NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	1.384
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	1.821
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.031
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.005
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.005
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.005
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.075
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.166
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.219
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.219
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.231
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.111
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.159
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.248
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.297
09003	Apples, raw, with skin	138	1 apple	0.126
09004	Apples, raw, without skin	110	1 cup	0.100
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.479
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.459
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.653
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.970
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.839
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.906
09021	Apricots, raw	35	1 apricot	0.210
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.682
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.201
11015	Asparagus, canned, drained solids	72	4 spears	0.687
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.650
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.868
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.623
09038	Avocados, raw, California	28.35	1 oz	0.542
09039	Avocados, raw, Florida	28.35	1 oz	0.191
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.187
18005	Bagels, cinnamon-raisin	89	4" bagel	2.741
18003	Bagels, egg	89	4" bagel	3.064
18003	Bagels, egg	71	3-1/2" bagel	2.445
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	2.822
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	3.538
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.595
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.384
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.183
09040	Bananas, raw	118	1 banana	0.785
09040	Bananas, raw	150	1 cup	0.998
20006	Barley, pearled, cooked	157	1 cup	3.239
20005	Barley, pearled, raw	200	1 cup	9.208
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.087

6008 Beans, baked, canned, with franks 259 I cup 60101 Beans, baked, canned, with pork and swate 253 I cup 60105 Beans, baked, canned, with pork and tomato sauce 253 I cup 60105 Beans, baked, manter seeds, cooked, boiled, without salt 172 I cup 60163 Beans, tickney, red, mature seeds, cooked, boiled, without salt 177 I cup 6038 Beans, tickney, red, mature seeds, cooked, boiled, without salt 177 I cup 6043 Beans, stany, green, canned, regular pack, drained solids 135 I cup 10648 Beans, sang, green, canned, regular pack, drained solids 135 I cup 10648 Beans, sang, green, canned, regular pack, drained solids 135 I cup 10648 Beans, sang, yellow, canned, regular pack, drained solids 135 I cup 10724 Beans, sang, yellow, canned, regular pack, drained solids 135 I cup 11724 Beans, sang, yellow, canned, regular pack, drained solids 135 I cup 11724 Beans, sang, yellow, canned 262 I cup 11724 Beans, sang, yellow, canned conde, boiled, drained, without salt 135 I cup 11724 Beans, sang, yellow, canned 160 160 160 160	Content Measu	Common Measure	Weight (g)	Description	NDB_No
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16015Beam, great northern, mature seeds, cooked, boiled, without salt1721 cup16025Beams, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16033Beams, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16034Beams, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16035Beams, many, green, conned, regular pack, drained solids1351 cup16046Beams, samp, green, cooked, boiled, drained without salt1251 cup17057Beams, samp, green, cooked, boiled, drained without salt1251 cup17048Beams, samp, yellow, cooked, boiled, drained, without salt1251 cup17174Beams, samp, yellow, cooked, boiled, drained, without salt1251 cup1724Beams, samp, yellow, cooked, boiled, drained, without salt2621 cup1725Beans, samp, yellow, cooked, boiled, drained, without salt3 cor20051726Bears, samp, yellow, conked, boiled, drained, without salt3 cor3 cup1732Bears, samp, yellow, conked, boiled, drained, without salt3 cor3 cup1734Bears, samp, yellow, conked, boiled, drained, without salt3 cup3 cup1735Beef, cuck, drained solids3 cup3 cup3 cup1734Bears, samp, yellow, conked, boiled, statu3 cup3 cup1735Beef, cuck, drained3 cup3 cup1736Beef, scoked, braised3 cup3 cup1737Beef, fourd, drained<	0.	1 cup	253	Beans, baked, canned, with pork and sweet sauce	6010
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18015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit	2.				
	0.				
18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 21 2-1/4" biscuit	0.				
09042 Blackberries, raw 144 1 cup	0.	1 cup			
09055Blueberries, frozen, sweetened2301 cup	0.	1 cup	230	Blueberries, frozen, sweetened	9055

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09050	Blueberries, raw	145	1 cup	0.606
07008	Bologna, beef and pork	56.7	2 slices	1.429
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	4.745
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.881
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	7.393
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.475
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.868
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.234
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.465
18025	Bread, cracked-wheat	25	1 slice	0.918
18027	Bread, egg	40	1/2" slice	1.939
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	1.187
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	7.365
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	4.143
18033	Bread, italian	20	1 slice	0.876
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.135
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.025
18039	Bread, oatmeal	27	1 slice	0.847
18040	Bread, oatmeal, toasted	25	1 slice	0.767
18041	Bread, pita, white, enriched	60	6-1/2" pita	2.779
18041	Bread, pita, white, enriched	28	4" pita	1.297
18044	Bread, pumpernickel	32	1 slice	0.989
18045	Bread, pumpernickel, toasted	29	1 slice	0.887
18047	Bread, raisin, enriched	26	1 slice	0.901
18048	Bread, raisin, toasted, enriched	24	1 slice	0.814
18053	Bread, reduced-calorie, rye	23	1 slice	0.581
18055	Bread, reduced-calorie, wheat	23	1 slice	0.894
18055	Bread, reduced calorie, white	23	1 slice	0.837
18057	Bread, reduced-caloric, white Bread, rye	32	1 slice	1.218
18061	Bread, ryc	24	1 slice	0.903
18064	Bread, wheat (includes wheat berry)	24	1 slice	1.031
18065	Bread, wheat, toasted (includes wheat berry)	23 25	1 slice 1 slice	0.928 1.096
18069	Bread, white, commercially prepared (includes soft bread crumbs)			
18069 18070	Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared, toasted	45 22	1 cup	1.973 0.864
			1 slice	
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.074
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.970
21023	Breakfast items, french toast with butter	135	2 slices	3.915
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.863
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.205
11740	Broccoli, flower clusters, raw	11	1 floweret	0.070
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.843
11090	Broccoli, raw	31	1 spear	0.198
11090	Broccoli, raw	88	1 cup	0.562
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.947
1101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.832
20011	Buckwheat flour, whole-groat	120	1 cup	7.380
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.579

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20013	Bulgur, cooked	182	1 cup	1.820
20012	Bulgur, dry	140	1 cup	7.160
01001	Butter, salted	14.2	1 tbsp	0.006
01145	Butter, without salt	14.2	1 tbsp	0.006
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.728
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.595
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.423
11109	Cabbage, raw	70	1 cup	0.210
11112	Cabbage, red, raw	70	1 cup	0.293
11114	Cabbage, savoy, raw	70	1 cup	0.210
18086	Cake, angelfood, commercially prepared	28	1 piece	0.247
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.086
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.176
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.369
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.080
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.340
18116	Cake, gingerbread, prepared from recipe	74	1 piece	1.286
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.369
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.367
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.192
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.672
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.215
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.520
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.307
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.580
18134	Cake, sponge, prepared from recipe	63	1 piece	0.759
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.191
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.134
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.798
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.320
19074	Candies, caramels	10.1	1 piece	0.015
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.015
19071	Candies, carob	28.35	1 oz	0.295
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.030
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.060
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.027
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.006
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.002
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.007
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.002
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.210
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.015
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.818
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.214
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.063

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	2.052
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.039
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.170
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.700
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.040
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.304
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.686
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.248
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.021
19080	Candies, semisweet chocolate	168	1 cup	0.717
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19087	Candies, white chocolate	170	1 cup	1.267
09060	Carambola, (starfruit), raw	91	1 fruit	0.334
09060	Carambola, (starfruit), raw	108	1 cup	0.396
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with	355	12 fl oz	0.000
14143	aspartame, contains caffeine Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.055
16055	Carob flour	8	1 tbsp	0.152
11655	Carrot juice, canned	236	1 cup	0.911
11960	Carrots, baby, raw	10	1 medium	0.056
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.806
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.006
11123	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.607
11124	Carrots, raw	72	1 carrot	0.708
11124	Carrots, raw	110	1 cup	1.081
11935	Catsup	6	1 packet	0.090
11935	-		*	
	Catsup	15	1 tbsp	0.225
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.508
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.221
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.558
11135	Cauliflower, raw	13	1 floweret	0.068
11135	Cauliflower, raw	100	1 cup	0.526
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.120
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.479
11143	Celery, raw	120	1 cup	0.384
11143	Celery, raw	40	1 stalk	0.128
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	5.010
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.905

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.010
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	5.760
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	5.010
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	5.010
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	5.010
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	9.990
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	5.010
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	5.010
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5.010
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.005
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	5.010
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.010
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.005
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	5.010
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	5.177
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	20.010
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	20.020
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5.010
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	9.990
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	26.430
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.440
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.620
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.960
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	20.010
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	6.832
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	4.991
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	8.468
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	7.260
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	5.022
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.390
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	20.010
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.185
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	7.582
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	5.100
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	4.995
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	7.130
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	4.998
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.711
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	5.486
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	5.805
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	l cup	7.183
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.935

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.944
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	5.427
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	5.504
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.942
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.398
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4.236
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	2.413
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.747
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.747
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	4.970
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.434
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.516
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	7.574
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	3.600
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.304
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	2.214
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	4.011
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	4.066
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.337
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	0.048
01164	Cheese sauce, prepared from recipe	243	l cup	0.496
01048 01004	Cheese spread, pasteurized process, american, without di sodium phosphate Cheese, blue	28.35 28.35	l oz 1 oz	0.037 0.288
01004		38		
	Cheese, camembert	28.35	1 wedge	0.239 0.023
01009 01012	Cheese, cheddar Cheese, cottage, creamed, large or small curd	28.55 210	1 oz	0.023
01012	Cheese, cottage, creamed, raige of small curu	226	1 cup	0.203
01015	Cheese, cottage, lowfat, 1% milkfat	226	l cup	0.339
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.289
01013	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	l cup l cup	0.325
01017	Cheese, cream	14.5	1 tbsp	0.225
01186	Cheese, cream, fat free	15.6	1 tbsp	0.015
01019	Cheese, feta	28.35	l oz	0.023
01168	Cheese, low fat, cheddar or colby	28.35	l oz	0.014
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	l oz	0.034
01025	Cheese, mozzarella, whole milk	28.35	l oz	0.029
01020	Cheese, muenster	28.35	1 oz	0.029
01030	Cheese, neufchatel	28.35	l oz	0.036
01031	Cheese, parmesan, grated	5	1 tbsp	0.006
01032	Cheese, pasteurized process, american, with di sodium phosphate	28.35	l oz	0.020
01042	Cheese, pasteurized process, suistenait, whith a solution phosphate Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	0.020
01035	Cheese, provolone	28.35	l oz	0.044
01035	Cheese, ricotta, part skim milk	246	1 cup	0.192

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	0.256
01040	Cheese, swiss	28.35	1 oz	0.026
18147	Cheesecake commercially prepared	80	1 piece	0.156
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.432
09070	Cherries, sweet, raw	68	10 cherries	0.105
22906	Chicken pot pie, frozen entree	217	1 small pie	4.130
07017	Chicken roll, light meat	56.7	2 slices	3.000
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	14.732
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	13.467
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	11.792
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	5.939
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	3.669
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.958
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.673
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	9.606
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	11.227
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.712
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	4.915
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	3.393
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.580
05277	Chicken, canned, meat only, with broth	142	5 oz	8.987
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.165
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.971
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.331
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.863
22904	Chili con carne with beans, canned entree	222	1 cup	2.156
11156	Chives, raw	3	1 tbsp	0.019
14181	Chocolate syrup	18.75	1 tbsp	0.060
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.110
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.378
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.163
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.166
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.167
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.163
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.118
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.340
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	3.124
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.422
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.057
11159	Coleslaw, home-prepared	120	1 cup	0.326
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.093
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.080
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.964
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.220
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.160

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.241
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.277
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.218
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.514
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.267
18170	Cookies, fig bars	16	1 cookie	0.300
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.577
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.462
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.970
18177	Cookies, molasses	15	1 cookie, medium	0.455
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.131
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.557
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.273
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.189
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.641
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.703
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.347
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.267
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.404
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.342
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.362
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.404
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.269
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.124
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.243
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2.458
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2.451
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1.243
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2.150
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.956
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	6.947
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.301
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.431
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	1.543
20028	Couscous, dry	173	1 cup	6.038
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	2.315
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.238
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	l cup	0.850
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	l cup	0.851
18214	Crackers, cheese, regular	10	10 crackers	0.467
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.408
18217	Crackers, matzo, plain	28.35	1 matzo	1.103
18220	Crackers, melba toast, plain	20	4 pieces	0.823

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	0.174
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.630
18229	Crackers, standard snack-type, regular	12	4 crackers	0.486
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.264
18232	Crackers, wheat, regular	8	4 crackers	0.397
18235	Crackers, whole-wheat	16	4 crackers	0.723
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.104
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.057
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.012
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.006
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.009
01052	Cream, fluid, light whipping	15	1 tbsp	0.006
01056	Cream, sour, cultured	12	1 tbsp	0.008
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.010
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
18239	Croissants, butter	57	1 croissant	1.247
18243	Croutons, seasoned	40	1 cup	1.858
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.139
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.153
15141	Crustaceans, crab, blue, canned	135	1 cup	1.850
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.805
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.740
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.910
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.475
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.382
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	2.610
11206	Cucumber, peeled, raw	119	1 cup	0.044
11206	Cucumber, peeled, raw	280	1 large	0.104
11205	Cucumber, with peel, raw	104	1 cup	0.102
11205	Cucumber, with peel, raw	301	1 large	0.295
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.540
18245	Danish pastry, cheese	71	1 danish	1.420
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.414
09087	Dates, deglet noor	178	1 cup	2.268
09087	Dates, deglet noor	41.5	5 dates	0.529
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.002
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.016
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.871
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.259
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.711
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.371
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	11.271
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.799

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	0.069
01124	Egg, white, raw, fresh	33.4	1 large	0.035
01128	Egg, whole, cooked, fried	46	1 large	0.035
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.032
01131	Egg, whole, cooked, poached	50	1 large	0.035
01132	Egg, whole, cooked, scrambled	61	1 large	0.048
01123	Egg, whole, raw, fresh	44	1 medium	0.031
01123	Egg, whole, raw, fresh	58	1 extra large	0.041
01123	Egg, whole, raw, fresh	50	1 large	0.035
01125	Egg, yolk, raw, fresh	16.6	1 large	0.004
01057	Eggnog	254	1 cup	0.267
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.594
11213	Endive, raw	50	1 cup	0.200
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.320
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	2.595
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.913
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	3.959
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	3.600
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.786
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.703
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	7.380
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	6.016
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	6.014
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	8.051
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	3.718
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	6.807
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	6.344
21042	Fast foods, chili con carne	253	1 cup	2.479
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	5.777
21043	Fast foods, clams, breaded and fried	115	3/4 cup	2.864
21127	Fast foods, coleslaw	99	3/4 cup	0.079
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.548
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.795
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.907
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	3.335
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	4.227
21024	Fast foods, french toast sticks	141	5 sticks	2.961
21077	Fast foods, frijoles with cheese	167	1 cup	1.486
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	7.571
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	6.730
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.911
21118	Fast foods, hotdog, plain	98	1 sandwich	3.646
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.739
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	4.165
21129	Fast foods, hush puppies	78	5 pieces	2.028

21028Fast foods, ice milk, vanilla, soft-serve, with cone10321078Fast foods, nachos, with cheese11321130Fast foods, onion rings, breaded and fried8321025Fast foods, pancakes with butter and syrup23221138Fast foods, potato, french fried in vegetable oil8521138Fast foods, potato, french fried in vegetable oil134	1 cone 6-8 nachos 8-9 rings 2 pancakes 1 small 1 medium 1 large 1/3 cup	0.309 1.537 0.921 3.387 2.122
21130Fast foods, onion rings, breaded and fried8321025Fast foods, pancakes with butter and syrup23221138Fast foods, potato, french fried in vegetable oil8521138Fast foods, potato, french fried in vegetable oil134	8-9 rings 2 pancakes 1 small 1 medium 1 large	0.921 3.387
21025Fast foods, pancakes with butter and syrup23221138Fast foods, potato, french fried in vegetable oil8521138Fast foods, potato, french fried in vegetable oil134	2 pancakes 1 small 1 medium 1 large	3.387
21138Fast foods, potato, french fried in vegetable oil8521138Fast foods, potato, french fried in vegetable oil134	1 small 1 medium 1 large	
21138Fast foods, potato, french fried in vegetable oil134	1 medium 1 large	2.122
	1 large	
	-	3.346
21138Fast foods, potato, french fried in vegetable oil169	1/3 cup	4.220
21139 Fast foods, potato, mashed 80	1/5 cup	0.960
21026Fast foods, potatoes, hashed brown72	1/2 cup	1.073
21121Fast foods, roast beef sandwich, plain139	1 sandwich	5.866
21053 Fast foods, salad, vegetable, tossed, without dressing, with cheese and 217 egg	1-1/2 cups	0.977
Fast foods, salad, vegetable, tossed, without dressing, with chicken 218	1-1/2 cups	5.886
21059Fast foods, shrimp, breaded and fried164	6-8 shrimp	0.000
21124Fast foods, submarine sandwich, with cold cuts228	1 sandwich, 6" roll	5.495
21125Fast foods, submarine sandwich, with roast beef216	1 sandwich, 6" roll	5.962
21126Fast foods, submarine sandwich, with tuna salad256	1 sandwich, 6" roll	11.341
21033 Fast foods, sundae, hot fudge 158	1 sundae	1.074
21082 Fast foods, taco 263	1 large	4.944
21082 Fast foods, taco 171	1 small	3.215
21083 Fast foods, taco salad 198	1-1/2 cups	2.455
21086 Fast foods, tostada, with beans, beef, and cheese 225	1 tostada	2.858
09094 Figs, dried, uncooked 38	2 figs	0.235
15011 Fish, catfish, channel, cooked, breaded and fried 85	3 oz	1.940
15017 Fish, cod, Atlantic, canned, solids and liquid 85	3 oz	2.129
15192 Fish, cod, Pacific, cooked, dry heat 85	3 oz	2.112
15027 Fish, fish portions and sticks, frozen, preheated 28	1 stick (4" x 1" x 1/2")	0.448
15027 Fish, fish portions and sticks, frozen, preheated 57	1 portion (4" x 2" x 1/2")	0.912
15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127	1 fillet	2.767
15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85	3 oz	1.852
15034 Fish, haddock, cooked, dry heat 150	1 fillet	6.948
15034Fish, haddock, cooked, dry heat85	3 oz	3.937
15037Fish, halibut, Atlantic and Pacific, cooked, dry heat159	1/2 fillet	11.326
15037Fish, halibut, Atlantic and Pacific, cooked, dry heat85	3 oz	6.055
15041Fish, herring, Atlantic, pickled85.05	3 oz	2.807
15058Fish, ocean perch, Atlantic, cooked, dry heat85	3 oz	2.071
15050Fish, ocean perch, Atlantic, cooked, dry heat5015058Fish, ocean perch, Atlantic, cooked, dry heat50	1 fillet	1.218
15050Fish, occur pren, Humble, cooked, dry heat5015067Fish, pollock, walleye, cooked, dry heat85	3 oz	1.403
15007Fish, pollock, walleye, cooked, dry heat6015067Fish, pollock, walleye, cooked, dry heat60	1 fillet	0.990
15007 Fish, policek, whileye, cooked, dry heat 60 15071 Fish, rockfish, Pacific, mixed species, cooked, dry heat 85	3 oz	3.331
15071 Fish, rockfish, Pacific, mixed species, cooked, dry heat 149	1 fillet	5.839
	3 oz	1.547
15232Fish, roughy, orange, cooked, dry heat8515077Fish, salmon, chinook, smoked85.05	3 oz	4.014
	3 oz	5.556
15086 Fish, salmon, sockeye, cooked, dry heat 85 16086 Fish, salmon, sockeye, cooked, dry heat 155	3 oz	5.670
15086 Fish, salmon, sockeye, cooked, dry heat 155 15080 Fish, salmon, sockeye, cooked, dry heat 155	1/2 fillet	10.339
15088 Fish, sardine, Atlantic, canned in oil, drained solids with bone 85.05	3 oz	4.461
15111Fish, swordfish, cooked, dry heat106	1 piece	12.497
15111Fish, swordfish, cooked, dry heat85	3 oz	10.022

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	7.472
15128	Fish, tuna salad	205	1 cup	13.735
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	10.546
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	11.288
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	4.929
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	10.146
07022	Frankfurter, beef	45	1 frank	1.067
07023	Frankfurter, beef and pork	45	1 frank	1.185
07024	Frankfurter, chicken	45	1 frank	1.390
18268	French toast, frozen, ready-to-heat	59	1 slice	1.606
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.058
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.045
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.084
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.122
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.829
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.220
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.207
19294	Fruit butters, apple	17	1 tbsp	0.011
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.928
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.955
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.052
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.993
11215	Garlic, raw	3	1 clove	0.021
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.001
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.025
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.663
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.310
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.931
09404	Grapefruit juice, pink, raw	247	1 cup	0.494
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.798
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	1 cup 1 cup	0.571 0.536
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.598
09123	Grapefruit juice, white, raw	207 247		0.494
09128	Grapefruit, raw, pink and red, all areas	123	1 cup 1/2 grapefruit	0.494
09112	Grapefruit, raw, white, all areas	125	1/2 grapefruit	0.231
09110	Grapefruit, sections, canned, light syrup pack, solids and liquids	254		0.617
09121	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	1 cup 10 grapes	0.094
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.301
06116	Gravy, beef, canned	58.25	1/4 cup	0.384
06119	Gravy, chicken, canned	59.5	1/4 cup	0.264

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.400
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.650
06125	Gravy, turkey, canned	59.6	1/4 cup	0.775
07027	Ham, chopped, not canned	21	2 slices	0.815
07028	Ham, sliced, extra lean	56.7	2 slices	2.835
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.647
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	3.108
11961	Hearts of palm, canned	33	1 piece	0.144
19296	Honey	21	1 tbsp	0.025
02055	Horseradish, prepared	5	1 tsp	0.019
16158	Hummus, commercial	14	1 tbsp	0.081
19270	Ice creams, chocolate	66	1/2 cup	0.149
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.082
19095	Ice creams, vanilla	66	1/2 cup	0.077
19088	Ice creams, vanilla, light	66	1/2 cup	0.090
19089	Ice creams, vanilla, rich	74	1/2 cup	0.061
19297	Jams and preserves	20	1 tbsp	0.007
19300	Jellies	19	1 tbsp	0.007
11226	Jerusalem-artichokes, raw	150	1 cup	1.950
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.650
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.874
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	2.594
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.259
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.644
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.602
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.389
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	6.035
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	5.823
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.738
17034 17044	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4"	85 85	3 oz 3 oz	5.236 5.661
17044	fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85	3 oz	5.381
1,010	fat, choice, cooked, braised		5.02	0.001
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.590
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.783
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	2.091
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.208

Content per NDB No Description Weight (g) **Common Measure** Measure 09153 Lemon juice, canned or bottled 15.2 0.030 1 thsp 09153 Lemon juice, canned or bottled 244 0.481 1 cup 47 09152 Lemon juice, raw juice of 1 lemon 0.047 14293 248 8 fl oz 0.055 Lemonade, frozen concentrate, white, prepared with water 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0.000 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0.000 09150 Lemons, raw, without peel 58 1 lemon 0.058 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 2.099 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 0.027 1 head 0.582 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 11251 10 1 leaf 0.031 Lettuce, cos or romaine, raw 11251 Lettuce, cos or romaine, raw 56 1 cup 0.175 11253 Lettuce, green leaf, raw 10 1 leaf 0.038 11253 Lettuce, green leaf, raw 56 1 cup 0.210 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 0.663 11252 Lettuce, iceberg (includes crisphead types), raw 8 1 medium 0.010 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 0.068 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 180 1 cup 1.386 without salt 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, 170 1 cup 1.817 drained, without salt 16073 Lima beans, large, mature seeds, canned 241 0.629 1 cup Lima beans, large, mature seeds, cooked, boiled, without salt 188 0.791 16072 1 cup 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 0.025 09161 Lime juice, canned or bottled, unsweetened 246 0.401 1 cup 09160 Lime juice, raw 38 juice of 1 lime 0.054 22247 Macaroni and Cheese, canned entree 2.52 2.981 1 cup 20100 Macaroni, cooked, enriched 140 2.365 1 cup 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 10.697 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 11.082 with whole milk Malted drink mix, natural, with added nutrients, powder 21 4-5 heaping tsp 8.889 14309 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 10.581 whole milk 09176 165 0.964 Mangos, raw 1 cup 09176 207 1.209 Mangos, raw 1 mango 04611 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 0.003 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0.003 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.002 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 0.001 1 tsp 04585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 0.004 1 tbsp Margarine-like spread, (approximately 40% fat), unspecified oils 04128 4.8 1 tsp 0.001 09181 69 1/8 melon 0.506 Melons, cantaloupe, raw 09181 Melons, cantaloupe, raw 160 1 cup 1.174 09184 Melons, honeydew, raw 160 1/8 melon 0.669 09184 Melons, honeydew, raw 170 1 cup 0.711

300

313

6.5

10.6 fl oz

11 fl oz

1 tbsp

01110

01111 01094 Milk shakes, thick chocolate

Milk shakes, thick vanilla

Milk, buttermilk, dried

Niacin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

0.372

0.457

0.057

01095Milk, canned, vondenned, sweterned3061 cup0.64401096Milk, canned, vaporated, vintout adde vinnin A2561 cup0.43401104Milk, chocolate, fluid, commercial, lowfat2501 cup0.43401102Milk, chocolate, fluid, commercial, lowfat2501 cup0.43101030Milk, chocolate, fluid, commercial, veduced fut2501 cup0.23201092Milk, lowfat, domtarrial, with added vitamin A2441 cup0.22201085Milk, noth, add vitamin A (if free or skim)2451 cup0.22301097Milk, reduced fut, twith added vitamin A2441 cup0.22401097Milk, reduced fut, twith added vitamin A2441 cup0.22501161Molaski, clam, mixed species, raw853 oz1.30111517Mollaski, clam, mixed species, raw853 oz1.40011518Mollaski, clam, mixed species, raw853 oz1.40011517Mollaski, cum, mixed species, raw871 muffin1.40111518Mollaski, cum, mixed species, raw871 muffin1.40111518Molfins, bubery, commercially prepared571 muffin1.4011152Molfins, bubery, commercially prepared571 muffin1.4011152Muffins, out bran1.611.6021.6022.43511530Muffins, out bran1.611.6021.6022.6321154Muffins, out bran1.61 <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
90197Milk canned, evaporated, without added vitamia A2561 cup0.44401066Milk, canolat, without added vitamia A2521 cup0.81301101Milk, chocolata, fluid, commercial, twahoed fat2501 cup0.41301102Milk, chocolata, fluid, commercial, whole2501 cup0.23301082Milk, chocolata, fluid, commercial, whole2441 cup0.23301085Milk, nowfi, fluid, with added vitamia A2441 cup0.23301070Milk, nowfi, fluid, with added vitamia A2441 cup0.23301071Milk, nowfi, fluid, with added vitamia A2441 cup0.23301073Milk, nohe, fluid, with added vitamia A2441 cup0.23301074Milk, nohe, fluid, with added vitamia A843 cor1 sup0112Milos, clan, micel species, canned, rhained solids853 cor1 sup15165Molhuks, clan, micel species, canned, rhained solids816 mediun1 sup15175Molhuks, cuparter, astern, cooked, breaded and fried936 curdiun1 sup15187Molhuks, supler, rastern, cooked, breaded and fried936 curdiun1 sup15187Multus, supler, rastern, wild, ras946 mediun1 sup15187Multus, supler, rastern, cooked, breaded and fried936 curdiun1 sup15187Multus, supler, rastern, cooked, breaded and fried936 curdiun1 sup15187Multus, supler, rastern, co	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.142
01096Milk, canned, evaporated, without added vitamin A2521 cup0.48801104Mik, chocolate, fluid, commercial, obvaced fat2501 cup0.41101102Mik, chocolate, fluid, commercial, valoed fat2501 cup0.21301082Mik, khovala, fluid, jb, mikflat, with added vitamin A2141 cup0.22301082Mik, khovala, fluid, jb, mikflat, with added vitamin A2441 cup0.22301085Mik, nontar, fluid, with added vitamin A2441 cup0.23401096Mik, nontar, fluid, with added vitamin A2441 cup0.23501097Mik, nontar, fluid, with added vitamin A2441 cup0.23501097Mik, nontar, fluid, with added vitamin A2441 cup0.26101104Millas, cluid, cluid, cluid, with added vitamin A2441 cup0.26101111Millas, cluid, cluid, cluid, with added vitamin A2441 cup0.26101111Millas, cluid, cluid, cluid, with added vitamin A2441 cup0.26101111Millas, cluid, cluid, scied, maced and fried813 oz1.40111111Millas, cup, reperted floid recipe, made with low fat (216) milk571 matfin1.40111111Millas, cup, reperted floid recipe, made with low fat (216) milk571 matfin1.26111121Mulfins, cont, dry mis, reperted571 matfin1.26111222Mulfins, cont, dry mis, reperted1641 cup2.32111231<	01095	Milk, canned, condensed, sweetened	306	1 cup	0.643
91104Milk, chocolate, fluid, commercial, lowfat2501 cup0.318101105Milk, chocolate, fluid, commercial, veloced fit2501 cup0.41810102Milk, chocolate, fluid, commercial, veloced fit2501 cup0.32810102Milk, chocolate, fluid, commercial, veloced fit2441 cup0.22310105Milk, confat, instant, with added vitamin A2441 cup0.22310107Milk, confat, fluid, 2% milkfat, with added vitamin A2441 cup0.22310107Milk, reduced fit, fluid, 2% milkfat, with added vitamin A2441 cup0.22510107Milks, confat, mixed species, ranw68.751 cup0.22511516Mollusks, congre, catern, coled, braded and fried853 oz1.50111517Mollusks, congre, catern, coled, braded and fried853 oz1.50111518Mullins, sucleoprin, respecies, ranw846 inegro1.40111517Mollusks, songre, catern, coled, braded and fried571 mulfin1.61611517Mullins, scallo, mixel species, consol571 mulfin1.61611520Mulfins, conte, more species, ranw571 mulfin1.61611531Mulfins, conte, more species, provulet, costed, braded and fried501 cup0.23311543Mulfins, conte, more species, provulet, costed561 cup0.23411544Mulfins, conte, more species, provulet, costed1661 cup0.23411545Mulfi	01097	Milk, canned, evaporated, nonfat	256	1 cup	0.445
91103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.41010102Milk, chocolate, fluid, commercial, whole2501 cup0.230001082Milk, lowfat, fluid, 1% milk fat, with added vitamin A2441 cup0.23000107Milk, nonfat, fluid, 1% milk fat, with added vitamin A2441 cup0.23000107Milk, nonfat, fluid, 1% milk fat, with added vitamin A2441 cup0.23000107Milk, nonfat, fluid, 2% milk fat, with added vitamin A2441 cup0.26110107Milk, kole, 3.25% milk fat68.751 cup0.26210107Milk sch clam, mixed species, canned, drained solids853 oz2.855101508Mollasks, clam, mixed species, canned, drained solids853 oz1.400115168Mollasks, oyair, eastern, cooled, breaded and fried936 arege1.40011517Mollasks, oyair, ensem, wild, raw571 muffin1.26611517Mollasks, oyair, ensem, wild, raw571 muffin1.26611828Muffins, corn, commercially prepared571 muffin1.26111828Muffins, out sam, prepared501 muffin0.23211838Muffins, out sam, prepared1641 cup.27211844Muthrooms, anned, adiod solids1561 cup.27211848Muffins, out sam, prepared1641 cup.27211844Muthrooms, anitiad, coled, drained, without salt1641 cup.272 </td <td>01096</td> <td>Milk, canned, evaporated, without added vitamin A</td> <td>252</td> <td>1 cup</td> <td>0.489</td>	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.489
D1102Milk, chocolate, fluid, commercial, whole250i enp0.31D1002Milk, dry, nonfal, instart, with added vitamin A231/3 cup0.20D1083Milk, nonfal, fluid, with added vitamin A241 cup0.23D1075Milk, nonfar, fluid, with added vitamin A2441 cup0.23D1076Milk, reduced far, fluid, 25 milkfar, with added vitamin A2441 cup0.22D1077Milk, reduced far, fluid, 25 milkfar, with added vitamin A2441 cup0.23D1078Milk, shole, 3.25%, milkfar6 R751 cup0.62D15106Moltusk, clam, mixed species, ranw6 R753 oz1.400D1517Moltusk, constre, costed, hreaded and fried9 a6 large1.400D1517Moltusk, saulio, mixed species, rank846 mediuam1.200D1517Moltusk, saulio, mixed species, costed, hreaded and fried936 large1.400D1517Moltusk, saulio, mixed species, costed, hreaded and fried936 large1.400D1517Multusk, saulio, mixed species, costed, hreaded and fried911 multin1.200D1518Multins, scont, commercially prepared571 multin1.201D1529Multins, cont, commercially prepared571 multin1.201D1530Multins, cont, commercially prepared501 multin1.201D1540Multins, cont, commercially prepared1641 cup.201D1541Multins, cont, commercially prepared </td <td>01104</td> <td>Milk, chocolate, fluid, commercial, lowfat</td> <td>250</td> <td>1 cup</td> <td>0.318</td>	01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.318
91092 Milk, dyn, nonfit, instant, with added vitamin A 23 1/3 cap 0.203 01085 Milk, Inoufit, Lind, 19: milkfar, with added vitamin A 244 1 cup 0.233 01090 Milk, nonfar, Lind, with added vitamin A 244 1 cup 0.232 01070 Milk, monfar, Lind, with added vitamin A 244 1 cup 0.232 01071 Milk, monfar, Lind, with added vitamin A 244 1 cup 0.232 01071 Milk, shok, 3258; milkfar 244 1 cup 0.232 01071 Milk, shok, adam, mixed species, canned, drained solids 85 3 oz 2.855 15157 Mollusks, coster, castern, wold, rawed and fried 93 3 oz 1.404 15167 Mollusks, osyster, castern, wold, rawed and fried 93 1 muffin 0.422 15173 Mollusks, osyster, castern, wold, rawed 57 1 muffin 0.423 15183 Muffins, cont dram, caster-type with raisins, toasterd 34 1 cup 0.433 15283 Muffins, cont dram, coaster-type with raisins, toasterd 1 cup 1.633	01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.410
91082 Mik, kwfat, fluid, 1% milk/fat, with added vitamin A 244 1 cup 0.223 10085 Mik, nomfat, fluid, 1% milk/fat, with added vitamin A 244 1 cup 0.23 01075 Mik, roduced fat, fluid, 2% milk/fat, with added vitamin A 244 1 cup 0.26 01077 Mik, whole, 3.25% milk/fat 244 1 cup 0.26 15160 Mollusks, clam, mixed species, camed, drained solids 85 3 oz 1.80 15157 Mollusks, oster, eastern, wild, raw 84 6 medium 1.15 15168 Mollusks, oster, eastern, wild, raw 84 6 medium 1.61 15174 Mollusks, oster, eastern, wild, raw 84 6 medium 1.62 15175 Mollusks, oster, eastern, wild, raw 84 6 large 1.40 15167 Mollusks, cup, mixed species, cocoded, breaded and fried 93 6 large 1.40 15175 Mollusks, oster, species 77 1 muffin 1.62 15278 Muffins, corn, ornmercially prepared 57 1 muffin 1.62 152	01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.313
91085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.23410107Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup0.26416112Mino68.751 cup0.26116112Mino68.751 cup0.26116112Mino68.753 oz2.85516113Mollusks, dum, mixed species, canned, drained olidis853 oz1.46015167Mollusks, oyster, castern, cooked, breaded and fried853 oz1.40015167Mollusks, oyster, castern, wild, raw846 mcdinum1.151Mullusks, oyster, castern, wild, raw846 mcdinum1.61218278Mulfins, blueberry, commercially prepared571 muffin1.26018279Muffins, corn, dyrnis, repared form recipe, made with low fat (2%) milk771 muffin1.26118280Muffins, corn, dyrnis, repared571 muffin0.23318283Muffins, corn, dyrnis, repared571 muffin0.23418284Muffins, wat bran, toaster-type with raisin, toasted341 cup0.77118283Muffins, whet bran, toaster-type with raisin, toasted1241 cup0.72118284Muffins, whet bran, toaster-type with raisin, toasted1561 cup2.32211264Mushrooms, canned, drained, without salt1561 cup2.32211264Mushrooms, shinikke, cooked, boiled, drained, without salt1601 cup3.321	01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.205
91079 Milk, reduced fat, fluid, 25% milkfat, with added vitamin A 244 1 cup 0.22 10177 Mik, whole, 3.25% milkfat 244 1 cup 0.23 16112 Miso 68.75 1 cup 0.62 15160 Mollusks, edam, mixed species, canned, drained solids 85 3 oz 1.50 15167 Mollusks, oyter, castern, wild, ruw 84 6 medium 1.15 15167 Mollusks, oyter, castern, wild, ruw 84 6 medium 0.62 15173 Mollusks, oyter, castern, wild, ruw 84 6 medium 0.62 15274 Muffins, bubechry, propared for mcripe, made with low fat (2%) milk 57 1 muffin 1.26 15285 Muffins, corn, dry mix, prepared 57 1 muffin 1.26 15280 Muffins, out-ng prepared 57 1 muffin 0.23 15383 Muffins, what pran, toaster-type with raisin, toasted 34 1 muffin 0.23 15483 Muffins, out-ng maiz, roster sporuted, rooked, boiled, drained, without salt 156 1 cup 2.42 <td< td=""><td>01082</td><td>Milk, lowfat, fluid, 1% milkfat, with added vitamin A</td><td>244</td><td>1 cup</td><td>0.227</td></td<>	01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.227
NID? Milk, whole, 3.25% milkfatt 244 1 cup 0.261 16112 Miso 68.75 1 cup 0.261 15160 Mollusks, elam, mixed species, raw 85 3 oz 2.85 15175 Mollusks, onyster, castern, cooked, breaded and fried 85 3 oz 1.400 15167 Mollusks, onyster, castern, wold, new ded and fried 93 6 large 1.400 15175 Mollusks, onyster, castern, wold, new ded and fried 93 6 large 1.400 15175 Multiks, sello, mixed species, cooked, breaded and fried 93 6 large 1.400 15274 Muffins, bueberry, prepared from recipe, made with low fat (2%) milk 57 1 muffin 1.621 15287 Muffins, con, commercially prepared 57 1 muffin 0.233 15388 Muffins, cont, consterily prepared 57 1 muffin 0.234 15483 Muffins, out bran 0.234 1 muffin 0.234 15483 Muffins, out bran 1.56 1 cup 0.234 11044 Mug braons, mature	01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.230
16112 Miso 68.75 1 cup 0.62 15160 Mollusks, cum, mixed species, raw 85 3 oz 2.85 15167 Mollusks, oyter, eastern, ookd, breaded and fried 85 3 oz 1.60 15167 Mollusks, oyter, eastern, ookd, breaded and fried 93 6 large 1.40 15167 Mollusks, oyter, eastern, ookd, breaded and fried 93 6 large 1.40 15173 Mollusks, oster, eastern, ookd, breaded and fried 93 6 large 1.40 15173 Mollusks, oster, eastern, owid, soromercially prepared 57 1 muffin 0.42 18274 Muffins, com, commercially prepared 50 1 muffin 0.23 18280 Muffins, out bran 57 1 muffin 0.23 18388 Muffins, out bran, toaster-type with raisins, toasted 34 1 muffin 0.78 11044 Mang beans, mature seeds, sprouted, raw 104 1 cup 0.77 11044 Mushrooms, raw 70 1 cup 2.34 11260 Mushrooms, raw 70 1 cup 0.50 11261 Mushrooms, raw	01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.224
15160 Mollusks, clam, mixed species, raw 85 3 oz 2.85 15157 Mollusks, olam, mixed species, raw 85 3 oz 1.90 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85 3 oz 1.40 15167 Mollusks, syster, seatern, vid, raw 84 6 medium 1.15 15173 Mollusks, syster, seatern, vid, raw 84 6 medium 1.61 18274 Muffins, bubeerry, commercially prepared 57 1 muffin 1.26 18275 Muffins, com, commercially prepared 57 1 muffin 1.26 18280 Muffins, com, dry mix, prepared 50 1 muffin 0.23 18283 Muffins, out bran, toaster-type with raisins, toasted 34 1 muffin 0.23 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 0.77 11044 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 2.43 11045 Mushrooms, shitike, cooked, without salt 156 1 cup 2.17 11046 Mushrooms, shitike, dried 3.6 1 mushroom 0.50<	01077	Milk, whole, 3.25% milkfat	244	1 cup	0.261
15157 Mollusks, clan, mixed species, raw 85 3 oz 1.500 15168 Mollusks, oyster, castern, wild, raw 84 6 medium 1.15 15173 Mollusks, solyster, castern, wild, raw 84 6 medium 1.15 15173 Mollusks, solyster, eastern, wild, raw 84 6 medium 1.15 15173 Multins, blueberry, commercially prepared 57 1 muffin 0.622 18278 Muffins, blueberry, prepared from recipe, made with low fat (2%) milk 57 1 muffin 1.266 18280 Muffins, ond, wink, prepared 50 1 muffin 0.233 18280 Muffins, ond, wink, prepared 57 1 muffin 0.234 18280 Muffins, ond, wheah bran, toaster-type with raisins, toasted 34 1 muffin 0.783 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 0.013 11264 Mushrooms, conked, boiled, drained, without salt 156 1 cup 0.596 11260 Mushrooms, shitiake, cooked, bitd, drained, without salt 140 1 cup 0.002 11264 Mushrooms, shitiake, dried	16112	Miso	68.75	1 cup	0.623
15168 Mollusks, oyster, eastern, wid, raw 85 3 oz 1.400 15167 Mollusks, oyster, eastern, wid, raw 84 6 næclum 1.151 15173 Mollusks, oster, eastern, wid, raw 84 6 næclum 1.151 15173 Mollusks, oster, eastern, wid, raw 84 6 næclum 1.151 15173 Mollusks, oster, eastern, wid, raw 57 1 muffin 0.622 18274 Muffins, blueberry, commercially prepared 57 1 muffin 1.161 18280 Muffins, onn, dry mix, prepared 50 1 muffin 0.333 18283 Muffins, outser-type with raisins, toasted 34 1 muffin 0.373 11044 Murg beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 0.077 11264 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 2.522 11264 Mushrooms, soked, boiled, drained, without salt 140 1 cup 0.002 11264 Mushrooms, soked, boiled, drained, without salt 140 1 cup 0.002 11264 Mushrooms, shiitake, coked, without salt 140 1 cup </td <td>15160</td> <td>Mollusks, clam, mixed species, canned, drained solids</td> <td>85</td> <td>3 oz</td> <td>2.851</td>	15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	2.851
15167 Mollusks, oyster, eastern, wild, rav 84 6 medium 1.155 15173 Mollusks, scallop, mixed species, cooked, breaded and fried 93 6 large 1.400 18274 Muffins, blueberry, commercially prepared 57 1 muffin 1.266 18278 Muffins, com, commercially prepared 57 1 muffin 1.261 18280 Muffins, com, commercially prepared 50 1 muffin 0.033 18283 Muffins, out nam 57 1 muffin 0.033 18284 Muffins, out nam 57 1 muffin 0.033 18283 Muffins, wheat bran, toaster-type with raisins, toasted 34 1 muffin 0.033 18388 Muffins, wheat bran, toaster-type with raisins, toasted 124 1 cup 0.011 1044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 126 1 cup 2.432 11264 Mushrooms, raw 70 1 cup 2.632 11264 Mushrooms, shitake, dried 3.6 1 mushroom 0.600 11264 Mushrooms, shitake, dried 3.6 1 mushroom 0.600 <	15157	Mollusks, clam, mixed species, raw	85	3 oz	1.500
15173 Mollusks, seallop, mixed species, cooked, breaded and fried 93 6 large 1.400 18274 Muffins, blueberry, commercially prepared 57 1 muffin 0.622 18278 Muffins, blueberry, prepared from recipe, made with low fat (2%) milk 57 1 muffin 1.266 18279 Muffins, com, dry mix, prepared 50 1 muffin 0.53 18288 Muffins, out, dry mix, prepared 57 1 muffin 0.23 18288 Muffins, out, dry mix, prepared 34 1 muffin 0.78 11044 Murg beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 0.77 11043 Mushrooms, canned, drained solds 156 1 cup 2.48 11264 Mushrooms, raw 70 1 cup 2.57 11265 Mushrooms, shiltake, cooked, without salt 140 1 cup 0.600 11264 Mushrooms, sinitake, crooked, without salt 140 1 cup 2.57 11269 Mushrooms, shiltake, crooked, without salt 140 1 cup 0.600 11271 Mushrooms, shiltake, dried 3.6 1 rumshroom <t< td=""><td>15168</td><td>Mollusks, oyster, eastern, cooked, breaded and fried</td><td>85</td><td>3 oz</td><td>1.403</td></t<>	15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	1.403
18274Muffins, blueberry, commercially prepared57I muffin0.62218278Muffins, com, commercially prepared57I muffin1.26618270Muffins, com, commercially prepared57I muffin1.26618280Muffins, com, dry mix, prepared50I muffin0.32318388Muffins, wheat bran, toaster-type with raisins, toasted34I muffin0.78311044Mug beans, mature seeds, sprouted, cooked, boiled, drained, without atl124I cup0.77911264Mushrooms, caned, drained, solids156I cup2.38211264Mushrooms, conked, boiled, drained, without salt156I cup2.32211269Mushrooms, shiitake, cooked, without salt3.6I muffin0.60011271Mushrooms, shiitake, cooked, without salt140I cup0.60012084Mushrooms, shiitake, cooked, without salt140I cup0.60212172Mushrooms, shiitake, dried3.6I mushroom0.60012171Mustard, prepared, yellow5I spor 1 packet0.60212185NABISCO NACKWELL'S Fat Free Devil's Food Cookie160I cup2.33212104Noodles, egg, spinach, cooked, enriched28.35I cup2.33212112Noodles, egg, spinach, cooked, enriched28.35I cup2.33212124Noodles, egg, spinach, cooked, enriched28.35I cup0.33212135Nuts, rashew muts, dir cauched, shredded28.35I cup<	15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	1.159
Hardins, blueberry, prepared from recipe, made with low fat (2%) milk 57 1 muffin 1.266 18279 Muffins, corn, dry mix, prepared 57 1 muffin 1.166 18280 Muffins, corn, dry mix, prepared 50 1 muffin 0.235 18283 Muffins, oat bran 57 1 muffin 0.235 18838 Muffins, oat bran 57 1 muffin 0.235 18838 Muffins, oat bran, toaster-type with raisins, toasted 34 1 muffin 0.788 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 0.779 11264 Mushrooms, canned, drained solids 156 1 cup 2.352 11264 Mushrooms, shiitake, cooked, without salt 145 1 cup 2.072 11264 Mushrooms, shiitake, dried 3.6 1 mushroom 0.500 11270 Mushrooms, shiitake, dried 3.6 1 mushroom 0.500 11271 Mushrooms, shiitake, dried 140 1 cup 0.022 11284 Mushrooms, shiitake, dried 160 1 cup 2.372 11291 Nustar	15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	1.400
18279Muffins, corn, commercially prepared57I muffin1.1618280Muffins, corn, dry mix, prepared50I muffin0.5118283Muffins, oat bran57I muffin0.23318388Muffins, oat bran57I muffin0.78311044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup0.07311043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1541 cup0.77911043Mushrooms, caaned, drained solids1561 cup2.84811264Mushrooms, cooked, boiled, drained, without salt1561 cup2.52211269Mushrooms, cooked, boiled, drained, without salt1451 cup0.00011271Mushrooms, shitake, dried3.61 mushroom0.50011271Mushrooms, shitake, dried1401 cup0.60002046Mustard, prepared, yellow51 tsp or 1 packet0.0221131Nodles, chinese, chow mein451 cup2.52320112Nodles, chinese, chow mein1601 cup2.53320113Noodles, egg, spinach, cooked, with salt added28.351 oz (4 nuts)1.91412074Nuts, brazinds, dried, unblanched28.351 oz (-6 nuts)0.06412075Nuts, cashew nuts, dir casted, with salt added28.351 oz (7 nuts)0.04912076Nuts, chestnuts, diried, uith alt added28.351 oz (0 nuts)0.94912076Nu	18274		57	1 muffin	0.627
18279Muffins, corn, commercially prepared57I muffin1.1618280Muffins, corn, dry mix, prepared50I muffin0.5118283Muffins, oat bran57I muffin0.23318388Muffins, oat bran57I muffin0.78311044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup0.07311043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1541 cup0.77911043Mushrooms, caaned, drained solids1561 cup2.84811264Mushrooms, cooked, boiled, drained, without salt1561 cup2.52211269Mushrooms, cooked, boiled, drained, without salt1451 cup0.00011271Mushrooms, shitake, dried3.61 mushroom0.50011271Mushrooms, shitake, dried1401 cup0.60002046Mustard, prepared, yellow51 tsp or 1 packet0.0221131Nodles, chinese, chow mein451 cup2.52320112Nodles, chinese, chow mein1601 cup2.53320113Noodles, egg, spinach, cooked, with salt added28.351 oz (4 nuts)1.91412074Nuts, brazinds, dried, unblanched28.351 oz (-6 nuts)0.06412075Nuts, cashew nuts, dir casted, with salt added28.351 oz (7 nuts)0.04912076Nuts, chestnuts, diried, uith alt added28.351 oz (0 nuts)0.94912076Nu	18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.260
18280 Muffins, corn, dry mix, prepared 50 I muffin 1.051 18283 Muffins, oat bran 57 I muffin 0.233 18388 Muffins, wheat bran, toaster-type with raisins, toasted 34 I muffin 0.233 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 124 1 cup 0.073 11043 Mung beans, mature seeds, sprouted, raw 104 1 cup 0.733 11264 Mushrooms, canned, drained solids 156 1 cup 2.432 11260 Mushrooms, shiitake, cooked, without salt 145 1 cup 2.173 11264 Mushrooms, shiitake, dried 3.6 1 mushroom 0.500 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.600 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.601 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.602 11271 Mustard greens, cooked, enriched 1 cup 2.673 2.673 <t< td=""><td>18279</td><td></td><td>57</td><td>1 muffin</td><td>1.161</td></t<>	18279		57	1 muffin	1.161
18283Muffins, oat bran57I muffin0.23318384Muffins, wheat bran, toaster-type with raisins, toasted34I muffin0.7831844Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt124I cup0.01311043Mung beans, mature seeds, sprouted, raw104I cup0.77911264Mushrooms, conked, boiled, drained, without salt156I cup2.84311260Mushrooms, cooked, boiled, drained, without salt156I cup2.52111264Mushrooms, shiitake, cooked, without salt145I cup2.17111268Mushrooms, shiitake, dried3.6I mushroom0.60011271Mustard greens, cooked, boiled, drained, without salt140I cup0.60012046Mustard, prepared, yellow5I tsp or 1 packet0.20212051Mustard, prepared, yellow5I cup2.52112051Noodles, chines, chow mein45I cup3.23212051Noodles, chines, chow mein28.35I oz (24 nuts)1.11112078Nuts, almosh, instat added28.35I oz (18 nuts)0.08212555Nuts, cashew nuts, dry roasted, with salt added28.35I oz (18 nuts)0.49412179Nuts, cashew nuts, dry roasted, with salt added28.35I oz (24 nuts)0.49412179Nuts, cashew nuts, dry roasted, sweetend, shredded93I cup0.44412179Nuts, cashew nuts, dried (desiccated), sweetend, shredded<	18280		50	1 muffin	1.051
18388Muffins, wheat bran, toaster-type with raisins, toasted34I muffin0.78811044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup1.01311043Mung beans, mature seeds, sprouted, raw1041 cup0.77511264Mushrooms, canned, drained solids1561 cup2.48811261Mushrooms, cooked, boiled, drained, without salt1561 cup2.52211269Mushrooms, shiftake, cooked, without salt1451 cup0.50111270Mushrooms, shiftake, cooked, without salt1401 cup0.60011271Mustard greens, cooked, boiled, drained, without salt1401 cup0.60011271Mustard greens, cooked, boiled, drained, without salt1401 cup0.60011271Mustard greens, cooked, boiled, drained, without salt1601 cup0.60011271Mustard greens, cooked, boiled, drained, without salt1601 cup2.52211286NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie161 cup2.53220110Noodles, chinese, chow mein451 cup2.53220110Noodles, cegg, cooked, enriched1601 cup2.53220112Noodles, cegg, spinach, cooked, enriched28.351 oz (24 nuts)1.11321285Nuts, chrazinuts, dried, unblanched28.351 oz (6-8 nuts)0.69221286Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.492 <t< td=""><td></td><td></td><td>57</td><td>1 muffin</td><td>0.239</td></t<>			57	1 muffin	0.239
11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 1.013 11043 Mung beans, mature seeds, sprouted, raw 104 1 cup 0.779 11264 Mushrooms, canned, drained solids 156 1 cup 6.853 11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 6.953 11260 Mushrooms, raw 70 1 cup 2.523 11264 Mushrooms, shiitake, cooked, without salt 145 1 cup 0.600 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.600 11271 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.021 02046 Mustard, prepared, yellow 5 1 secokie 0.215 09191 Nectarines, raw 136 1 nectarine 1.530 01131 Noodles, chinese, chow mein 45 1 cup 2.673 01141 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (4-8 nuts) 0.111 12078 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 0.049		Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.788
Hushrooms, canned, drained solids 156 1 cup 2.483 11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 6.951 11260 Mushrooms, raw 70 1 cup 2.522 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 2.172 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.500 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.600 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.022 0160 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.022 0171 Nectarines, raw 136 1 nectarine 1.530 0191 Nectarines, raw 136 1 cup 2.677 0110 Noodles, chinese, chow mein 45 1 cup 2.352 01112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.352 11201 Nouts, cashew nuts, dried, unblanched 28.35 1 oz (24 nuts) 1.111 12078 Nuts, cashew nuts, dri coasted, with salt added <	11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without	124	1 cup	1.013
11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 6.953 11260 Mushrooms, raw 70 1 cup 2.522 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 2.172 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.500 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.600 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.022 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 16 1 cookie 0.213 00191 Nectarines, raw 136 1 nectarine 1.530 020110 Noodles, chinese, chow mein 45 1 cup 3.322 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 3.322 20112 Noodles, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 1.111 12078 Nuts, cashew nuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.084 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 0.492	11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.779
11260 Mushrooms, raw 70 1 cup 2.522 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 2.173 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.500 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 0.600 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.023 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 16 1 cookie 0.215 00191 Nectarines, raw 136 1 nectarine 1.530 20113 Noodles, chinese, chow mein 45 1 cup 2.677 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.352 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.351 12061 Nuts, almonds 28.35 1 oz (4 nuts) 1.113 12078 Nuts, cashew nuts, dried, unblanched 28.35 1 oz (18 nuts) 0.049 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 0.492 12167 <td>11264</td> <td>Mushrooms, canned, drained solids</td> <td>156</td> <td>1 cup</td> <td>2.485</td>	11264	Mushrooms, canned, drained solids	156	1 cup	2.485
11269 Mushrooms, shiitake, cooked, without salt 145 I cup 2.173 11268 Mushrooms, shiitake, dried 3.6 I mushroom 0.500 11271 Mustard greens, cooked, boiled, drained, without salt 140 I cup 0.600 02046 Mustard, prepared, yellow 5 I tsp or 1 packet 0.021 02046 Mustard, prepared, yellow 5 I cookie 0.215 02046 Mustard, prepared, yellow 5 I tsp or 1 packet 0.021 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 16 I cookie 0.215 00191 Nectarines, raw 136 I nectarine 1.530 20113 Noodles, egg, cooked, enriched 160 I cup 2.352 20110 Nodles, egg, spinach, cooked, enriched 28.35 I oz (24 nuts) 1.113 12078 Nuts, brazilnuts, dried, unblanched 28.35 I oz (6-8 nuts) 0.039 12585 Nuts, cashew nuts, ori orasted, with salt added 28.35 I oz (18 nuts) 0.492 12167 Nuts, chestnuts, european, roasted 143 I cup 0.492	11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	6.958
11268 Mushrooms, shiitake, dried 3.6 I mushroom 0.500 11271 Mustard greens, cooked, boiled, drained, without salt 140 I cup 0.600 02046 Mustard, prepared, yellow 5 I tsp or 1 packet 0.022 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 16 1 cookie 0.215 09191 Nectarines, raw 136 1 nectarine 1.530 20110 Nodels, chinese, chow mein 45 1 cup 2.672 20110 Nodels, egg, cooked, enriched 160 1 cup 3.322 20110 Nodels, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 1.113 12061 Nuts, almonds 28.35 1 oz (6-8 nuts) 0.084 12585 Nuts, cashew nuts, driy roasted, with salt added 28.35 1 oz (18 nuts) 0.492 12167 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 0.492 12179 Nuts, cosonut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.444 12104 Nuts, coconut meat, raw 45 1 pice <td< td=""><td>11260</td><td>Mushrooms, raw</td><td>70</td><td>1 cup</td><td>2.525</td></td<>	11260	Mushrooms, raw	70	1 cup	2.525
11271Mustard greens, cooked, boiled, drained, without salt1401 cup0.60002046Mustard, prepared, yellow51 tsp or 1 packet0.02318651NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes161 cookie0.21309191Nectarines, raw1361 nectarine1.53020113Noodles, chinese, chow mein451 cup2.67820110Noodles, egg, cooked, enriched1601 cup3.32220112Noodles, egg, spinach, cooked, enriched1601 cup2.35812061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (18 nuts)0.0841256Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, ceshew nuts, oil roasted, with salt added28.351 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24312120Nuts, hazelnuts or filberts28.351 oz0.510	11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	2.175
O2046Mustard, prepared, yellow51 tsp or 1 packet0.02318651NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie161 cookie0.21409191Nectarines, raw1361 nectarine1.53020113Noodles, chinese, chow mein451 cup2.67620110Noodles, egg, cooked, enriched1601 cup3.32220112Noodles, egg, spinach, cooked, enriched1601 cup2.35612061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412555Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz0.510	11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.508
18651NABISCO SNACKWELL'S Fat Free Devil's Food Cookie161 cookie0.21509191Nectarines, raw1361 nectarine1.53020113Noodles, chinese, chow mein451 cup2.67820110Noodles, egg, cooked, enriched1601 cup3.32320112Noodles, egg, spinach, cooked, enriched1601 cup2.35812061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412555Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, chestnuts, european, roasted1431 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, araw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz0.510	11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.606
Cakes09191Nectarines, raw1361 nectarine1.53020113Noodles, chinese, chow mein451 cup2.67820110Noodles, egg, cooked, enriched1601 cup3.32220112Noodles, egg, spinach, cooked, enriched1601 cup2.35812061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412555Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz (0.5010.501	02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.023
20113Noodles, chinese, chow mein451 cup2.67820110Noodles, egg, cooked, enriched1601 cup3.32320112Noodles, egg, spinach, cooked, enriched1601 cup2.35812061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24312120Nuts, hazelnuts or filberts28.351 oz0.510	18651		16	1 cookie	0.215
20110Noodles, egg, cooked, enriched1601 cup3.32220112Noodles, egg, spinach, cooked, enriched1601 cup2.35812061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.49212586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, chestnuts, european, roasted1431 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44212104Nuts, coconut meat, raw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz0.510				1 nectarine	1.530
20112Noodles, egg, spinach, cooked, enriched1601 cup2.35812061Nuts, almonds28.351 oz (24 nuts)1.11312078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (6-8 nuts)0.08412586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212570Nuts, chestnuts, european, roasted1431 cup1.91512179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24312120Nuts, hazelnuts or filberts28.351 oz0.510	20113		45	1 cup	2.678
12061Nuts, almonds28.351 oz (24 nuts)1.11212078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.39212586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, chestnuts, european, roasted1431 cup1.91512179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44212104Nuts, coconut meat, raw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz0.516	20110	Noodles, egg, cooked, enriched	160	1 cup	3.323
12078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.08412585Nuts, cashew nuts, dry roasted, with salt added28.351 oz0.39112586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, chestnuts, european, roasted1431 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz0.510	20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.358
12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz0.39712586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, chestnuts, european, roasted1431 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44212104Nuts, coconut meat, raw451 piece0.24312120Nuts, hazelnuts or filberts28.351 oz0.510	12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.113
12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.49212167Nuts, chestnuts, european, roasted1431 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.44112104Nuts, coconut meat, raw451 piece0.24212120Nuts, hazelnuts or filberts28.351 oz0.510	12078		28.35	1 oz (6-8 nuts)	0.084
12167Nuts, chestnuts, european, roasted1431 cup1.91912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.4412104Nuts, coconut meat, raw451 piece0.2412120Nuts, hazelnuts or filberts28.351 oz0.510	12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.397
12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.4412104Nuts, coconut meat, raw451 piece0.24312120Nuts, hazelnuts or filberts28.351 oz0.510	12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.492
12104 Nuts, coconut meat, raw 45 1 piece 0.24 12120 Nuts, hazelnuts or filberts 28.35 1 oz 0.510	12167	Nuts, chestnuts, european, roasted	143	1 cup	1.919
12120Nuts, hazelnuts or filberts28.351 oz0.510	12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.441
	12104	Nuts, coconut meat, raw	45	1 piece	0.243
12632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.645	12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.510
	12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.645

-	oz oz (20 halves) obsp oz (47 nuts) oz (14 halves)	1.332 1.435 0.331 0.377 1.244
12142 Nuts, pecans 28.35 1 o 12147 Nuts, pine nuts, dried 8.6 1 t	oz (20 halves) ibsp oz oz (47 nuts) oz (14 halves)	0.331 0.377 1.244
12147Nuts, pine nuts, dried8.61 th	bsp oz oz (47 nuts) oz (14 halves)	0.377 1.244
	oz oz (47 nuts) oz (14 halves)	1.244
12147 Nuts, pine nuts, dried 28.35 1 or	oz (47 nuts) oz (14 halves)	
	oz (14 halves)	
12652Nuts, pistachio nuts, dry roasted, with salt added28.351 or	. ,	0.404
12155 Nuts, walnuts, english 28.35 1 o	cup	0.319
20034 Oat bran, cooked 219 1 c	F	0.315
20033 Oat bran, raw 94 1 c	cup	0.878
04053 Oil, olive, salad or cooking 13.5 1 tl	bsp	0.000
04042 Oil, peanut, salad or cooking 13.5 1 t	bsp	0.000
04058 Oil, sesame, salad or cooking 13.6 1 th	bsp	0.000
04034 Oil, soybean, salad or cooking, (hydrogenated) 13.6 1 th	bsp	0.000
04543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed 13.6 1 th	bsp	0.000
04511 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary 13.6 1 th safflower oil of commerce)	bsp	0.000
	bsp	0.000
04506Oil, vegetable, sunflower, linoleic, (approx. 65%)13.61 th	bsp	0.000
11279Okra, cooked, boiled, drained, without salt1601 c	cup	1.394
11281Okra, frozen, cooked, boiled, drained, without salt184	cup	1.444
09193Olives, ripe, canned (small-extra large)225 la	arge	0.008
11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10	rings	2.166
11283Onions, cooked, boiled, drained, without salt941 m	medium	0.155
11283Onions, cooked, boiled, drained, without salt2101 c	cup	0.347
11284Onions, dehydrated flakes51 th	bsp	0.050
11282 Onions, raw 14 1 s	slice	0.012
11282 Onions, raw 110 1 w	whole	0.091
11282 Onions, raw 160 1 c	cup	0.133
11291Onions, spring or scallions (includes tops and bulb), raw151 w	whole	0.079
11291 Onions, spring or scallions (includes tops and bulb), raw 100 1 c	cup	0.525
09207 Orange juice, canned, unsweetened 249 1 c	cup	0.782
09209 Orange juice, chilled, includes from concentrate 249 1 c	cup	0.697
09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume 249 1 c water	cup	0.503
09214Orange juice, frozen concentrate, unsweetened, undiluted2136-f	fl-oz can	1.525
09206 Orange juice, raw 248 1 c	cup	0.992
09206 Orange juice, raw 86 jui	ice from 1 orange	0.344
09200Oranges, raw, all commercial varieties1801 c	cup	0.508
09200Oranges, raw, all commercial varieties1311 or	orange	0.369
18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 p	pancake	1.048
18290Pancakes, plain, dry mix, complete, prepared381 p	pancake	0.650
18292Pancakes, plain, dry mix, incomplete, prepared381 p	pancake	0.468
09226 Papayas, raw 140 1 c	cup	0.473
09226 Papayas, raw 304 1 p	papaya	1.028
11297 Parsley, raw 10 10	sprigs	0.131
11299Parsnips, cooked, boiled, drained, without salt1561 c	cup	1.129
22907Pasta with meatballs in tomato sauce, canned entree2521 c	cup	3.314
09241Peaches, canned, heavy syrup pack, solids and liquids981 h	nalf	0.602
09241Peaches, canned, heavy syrup pack, solids and liquids2621 c	cup	1.609

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.443
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.570
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.706
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.633
09236	Peaches, raw	98	1 peach	0.790
09236	Peaches, raw	170	1 cup	1.370
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.190
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.144
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	3.834
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	3.834
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	3.919
09340	Pears, asian, raw	122	1 pear	0.267
09340	Pears, asian, raw	275	1 pear	0.602
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.644
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.184
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.152
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.496
09252	Pears, raw	166	1 pear	0.261
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.862
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.901
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.244
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.368
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.744
11670	Peppers, hot chili, green, raw	45	1 pepper	0.428
11819	Peppers, hot chili, red, raw	45	1 pepper	0.560
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.105
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.649
11333	Peppers, sweet, green, raw	10	1 ring	0.048
11333	Peppers, sweet, green, raw	119	1 pepper	0.571
11333	Peppers, sweet, green, raw	149	1 cup	0.715
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.649
11821	Peppers, sweet, red, raw	119	1 pepper	1.165
11821	Peppers, sweet, red, raw	149	1 cup	1.459
11945	Pickle relish, sweet	15	1 tbsp	0.035
11937	Pickles, cucumber, dill	65	1 pickle	0.039
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.098
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.069
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.953
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.026
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.104
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.308
18302	Pie, apple, prepared from recipe	155	1 piece	1.907
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.755
18308	Pie, cherry, commercially prepared	117	1 piece	0.234
18309	Pie, cherry, prepared from recipe	180	1 piece	2.297
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.766
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.419

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	1.824
18319	Pie, fried pies, fruit	128	1 pie	1.824
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.733
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.199
18324	Pie, pecan, commercially prepared	113	1 piece	0.281
18325	Pie, pecan, prepared from recipe	122	1 piece	1.033
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.204
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.212
11943	Pimento, canned	12	1 tbsp	0.074
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.668
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.518
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.498
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.729
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.141
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.707
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.133
09266	Pineapple, raw, all varieties	155	1 cup	0.758
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	1.383
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	1.879
09278	Plantains, cooked	154	1 cup	1.164
09277	Plantains, raw	179	1 medium	1.228
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.751
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.134
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1.192
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.218
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	1.793
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.790
09279	Plums, raw	66	1 plum	0.275
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.875
07064	Pork Sausage, Fresh, Cooked	26	2 links	1.627
07064	Pork Sausage, Fresh, Cooked	27	1 patty	1.690
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.109
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.215
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.277
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3.792
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.267
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3.018
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	3.888
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	4.195
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.455
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	4.761
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	4.711
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.097
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.199
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	5.456

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3.268
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	4.432
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	5.049
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	4.654
11672	Potato pancakes	76	1 pancake	1.268
11399	Potato puffs, frozen, oven-heated	79	10 puffs	1.193
11414	Potato salad, home-prepared	250	1 cup	2.225
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.848
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.301
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	2.433
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.176
11364	Potatoes, baked, skin, without salt	58	1 skin	1.778
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.957
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.771
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.047
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	1.109
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.702
11370	Potatoes, hashed brown, home-prepared	156	1 cup	3.591
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.609
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	2.354
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.470
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.521
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.580
05306	Poultry food products, ground turkey, cooked	82	1 patty	3.952
09294	Prune juice, canned	256	1 cup	2.010
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.159
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.149
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.392
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.183
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.353
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.105
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.285
11424	Pumpkin, canned, without salt	245	1 cup	0.899
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.012
11429	Radishes, raw	4.5	1 radish	0.011
09298	Raisins, seedless	145	1 cup	1.111
09298	Raisins, seedless	14	1 packet	0.107
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.575
09302	Raspberries, raw	123	1 cup	0.736
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.794
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.480
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.909
20037	Rice, brown, long-grain, cooked	195	1 cup	2.980
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4.041
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	9.503

20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup20045Rice, white, long-grain, regular, cooked1581 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04120Salad dressing, french dressing, commercial, regular16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, italian dressing, commercial, regular14.71 tbsp04135Salad dressing, italian dressing, conduct fat15.61 tbsp0414Salad dressing, home recipe, vinegar and oil15.61 tbsp04135Salad dressing, italian dressing, reduced fat15.31 tbsp04021Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04026Salad dressing, russian dressing, low calorie16.31 tbsp04021Salad dressing, russian dressing, low calorie15.31 tbsp04025 <th>Content per easure Measure</th>	Content per easure Measure
20044Rice, white, long-grain, regular, raw, enriched185I cup18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)28I roll18350Rolls, hamburger or hotdog, plain43I roll18353Rolls, hard (includes kaiser)57I roll11436Rutabagas, cooked, boiled, drained, without salt170I cup04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.3I tbsp04120Salad dressing, french dressing, commercial, regular15.6I tbsp04133Salad dressing, french dressing, reduced fat16.3I tbsp04134Salad dressing, home recipe, cooked16I tbsp04135Salad dressing, italian dressing, commercial, regular15.6I tbsp04134Salad dressing, italian dressing, commercial, regular16.0I tbsp04135Salad dressing, italian dressing, commercial, regular14.7I tbsp04136Salad dressing, italian dressing, commercial, regular15.6I tbsp04135Salad dressing, italian dressing, commercial, regular14.7I tbsp04136Salad dressing, italian dressing, commercial, regular15.6I tbsp04137Salad dressing, italian dressing, reduced fat15.3I tbsp04021Salad dressing, italian dressing, commercial, regular14.7I tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.8I tbsp04025Salad dressing, russian dressing15.3	2.866
18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hamburger or hotdog, plain571 roll18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04120Salad dressing, french dressing, commercial, regular15.61 tbsp04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, italian dressing, commercial, regular14.71 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat15.61 tbsp04025Salad dressing, italian dressing, reduced fat13.81 tbsp04025Salad dressing, italian dressing, reduced fat15.31 tbsp04025Salad dressing, russian dressing15.31 tbsp04026Salad dressing, russian dressing, low calorie16.31 tbsp04027Salad dressing, russian dressing, low calorie16.31 tbsp04028Salad dressing, russian dressing, low calorie16.31 tbsp04029Salad dressing, thousand island d	2.332
18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04120Salad dressing, french dressing, commercial, regular15.61 tbsp04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, italian dressing, commercial, regular15.61 tbsp04134Salad dressing, italian dressing, commercial, regular14.71 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, italian dressing, reduced fat15.31 tbsp04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	7.755
18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04120Salad dressing, french dressing, commercial, regular15.61 tbsp04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french dressing, reduced fat161 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp0414Salad dressing, italian dressing, commercial, regular14.71 tbsp04135Salad dressing, italian dressing, commercial, regular14.71 tbsp04114Salad dressing, italian dressing, commercial, regular15.61 tbsp04121Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, italian dressing, reduced fat13.81 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04025Salad dressing, russian dressing15.31 tbsp04026Salad dressing, russian dressing, low calorie16.31 tbsp04027Salad dressing, thousand island dressing, reduced fat15.31 tbsp	1.130
11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04120Salad dressing, french dressing, commercial, regular15.61 tbsp04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04120Salad dressing, italian dressing, commercial, regular14.71 tbsp04135Salad dressing, italian dressing, commercial, regular14.71 tbsp04121Salad dressing, italian dressing, commercial, regular15.61 tbsp04122Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04025Salad dressing, russian dressing15.31 tbsp04026Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	1.786
04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04120Salad dressing, french dressing, commercial, regular15.61 tbsp04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04120Salad dressing, italian dressing, commercial, regular15.61 tbsp04114Salad dressing, italian dressing, reduced fat151 tbsp04021Salad dressing, italian dressing, reduced fat15.31 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04015Salad dressing, russian dressing, low calorie16.31 tbsp04022Salad dressing, thousand island dressing, reduced fat15.31 tbsp	2.416
04120Salad dressing, french dressing, commercial, regular15.61 tbsp04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, italian dressing, reduced fat13.81 tbsp04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	1.216
04020Salad dressing, french dressing, reduced fat16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04015Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.015
04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04134Salad dressing, home recipe, vinegar and oil15.61 tbsp04135Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.029
04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.076
04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.018
04114Salad dressing, italian dressing, commercial, regular14.71 tbsp04021Salad dressing, italian dressing, reduced fat151 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.040
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04015Salad dressing, russian dressing15.31 tbsp04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.000
04022Salad dressing, russian dressing, low calorie16.31 tbsp04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.001
04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp	0.091
	0.000
04017 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp	0.067
	0.065
07069 Salami, cooked, beef and pork 56.7 2 slices	2.015
07072 Salami, dry or hard, pork, beef 20 2 slices	0.973
02047 Salt, table 6 1 tsp	0.000
07073 Sandwich spread, pork, beef 15 1 tbsp	0.260
21097 Sandwiches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich bacon and condiments	6.630
21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, plain 102 1 sandwich	3.703
21113 Sandwiches and burgers, hamburger, large, single meat patty, with 218 1 sandwich condiments and vegetables	7.281
06150 Sauce, barbecue sauce 15.75 1 tbsp	0.142
06930Sauce, cheese, ready-to-serve631/4 cup	0.015
06175 Sauce, hoisin, ready-to-serve 16 1 tbsp	0.187
06166 Sauce, homemade, white, medium 250 1 cup	1.005
06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup	0.016
06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup	9.793
06168Sauce, ready-to-serve, pepper or hot4.71 tsp	0.012
06164Sauce, ready-to-serve, salsa161 tbsp	0.012
06112 Sauce, teriyaki, ready-to-serve 18 1 tbsp	0.229
11439Sauerkraut, canned, solids and liquids2361 cup	0.337
07083Sausage, Vienna, canned, chicken, beef, pork161 sausage	0.258
11445 Seaweed, kelp, raw 10 2 tbsp	0.047
11667Seaweed, spirulina, dried0.931 tbsp	0.119
12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.494
12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most 15 1 tbsp common type)	0.818
12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp	0.464
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	1.996
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup	2.253
14346Shake, fast food, chocolate33316 fl oz	0.536

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14347	Shake, fast food, vanilla	333	16 fl oz	0.709
11677	Shallots, raw	10	1 tbsp	0.020
19097	Sherbet, orange	74	1/2 cup	0.056
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.343
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.774
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.466
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.103
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.628
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.028
19014	Snacks, fruit leather, rolls	21	1 large	0.021
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.448
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.933
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.271
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.312
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	4.995
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	3.583
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.873
19034	Snacks, popcorn, air-popped	8	1 cup	0.185
19036	Snacks, popcorn, cakes	10	1 cake	0.601
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.836
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.774
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.160
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.133
19041	Snacks, pork skins, plain	28.35	1 oz	0.439
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.330
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.191
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.893
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.709
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.186
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.085
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.985
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.142
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.078
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.703
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.118
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.358
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6.431
9061	Snacks, trail mix, tropical	140	1 cup	2.075
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	0.369
)6007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	1.701
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.567
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.268
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.711
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.066

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	4.320
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.386
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.087
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	3.290
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	1.125
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.817
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.032
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.820
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.923
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.913
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.725
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.942
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.574
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.482
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.240
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	3.444
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	2.591
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0.704
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.034
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.861
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.825
06174	Soup, stock, fish, home-prepared	233	1 cup	2.763
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.520
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.418
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.032
06067 06468	Soup, vegetable, canned, chunky, ready-to-serve, commercial Soup, vegetarian vegetable, canned, prepared with equal volume	240 241	1 cup 1 cup	1.200 0.916
01058	water, commercial	12	1.4h	0.009
16120	Sour dressing, non-butterfat, cultured, filled cream-type	245	1 tbsp	0.009
16120	Soy milk, fluid Soy sauce made from soy and wheat (shoyu)	16	1 cup	0.708
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 tbsp	2.250
16109	Soybeans, green, cooked, boiled, uraned, without sait	172	1 cup	0.686
22401	Spaghetti with meat sauce, frozen entree	283	l cup l package	0.686
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.365
20121 20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.990
02007	Spagnetti, whole-wheat, cooked Spices, celery seed	2	1 cup 1 tsp	0.990
02007	Spices, chili powder	2 2.6	*	0.001
02009	Spices, cinnamon, ground	2.8	1 tsp	0.203
02010	spices, chinamon, ground	4.0	1 tsp	0.030

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	0.019
02026	Spices, onion powder	2.1	1 tsp	0.014
02027	Spices, oregano, dried	1.5	1 tsp	0.093
02028	Spices, paprika	2.1	1 tsp	0.322
02029	Spices, parsley, dried	1.3	1 tbsp	0.103
02030	Spices, pepper, black	2.1	1 tsp	0.024
11658	Spinach souffle	136	1 cup	0.658
11461	Spinach, canned, drained solids	214	1 cup	0.830
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.882
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.834
11457	Spinach, raw	10	1 leaf	0.072
11457	Spinach, raw	30	1 cup	0.217
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.923
11641	Squash, summer, all varieties, raw	113	1 cup	0.550
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.015
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.114
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.023
09316	Strawberries, raw	166	1 cup	0.641
09316	Strawberries, raw	12	1 strawberry	0.046
09316	Strawberries, raw	18	1 strawberry	0.069
19334	Sugars, brown	3.2	1 tsp	0.003
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	0.666
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.890
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	2.171
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.839
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.414
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.430
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.087
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.070
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.006
19129	Syrups, table blends, pancake	20	1 tbsp	0.002
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
18360	Taco shells, baked	13.3	1 medium	0.180
09223	Tangerine juice, canned, sweetened	249	1 cup	0.249
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.121
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.316
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.047
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.028
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.076
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.287

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.050
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.976
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.082
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.642
11954	Tomatillos, raw	34	1 medium	0.629
11540	Tomato juice, canned, with salt added	243	1 cup	1.635
11546	Tomato products, canned, paste, without salt added	262	1 cup	8.059
11547	Tomato products, canned, puree, without salt added	250	1 cup	3.665
11549	Tomato products, canned, sauce	245	1 cup	2.389
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.821
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.764
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.101
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.731
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.069
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.119
11955	Tomatoes, sun-dried	2	1 piece	0.181
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.109
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.389
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.143
21088	Tostada with guacamole	130.5	1 tostada	0.992
05286	Turkey and gravy, frozen	142	5-oz package	2.555
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.472
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	5.333
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.065
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	10.147
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.744
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	7.620
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.590
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.592
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.768
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.466
02050	Vanilla extract	4.2	1 tsp	0.018
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	8.976
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	5.933
11578	Vegetable juice cocktail, canned	242	1 cup	1.757
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.941
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.549
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.933
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.555
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.504
09326	Watermelon, raw	152	1 cup	0.271
09326	Watermelon, raw	286	1 wedge	0.509
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	7.380

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	7.290
20083	Wheat flour, white, bread, enriched	137	1 cup	10.349
20084	Wheat flour, white, cake, enriched	137	1 cup	9.302
20080	Wheat flour, whole-grain	120	1 cup	7.638
20089	Wild rice, cooked	164	1 cup	2.111
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2.981
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.113
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.216
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.259
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.281
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.170