   Picktes, credin, weet   15   1 htsp   0.000     11937   Picktes, credin, hyveet   15   1 pickta   0.001     11937   Picktes, credin, hyvee, freep, reding from recipe, graham crecker, baked   226   1 pic shell   0.073     11835   Pic crust, standard-type, prepared from recipe, baked   180   1 pic shell   0.073     119312   Pic fillings, angel, cherry   74   1.80 G21-co can   0.022     11800   Pic, apple, commercially prepared, enriched flour   117   1 picce   0.231     11801   Pic, apple, prepared from recipe   185   1 picce   0.242     11805   Pic, budberry, commercially prepared   117   1 picce   0.444     11808   Pic, cherry, commercially prepared   117   1 picce   0.422     11810   Pic, cherry, commercially prepared   113   1 picce   0.422     11810   Pic, cherry, commercially prepared   113   1 picce   0.434	11333	Peppers, sweet, green, raw	10	1 ring	0.012
11821Peppers, sweet, red, naw1491 cup0.16311945Pickle reliah, sweet151 bp (kle0.00118330Pic crust, cookie-type, prepared from recipe, graham cracker, baked2391 pic shell0.10318335Pic crust, standartype, frozer, ready-to-bake, baked1261 pic shell0.77318335Pic crust, standartype, prepared from recipe, baked1801 pic shell0.77319312Pic fillings, apple, canned741.86 of 21-oz can0.02219314Pic fillings, anned, cherry71.86 of 21-oz can0.02219314Pic, piple, commercially prepared enriched flour1171 picec0.23318305Pic, babeerry, commercially prepared1171 picec0.43418306Pic, blueberry, repared from recipe1371 picec0.44418308Pic, cherry, commercially prepared1131 picec0.22518316Pic, cherry, commercially prepared1131 picec0.22518316Pic, cherry, commercially prepared1131 picec0.26818319Pic, fied pics, rint1281 pice0.46818321Pic, cherry, commercially prepared1331 picec0.66818322Pic, pean, other mercipe1271 picec0.46818324Pic, cherry, neppared from recipe1221 pice0.46818325Pic, pean, fir, grapared from recipe1221 picec0.66818324Pic, pean, fir, grapar	11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.156
11945Pickle relish, sweet151 tbsp0.00211937Pickles, cuember, dill651 pickles0.01111930Pic erust, stonker-type, prepared from recipe, graham eracker, baked291 pic shell0.07311833Pic erust, stonkart-type, frozen, ready-to-bake, baked1261 pic shell0.07311834Pic erust, stonkart-type, frozen, ready-to-bake, baked1801 pic shell0.07211931Pic fillings, apple, canned741.86 of 21-oc can0.022119314Pic fillings, apple, commercially prepared, enriched flour1171 picce0.233118305Pic, huberbry, commercially prepared1171 picce0.246118306Pic, bluebry, commercially prepared1171 picce0.246118308Pic, bluebry, prepared from recipe1471 picce0.246118308Pic, cherry, prepared from recipe1131 picce0.226118309Pic, cherry, prepared from recipe1281 picce0.236118300Pic, cherry, prepared from recipe1281 picce0.236118300Pic, cheory mercially prepared1131 picce0.236118310Pic, cheory mercially prepared1131 picce0.236118310Pic, fied pics, cherry1281 picce0.366118321Pic, fied pics, cherry1281 picce0.366118322Pic, fied pics, first1281 picce0.366118324Pic, fied pics, firs	11821	Peppers, sweet, red, raw	119	1 pepper	0.133
11937Pickles, cuember, dill65I pickle0.01018308Pic erust, cuokic-type, propared from recipe, gnalam cracker, baked2391 pic shell1.07718335Pic erust, standard-type, frozen, ready-to-bake, baked1801 pic shell0.77318336Pic erust, standard-type, prepared from recipe, baked1801 pic shell0.77319312Pic fillings, canned, cherry741.8 of 21-oc can0.02219314Pic, fillings, canned, cherry741.8 of 21-oc can0.02318302Pic, apple, commercially prepared, enriched flour1171 picec0.23318305Pic, buberty, commercially prepared1171 picec0.64618306Pic, buberty, commercially prepared1171 picec0.64618307Pic, cherny, commercially prepared1131 picec0.22418318Pic, cherny, commercially prepared1041 picec0.22418316Pic, cherny, commercially prepared1131 picec0.66618307Pic, cherny, commercially prepared1131 picec0.66618321Pic, firid pics, furi1281 pice0.66618322Pic, firid pics, furi1281 picec0.66618324Pic, pecan, prepared from recipe1271 picec0.66618325Pic, pecan, prepared from recipe1201 picec0.66618326Pic, pecan, prepared from recipe1231 picec0.666 <trr>18327Pic, pecan</trr>	11821	Peppers, sweet, red, raw	149	1 cup	0.167
18330Pie enst, cookie-type, prepared from recipe, graham encker, baked2391 pie shell1.10718335Pie erust, standard-type, frequered from recipe, baked1261 pie shell0.77718336Pie erust, standard-type, frequered from recipe, baked1801 pie shell0.77718336Pie erust, standard-type, frequered from recipe, baked1801 pie shell0.77219314Pie fillings, apple, commercially prepared, enriched flour1171 piece0.20218301Pie, apple, commercially prepared, enriched flour1171 piece0.20218305Pie, blueberry, commercially prepared1171 piece0.41618306Pie, blueberry, prepared from recipe1471 piece0.41618306Pie, cherry, prepared from recipe1131 piece0.22218310Pie, cocont custand, commercially prepared1041 piece0.22318310Pie, cocont custand, commercially prepared1131 piece0.03618321Pie, fried pies, finit1281 pie0.33318320Pie, fried pies, finit1281 piece0.04618321Pie, pean, ormanecially prepared1131 piece0.04618321Pie, pean, ormanecially prepared1091 piece0.36618324Pie, pean, prepared from recipe1221 piece0.36618325Pie, peand, from recipe1551 piece0.36618326Pie, punpkin, incommercially prepared109	11945	Pickle relish, sweet	15	1 tbsp	0.002
18335Pic crust, standard-type, frozen, ready-to-bake, baked126I pic shell0.77518336Pic crust, standard-type, frozen, ready-to-bake, baked180I pic shell0.77419312Pic fillings, cnaned, herry741.86 of 21-orc can0.02218301Pic, apple, commercially prepared, enriched flour117I picec0.23518302Pic, apple, prepared from recipe155I picec0.23618306Pic, blueberry, commercially prepared117I picec0.04418308Pic, cherry, commercially prepared117I picec0.04618306Pic, cherry, commercially prepared113I picec0.22618310Pic, cherry, commercially prepared128I pice0.22618316Pic, chorry, prepared from recipe128I pice0.22618316Pic, chorry, prepared from recipe128I pice0.22618316Pic, chorry, nepared from recipe128I pice0.22618317Pic, fied pics, firth128I pice0.22618328Pic, chorny, mercially prepared133I picec0.06618321Pic, pecan, commercially prepared133I pice0.06618322Pic, pecan, commercially prepared133I picec0.26618324Pic, pecan, commercially prepared109I picec0.26618325Pic, pumpkin, normercially prepared2508 fl o.20.03718326Pic, pumpkin, prepared from reci	11937	Pickles, cucumber, dill	65	1 pickle	0.010
18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell0.77419312Pie fillings, apple, canned, cherry741/8 of 21-oz can0.02219314Pie, fillings, canned, cherry741/8 of 21-oz can0.02219314Pie, apple, commercially prepared, enriched flour1171 piece0.21318302Pie, apple, prepared from recipe1551 piece0.24318305Pie, blueberry, nommercially prepared1171 piece0.44418309Pie, cherry, commercially prepared1131 piece0.36618310Pie, cherry, commercially prepared1131 piece0.22218316Pie, cheorly, acommercially prepared1041 piece0.22318316Pie, cheorly, commercially prepared1131 piece0.23518319Pie, fried pies, furit1281 pie0.23518319Pie, fried pies, furit1281 piece0.66618321Pie, lenon meringue, commercially prepared1131 piece0.86618324Pie, pecan, commercially prepared1131 piece0.36618325Pie, pecan, prepared from recipe1271 piece0.36618326Pie, peand, incommercially prepared1091 piece0.36618327Pie, peand, prepared from recipe1551 piece0.36618326Pie, peand, prepared from recipe1551 piece0.36618327Pie, peand, prepared from recipe1	18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.107
19312Pie fillings, apple, canned741/8 of 21-oz can0.02019314Pie fillings, canned, cherry741/8 of 21-oz can0.02118301Pie, apple, commercially prepared, enriched flour1171 piece0.21318305Pie, happle, prepared from recipe1551 piece0.23618306Pie, blueberry, remared from recipe1471 piece0.44418308Pie, cherry, ommercially prepared1171 piece0.44418309Pie, cherry, ommercially prepared1171 piece0.36618310Pie, cherry, prepared from recipe1801 piece0.22618316Pie, coconut custard, commercially prepared1041 piece0.22818319Pie, field pies, cherry1281 pie0.28518320Pie, lenon meringue, commercially prepared1131 piece0.66618321Pie, lenon meringue, prepared from recipe1271 piece0.66618324Pie, lenon meringue, prepared from recipe1221 piece0.66618325Pie, pecan, commercially prepared1131 piece0.62618326Pie, pecan, prepared from recipe1221 piece0.66618325Pie, pecan, prepared from recipe1221 piece0.66618326Pie, pecan, prepared from recipe1221 piece0.66618326Pie, pumpkin, normercially prepared1551 piece0.67218327Pie, pecan, prepared from recipe155<	18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.775
19314Pic fillings, commercially prepared, enriched flour741/8 of 21-oz can0.02218301Pie, apple, commercially prepared, enriched flour1171 piece0.21318302Pie, apple, prepared from recipe1551 piece0.28018306Pie, blueberry, commercially prepared1171 piece0.44418308Pie, cherry, prepared from recipe1471 piece0.46418309Pie, cherry, prepared from recipe1131 piece0.22218316Pie, cheory, prepared from recipe1041 piece0.21818310Pie, cheory, prepared from recipe1281 piece0.28318314Pie, fried pies, cherry1281 piece0.28418329Pie, fried pies, cherry1281 piece0.46318321Pie, lenon meringue, commercially prepared1131 piece0.46318324Pie, pecan, prepared from recipe1271 piece0.46318325Pie, pecan, prepared from recipe1221 piece0.46318324Pie, pecan, prepared from recipe1551 piece0.36318325Pie, pecan, prepared from recipe1551 piece0.36318326Pie, pecan, prepared from recipe1551 piece0.43419334Pimeaple, and grapefruit piece drink, canned2508 fl oz0.30319434Pineapple and grapefruit piece drink, canned2508 fl oz0.32319434Pineapple, canned, heavy syrup pack, so	18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.774
18301   Pic, apple, commercially prepared, enriched flour   117   1 piece   0.213     18302   Pie, apple, prepared from recipe   155   1 piece   0.233     18305   Pie, blueberry, commercially prepared   117   1 piece   0.044     18306   Pie, blueberry, commercially prepared   117   1 piece   0.046     18309   Pie, cherry, commercially prepared   113   1 piece   0.036     18310   Pie, chocolate creme, commercially prepared   113   1 piece   0.212     18316   Pie, cocolate creme, commercially prepared   113   1 piece   0.226     18310   Pie, fried pies, fruit   128   1 pie   0.283     18319   Pie, fried pies, fruit   128   1 pie   0.283     18320   Pie, lemon meringue, prepared from recipe   127   1 piece   0.666     18321   Pie, peane, ommerically prepared   109   1 piece   0.366     18325   Pie, peane, ommerically prepared   109   1 piece   0.366     18326   Pie, pumpkin, commercially prepared   109   1 piece   0.366     18326	19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.020
18302Pic, apple, prepared from recipe1551 piece0.28318305Pic, blueberry, commercially prepared1171 piece0.40418306Pic, blueberry, commercially prepared1171 piece0.41418308Pic, cherry, commercially prepared1131 piece0.36618310Pic, cherry, commercially prepared1131 piece0.22218316Pic, cocolate creme, commercially prepared1041 piece0.21818319Pic, fried pies, cherry1281 pie0.23318319Pic, fried pies, cherry1281 piece0.66818320Pic, lemon meringue, commercially prepared1131 piece0.68818321Pic, lemon meringue, prepared from recipe1271 piece0.66818324Pic, pecan, commercially prepared1131 piece0.89218325Pic, pecan, commercially prepared1091 piece0.26318326Pic, pumpkin, commercially prepared1091 piece0.30319433Pimento, canned121 bisp0.01114344Pincapple and grapefruit juice drink, canned2508 fl oz0.90309270Pincapple, canned, heavy syrup pack, solids and liquids491 slice0.32409268Pincapple, canned, juice pack, solids and liquids2491 cup2.74309268Pincapple, canned, juice pack, solids and liquids2491 cup0.43421224Pizz, neast ordy jurg pack, solids	19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.022
18302Pic, apple, prepared from recipe1551 piece0.28518305Pic, blueberry, commercially prepared1171 piece0.44018306Pic, cherry, commercially prepared1171 piece0.46418308Pic, cherry, commercially prepared1131 piece0.36618310Pic, cherry, commercially prepared1131 piece0.22218316Pic, chero, mamercially prepared1041 piece0.21818319Pic, fried pies, fruit1281 pie0.28318320Pic, fried pies, fruit1281 piece0.66818321Pic, lemon meringue, commercially prepared1131 piece0.66818324Pie, pecan, commercially prepared1131 piece0.66818325Pie, pecan, commercially prepared1131 piece0.66818326Pie, pecan, commercially prepared1221 piece0.66618327Pie, pecan, commercially prepared1551 piece0.36318326Pie, pumpkin, commercially prepared2508 fl o.20.00319434Pimeapple and grapefruit juice drink, canned2508 fl o.20.30319434Pimeapple, canned, havy syrup pack, solids and liquids2491 cup2.74309268Pineapple, canned, juice pack, solids and liquids2491 cup2.74309264Pimeapple, canned, juice pack, solids and liquids2541 cup0.43221224Pizar, meat and vegetable topping, reg	18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.213
18305Pic, blueberry, commercially prepared1171 piece0.20018306Pic, blueberry, prepared from recipe1471 piece0.44118308Pic, cherry, prepared from recipe1801 piece0.36018309Pic, cherry, prepared from recipe1801 piece0.20218316Pic, chocolat ereme, commercially prepared1131 piece0.22818316Pic, chocolat ereme, commercially prepared1041 piece0.21818444Pic, fried pies, cherry1281 pie0.28318319Pic, fried pies, fruit1281 piece0.66818320Pic, lemon meringue, ommercially prepared1131 piece0.68218324Pie, pecan, commercially prepared1131 piece0.86218325Pic, pecan, commercially prepared1091 piece0.66818326Pie, pumpkin, commercially prepared1551 piece0.30319434Pineaple and grapefinit juice drink, canned2508 fl oz0.03319434Pineapple and grapefinit juice drink, canned2508 fl oz0.52509270Pineapple, canned, uitwe and diquids491 cup2.5409268Pineapple, canned, juice pack, solids and liquids2491 cup2.5409268Pineapple, canned, juice pack, solids and liquids2541 cup0.521224Pizz, cheese topping, regular crust, frozen, cooked791 serving0.521224Pizz, cheese top	18302		155	1 piece	0.287
18366   Pie, blueberry, prepared from recipe   147   1 piece   0.444     18308   Pie, cherry, commercially prepared   117   1 piece   0.366     18310   Pie, cherry, prepared from recipe   180   1 piece   0.226     18310   Pie, chocuts, commercially prepared   104   1 piece   0.216     18316   Pie, cocont custand, commercially prepared   104   1 piece   0.217     18314   Pie, fried pies, fruit   128   1 pie   0.285     18320   Pie, lemon meringue, commercially prepared   113   1 piece   0.686     18321   Pie, pecan, commercially prepared   113   1 piece   0.682     18324   Pie, pecan, commercially prepared   113   1 piece   0.682     18325   Pie, pecan, commercially prepared   109   1 piece   0.626     18325   Pie, pecan, commercially prepared   109   1 piece   0.263     18325   Pie, pecan, commercially prepared   109   1 piece   0.263     18325   Pie, pecan, commercially prepared   109   1 piece   0.263     18326   Pie, pu	18305		117	1 piece	0.206
18308Pic, cherry, commercially prepared117I piece0.16418309Pie, cherry, prepared from recipe1801 piece0.36018310Pie, cheory, prepared from recipe1041 piece0.21818316Pie, cocout custard, commercially prepared1041 piece0.21818316Pie, fried pies, cherry1281 pie0.28318319Pie, fried pies, fruit1281 pie0.28318320Pie, lemon meringue, commercially prepared1131 piece0.06818321Pie, pecan, commercially prepared1131 piece0.89218325Pie, pecan, prepared from recipe1221 piece0.66618326Pie, pecan, prepared from recipe1221 piece0.66618327Pie, pecan, prepared from recipe1551 piece0.30711943Pimeaple and grapefruit juice drink, canned2508 fl oz0.030711943Pineapple and orange juice drink, canned2508 fl oz0.90209270Pineapple, canned, unswetened, without added ascorbic acid2501 cup2.74909268Pineapple, canned, juice pack, solids and liquids2491 cup2.74909268Pineapple, canned, juice pack, solids and liquids2491 cup0.82421224Pizza, cheese topping, regular crust, frozen, cooked791 serving0.82509284Piums, canned, purple, pack, solids and liquids2581 cup0.83809284 <t< td=""><td>18306</td><td></td><td>147</td><td></td><td>0.441</td></t<>	18306		147		0.441
Number Pie, cherry, prepared from recipe1801 piece0.36618310Pie, chocolate creme, commercially prepared1131 piece0.22618316Pie, coconut custard, commercially prepared1041 piece0.21818444Pie, fried pies, cherry1281 pie0.28718319Pie, fried pies, fruit1281 piece0.06618320Pie, lemon meringue, commercially prepared1131 piece0.06618321Pie, lemon meringue, prepared from recipe1271 piece0.86218325Pie, pecan, oromercially prepared1131 piece0.86218326Pie, pumpkin, commercially prepared1091 piece0.26218327Pie, pumpkin, prepared from recipe1551 piece0.36618326Pie, pumpkin, prepared from recipe1551 piece0.36618327Pie, pumpkin, prepared from recipe1551 piece0.36618328Pineapple and grapefruit juice drink, canned2508 fl oz0.00114334Pineapple and orange juice drink, canned2508 fl oz0.36209270Pineapple, canned, heavy syrup pack, solids and liquids491 slice0.52709268Pineapple, canned, heavy syrup pack, solids and liquids2491 cup2.74309268Pineapple, canned, hive pack, solids and liquids2491 cup0.2321224Pizza, cheese topping, regular crust, frozen, cooked791 slice0.036 <td< td=""><td></td><td></td><td></td><td></td><td>0.164</td></td<>					0.164
BallonPie, chocolate creme, commercially prepared1131 piece0.22618316Pie, coconut custard, commercially prepared1041 piece0.21818444Pie, fried pies, cherry1281 pie0.28718319Pie, fried pies, fruit1281 pie0.28718320Pie, lemon meringue, commercially prepared1131 piece0.06818321Pie, lemon meringue, prepared from recipe1271 piece0.16318324Pie, pecan, commercially prepared1131 piece0.89218325Pie, pecan, commercially prepared1091 piece0.86518326Pie, pumpkin, commercially prepared1091 piece0.30119433Pineapple and grapefruit juice drink, canned121 bisp0.01119434Pineapple and grapefruit juice drink, canned2508 fl oz0.90209273Pineapple, canned, havy syrup pack, solids and liquids491 slice0.52509268Pineapple, canned, havy syrup pack, solids and liquids2541 cup2.74309268Pineapple, canned, juice pack, solids and liquids471 slice0.52709266Pineapple, canned, juice pack, solids and liquids471 slice0.52709268Pineapple, canned, juice pack, solids and liquids2581 cup1.8221224Pizza, cheese topping, regular crust, frozen, cooked791 serving0.25509264Pineapple, ranned, purple, bavy syrup pack, solids and liqui				•	0.360
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18444Pie, fried pies, cherry128I pie0.28718319Pie, fried pies, fruit1281 pie0.28718320Pie, lemon meringue, commercially prepared1131 piece0.06818321Pie, lemon meringue, prepared from recipe1271 piece0.16318324Pie, pecan, commercially prepared1131 piece0.89218325Pie, pecan, prepared from recipe1221 piece0.66618326Pie, pumpkin, commercially prepared1091 piece0.26218327Pie, pumpkin, prepared from recipe1551 piece0.3071943Pimento, canned121 tbsp0.0111943Pineapple and grapefruit juice drink, canned2508 fl oz0.03319431Pineapple and grapefruit guice drink, canned2508 fl oz0.90309270Pineapple and grapefruit guice drink, canned2501 cup1.26009270Pineapple, canned, heavy syrup pack, solids and liquids491 slice0.52509270Pineapple, canned, iuice pack, solids and liquids2541 cup2.74309268Pineapple, canned, juice pack, solids and liquids471 slice0.52709266Pineapple, canned, juice pack, solids and liquids2581 cup0.88321224Pizza, cheese topping, regular crust, frozen, cooked791 serving0.28509284Plums, canned, purple, heavy syrup pack, solids and liquids2581 cup0.088<				•	
18319Pic, fried pics, fruit128I pic0.28518320Pie, lemon meringue, commercially prepared1131 piece0.06818321Pie, lemon meringue, prepared from recipe1271 piece0.16318324Pie, pecan, commercially prepared1131 piece0.89218325Pie, pecan, prepared from recipe1221 piece0.86618326Pie, pumpkin, commercially prepared1091 piece0.26718327Pie, pumpkin, prepared from recipe1551 piece0.3071943Pimento, canned121 tbsp0.01114334Pineapple and grapefruit juice drink, canned2508 fl oz0.90309273Pineapple and orange juice drink, canned2508 fl oz0.90309270Pineapple, canned, heavy syrup pack, solids and liquids491 slice0.52509270Pineapple, canned, juice pack, solids and liquids2541 cup2.74309268Pineapple, canned, juice pack, solids and liquids2491 cup2.74309268Pineapple, canned, juice pack, solids and liquids471 slice0.52509276Pineapple, canned, juice pack, solids and liquids2491 cup2.74309268Pineapple, canned, juice pack, solids and liquids2551 cup1.8241224Pizza, cheese topping, regular crust, frozen, cooked791 serving0.25509284Plums, canned, purple, heavy syrup pack, solids and liquids2581 c					0.287
B320Pic, lemon meringue, commercially prepared1131 piece0.66818321Pic, lemon meringue, prepared from recipe1271 piece0.66818324Pie, pecan, commercially prepared1131 piece0.89218325Pie, pecan, prepared from recipe1221 piece0.86618326Pie, pumpkin, commercially prepared1091 piece0.26218327Pie, pumpkin, prepared from recipe1551 piece0.30711943Pimento, canned121 tbsp0.01114334Pineapple and grapefruit juice drink, canned2508 fl oz0.90309273Pineapple and orange juice drink, canned2508 fl oz0.90309274Pineapple, canned, unsweetened, without added ascorbic acid2501 cup1.26009270Pineapple, canned, nusweetened, without added ascorbic acid2501 cup2.74309268Pineapple, canned, juice pack, solids and liquids2491 cup2.74309268Pineapple, canned, juice pack, solids and liquids471 slice0.52709266Pineapple, raw, all varieties1551 cup1.8221224Pizza, cheese topping, regular crust, frozen, cooked791 serving0.25509284Plums, canned, purple, heavy syrup pack, solids and liquids2581 cup0.08609284Plums, canned, purple, pack, solids and liquids2521 cup0.08309282Plums, canned, purple, piec, solids and liquids <td< td=""><td></td><td></td><td></td><td></td><td>0.287</td></td<>					0.287
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18324Pie, pecan, commercially prepared1131 piece0.89218325Pie, pecan, prepared from recipe1221 piece0.86518326Pie, pumpkin, commercially prepared1091 piece0.26218327Pie, pumpkin, prepared from recipe1551 piece0.30711943Pimento, canned121 thsp0.01114334Pineapple and grapefruit juice drink, canned2508 fl oz1.03314341Pineapple and orange juice drink, canned2508 fl oz0.90309273Pineapple, canned, unsweetened, without added ascorbic acid2501 cup1.26009270Pineapple, canned, heavy syrup pack, solids and liquids491 slice0.52509270Pineapple, canned, heavy syrup pack, solids and liquids2541 cup2.74309268Pineapple, canned, juice pack, solids and liquids2491 cup2.79109266Pineapple, raw, all varieties1551 cup1.82421224Pizza, chese topping, regular crust, frozen, cooked791 serving0.25509284Plums, canned, purple, heavy syrup pack, solids and liquids2581 cup0.08609284Plums, canned, purple, heavy syrup pack, solids and liquids2521 cup0.08609282Plums, canned, purple, baids and liquids2521 cup0.08609282Plums, canned, purple, baids and liquids2521 cup0.08609284Plums, canned, purple, heavy syrup pack, solids				-	
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09292Plums, dried (prunes), stewed, without added sugar2481 cup0.325				*	0.015
	09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.325

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.126
09279	Plums, raw	66	1 plum	0.034
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.010
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.001
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0.001
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.004
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.013
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.022
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.012
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.014
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.008
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.027
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.031
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.003
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.009
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.009
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.010
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.009
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.009
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.010
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.012
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.014
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.012
11672	Potato pancakes	76	1 pancake	0.198
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.100
11414	Potato salad, home-prepared	250	1 cup	0.253
11674 11385	Potato, baked, flesh and skin, without salt Potatoes, au gratin, dry mix, prepared with water, whole milk and	202 245	1 potato	0.442 0.319
	butter	245	1 cup	
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.394
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.251
11364	Potatoes, baked, skin, without salt	58	1 skin	0.357
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.188
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.189
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.218
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	0.105
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.065
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.385
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.027
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.250
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.235
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.443
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.407

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.016
09294	Prune juice, canned	256	1 cup	0.387
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.091
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.061
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.078
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.143
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.005
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.006
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.005
11424	Pumpkin, canned, without salt	245	1 cup	0.365
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.218
1429	Radishes, raw	4.5	1 radish	0.003
09298	Raisins, seedless	14	1 packet	0.042
09298	Raisins, seedless	145	1 cup	0.434
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.625
09302	Raspberries, raw	123	1 cup	0.824
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.396
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.175
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.123
20037	Rice, brown, long-grain, cooked	195	1 cup	1.765
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.620
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	2.054
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.566
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.746
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.013
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.130
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.117
18353	Rolls, hard (includes kaiser)	57	1 roll	0.262
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.296
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.003
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.018
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.002
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.010
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.018
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.006
07069	Salami, cooked, beef and pork	56.7	2 slices	0.032
02047	Salt, table	6	1 tsp	0.006
07073	Sandwich spread, pork, beef	15	1 tbsp	0.004
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	0.332
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.225
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	0.349
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.047
)6930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.006
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.041
06166	Sauce, homemade, white, medium	250	1 cup	0.108
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.005

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.400
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.019
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.356
11445	Seaweed, kelp, raw	10	2 tbsp	0.020
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.018
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.855
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.218
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.115
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.598
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.675
14346	Shake, fast food, chocolate	333	16 fl oz	0.130
14347	Shake, fast food, vanilla	333	16 fl oz	0.117
11677	Shallots, raw	10	1 tbsp	0.029
19097	Sherbet, orange	74	1/2 cup	0.008
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.022
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.440
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.219
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.123
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.027
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.052
19014	Snacks, fruit leather, rolls	21	1 large	0.039
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.504
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.383
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.369
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.357
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.352
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.361
19034	Snacks, popcorn, air-popped	8	1 cup	0.089
19036	Snacks, popcorn, cakes	10	1 cake	0.099
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.321
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.077
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.078
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.070
19041	Snacks, pork skins, plain	28.35	1 oz	0.020
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.142
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.099
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.098
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.115
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.188
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.125
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.125
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.115
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.073
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.336
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.124

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.207
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.551
19061	Snacks, trail mix, tropical	140	1 cup	1.352
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	0.099
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.705
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.670
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.028
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.366
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.273
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.240
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.289
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.081
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.240
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.366
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.378
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.253
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.376
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.379
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.253
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.251
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.366
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.259
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.059
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.658
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.254
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	l cup	0.237
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	l cup	0.542
06206 06205	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND	241 244	l cup	0.366 0.163
06203	CLAM CHOWDER, canned, ready-to-serve Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned,	238	l cup	0.295
06174	ready-to-serve Soup, stock, fish, home-prepared	233		0.121
06174	Soup, stock, rish, nome-prepared Soup, tomato, canned, prepared with equal volume milk, commercial	233	l cup l cup	0.121
			1	
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.251
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.315
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.480
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	l cup	0.460
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
16120	Soy milk, fluid	245	1 cup	0.534

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.068
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.904
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.417
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.603
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.444
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.931
02007	Spices, celery seed	2	1 tsp	0.151
02009	Spices, chili powder	2.6	1 tsp	0.056
02010	Spices, cinnamon, ground	2.3	1 tsp	0.383
02015	Spices, curry powder	2	1 tsp	0.086
02020	Spices, garlic powder	2.8	1 tsp	0.015
02026	Spices, onion powder	2.1	1 tsp	0.008
02027	Spices, oregano, dried	1.5	1 tsp	0.070
02028	Spices, paprika	2.1	1 tsp	0.018
02029	Spices, parsley, dried	1.3	1 tbsp	0.137
02030	Spices, pepper, black	2.1	1 tsp	0.118
11658	Spinach souffle	136	1 cup	0.366
11461	Spinach, canned, drained solids	214	1 cup	1.278
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.683
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1.362
11457	Spinach, raw	30	1 cup	0.269
11457	Spinach, raw	10	1 leaf	0.090
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.383
11641	Squash, summer, all varieties, raw	113	1 cup	0.198
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.383
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.415
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.638
09316	Strawberries, raw	12	1 strawberry	0.046
09316	Strawberries, raw	18	1 strawberry	0.069
09316	Strawberries, raw	166	1 cup	0.641
19334	Sugars, brown	3.2	1 tsp	0.010
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	1.205
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.160
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.726
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.415
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.448
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.180
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.125
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.075
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.660
19129	Syrups, table blends, pancake	20	1 tbsp	0.014
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.013
18360	Taco shells, baked	13.3	1 medium	0.058
09223	Tangerine juice, canned, sweetened	249	1 cup	0.092
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.081

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.033
20068	Tapioca, pearl, dry	152	1 cup	0.167
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.390
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.078
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.078
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.367
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.321
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.929
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.161
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.154
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.506
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.467
11954	Tomatillos, raw	34	1 medium	0.052
11540	Tomato juice, canned, with salt added	243	1 cup	0.170
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.791
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.423
11549	Tomato products, canned, sauce	245	1 cup	0.262
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.150
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.185
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.205
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.140
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.019
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.023
11955	Tomatoes, sun-dried	2	1 piece	0.037
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.085
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.159
21088	Tostada with guacamole	130.5	1 tostada	0.176
05286	Turkey and gravy, frozen	142	5-oz package	0.007
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.049
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.013
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.019
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.231
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.017
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.029
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.033
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.485
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.779
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.111
02050	Vanilla extract	4.2	1 tsp	0.010
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.033
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.026
11578	Vegetable juice cocktail, canned	242	1 cup	0.242
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.926
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.690

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02048	Vinegar, cider	15	1 tbsp	0.037
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.099
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.199
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.225
09326	Watermelon, raw	286	1 wedge	0.109
09326	Watermelon, raw	152	1 cup	0.058
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.853
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.250
20083	Wheat flour, white, bread, enriched	137	1 cup	1.085
20084	Wheat flour, white, cake, enriched	137	1 cup	0.869
20080	Wheat flour, whole-grain	120	1 cup	4.559
20089	Wild rice, cooked	164	1 cup	0.462
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.096
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.224
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.148
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.009
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.009