NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.120
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.163
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.005
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.063
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.059
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.052
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.011
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.074
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.040
09003	Apples, raw, with skin	138	1 apple	0.057
09004	Apples, raw, without skin	110	1 cup	0.041
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.066
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.063
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.055
)9027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.139
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.132
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.050
09021	Apricots, raw	35	1 apricot	0.019
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.133
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.186
11015	Asparagus, canned, drained solids	72	4 spears	0.079
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.047
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.036
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.012
09038	Avocados, raw, California	28.35	1 oz	0.081
09039	Avocados, raw, Florida	28.35	1 oz	0.022
18005	Bagels, cinnamon-raisin	89	4" bagel	0.055
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.044
18003	Bagels, egg	89	4" bagel	0.077
18003	Bagels, egg	71	3-1/2" bagel	0.062
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.047
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.059
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.020
9078	Baking chocolate, unsweetened, squares	28.35	1 square	0.008
1028	Bamboo shoots, canned, drained solids	131	1 cup	0.178
9040	Bananas, raw	150	1 cup	0.551
)9040	Bananas, raw	118	1 banana	0.433
20006	Barley, pearled, cooked	157	1 cup	0.181
20005	Barley, pearled, raw	200	1 cup	0.520
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.213

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16008	Beans, baked, canned, with franks	259	1 cup	0.119
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.144
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.159
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.119
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.207
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.056
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.212
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.251
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.392
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.050
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.070
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.081
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.050
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.070
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.081
16051	Beans, white, mature seeds, canned	262	1 cup	0.197
22905	Beef stew, canned entree	232	1 cup	0.299
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.247
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.111
13350	Beef, cured, dried	28.35	1 oz	0.070
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.298
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.312
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.325
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.196
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.230
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.366
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.392
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.316
23598 13930	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all	85 85	3 oz 3 oz	0.339 0.479
23610	grades, cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades,	85	3 oz	0.479
25010	cooked, broiled	00	5.02	0.550
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.873
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.190
11084	Beets, canned, drained solids	24	1 beet	0.014
1084	Beets, canned, drained solids	170	1 cup	0.097
1081	Beets, cooked, boiled, drained	50	1 beet	0.034
1081	Beets, cooked, boiled, drained	170	1 cup	0.114
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.035
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.021
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.012
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.006
09042	Blackberries, raw	144	1 cup	0.043
09055	Blueberries, frozen, sweetened	230	1 cup	0.136

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09050	Blueberries, raw	145	1 cup	0.075
07008	Bologna, beef and pork	56.7	2 slices	0.168
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.187
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.034
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.205
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.040
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.090
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.062
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.073
18025	Bread, cracked-wheat	25	1 slice	0.076
18027	Bread, egg	40	1/2" slice	0.026
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.011
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	0.034
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	0.061
18033	Bread, italian	20	1 slice	0.010
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.087
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.078
18039	Bread, oatmeal	27	1 slice	0.018
18040	Bread, oatmeal, toasted	25	1 slice	0.017
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.020
18041	Bread, pita, white, enriched	28	4" pita	0.010
18044	Bread, pumpernickel	32	1 slice	0.040
18045	Bread, pumpernickel, toasted	29	1 slice	0.036
18047	Bread, raisin, enriched	26	1 slice	0.018
18048	Bread, raisin, toasted, enriched	24	1 slice	0.016
18053	Bread, reduced-calorie, rye	23	1 slice	0.018
18055	Bread, reduced calorie, type Bread, reduced-calorie, wheat	23	1 slice	0.029
18055	Bread, reduced-calorie, white	23	1 slice	0.02)
18057	Bread, reduced-calone, white Bread, rye	32	1 slice	0.010
18060	Bread, rye	24	1 slice	0.024
18064 18065	Bread, wheat (includes wheat berry)	25 23	1 slice	0.024 0.022
	Bread, wheat, toasted (includes wheat berry)		1 slice	
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.021
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.038
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.014
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.050
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.045
21023	Breakfast items, french toast with butter	135	2 slices	0.054
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.074
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.312
11740	Broccoli, flower clusters, raw	11	1 floweret	0.017
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.239
1090	Broccoli, raw	31	1 spear	0.054
1090	Broccoli, raw	88	1 cup	0.154
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.278
1101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.448
20011	Buckwheat flour, whole-groat	120	1 cup	0.698
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.129

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20013	Bulgur, cooked	182	1 cup	0.151
20012	Bulgur, dry	140	1 cup	0.479
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.000
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.282
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.211
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.170
11109	Cabbage, raw	70	1 cup	0.067
11112	Cabbage, red, raw	70	1 cup	0.146
11114	Cabbage, savoy, raw	70	1 cup	0.133
18086	Cake, angelfood, commercially prepared	28	1 piece	0.009
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.003
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.024
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.026
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.039
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.020
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.141
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.039
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.012
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.003
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.020
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.012
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.011
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.003
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.016
18134	Cake, sponge, prepared from recipe	63	1 piece	0.037
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.032
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.016
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.021
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.017
19074	Candies, caramels	10.1	1 piece	0.006
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.001
19071	Candies, carob	28.35	1 oz	0.037
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.002
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.017
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.012
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.001
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.001
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.004
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.001
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.008
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.000
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.001
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.009
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.005

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.051
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.002
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.016
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.084
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.008
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.021
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.034
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.006
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.045
19080	Candies, semisweet chocolate	168	1 cup	0.059
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19087	Candies, white chocolate	170	1 cup	0.095
09060	Carambola, (starfruit), raw	108	1 cup	0.018
09060	Carambola, (starfruit), raw	91	1 fruit	0.015
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, june sour Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	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	0.000
16055	Carob flour	8	1 tbsp	0.029
11655	Carrot juice, canned	236	1 cup	0.512
11960	Carrots, baby, raw	10	1 medium	0.011
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.164
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.239
11120	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.123
11124	Carrots, raw	110	1 cup	0.152
11124	Carrots, raw	72	1 carrot	0.099
11935	Catsup	6	1 packet	0.009
11935	Catsup	15	1 tbsp	0.022
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.022
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.213
11130	Cauliflower, fooked, boiled, drained, without salt	180		
			1 cup	0.158
11135	Cauliflower, raw	100	1 cup	0.222
11135	Cauliflower, raw	13	1 floweret	0.029
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.129
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.032
11143	Celery, raw	40	1 stalk	0.030
11143 08263	Celery, raw Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON	120 30	1 cup 3/4 cup	0.089 0.501
08262	CHEERIOS Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.391

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.501
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.660
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.501
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.501
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.501
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.999
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.501
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.501
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.501
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.501
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.501
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.501
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.501
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.501
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.518
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	2.001
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2.002
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.501
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.300
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.999
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.823
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.600
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.450
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.017
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	2.030
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.963
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.496
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.982
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.104
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.496
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.539
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	2.070
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.519
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.080
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.510
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.513
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	1.984
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.500
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.570
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.549
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.310
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.715
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.080

ones, hones, 'and rainin' instantion' 02100 Cereals ready-to-eat. QUAKER, QUAKER OAT CLINNAMON LIPE 32 3/4 cap 02 08109 Cereals ready-to-eat. (bruftled 1/4 1 cap 00 08105 Cereals ready-to-eat. (bruftled, fortified 1/2 1 cap 00 08117 Cereals ready-to-eat., wheat, parfed, fortified 12 1 cap 00 081147 Cereals, canv gris, white, regular and quick, enriched, cooked with 2/2 1 cap 00 081168 Cereals, canv gris, white, regular and quick, enriched, cooked with 2/2 1 cap 00 08108 Cereals, CREAM OF WHEAT, regular and quick, enriched, cooked with water, without salt 2/8 1 cap 0 08108 Cereals, CREAM OF WHEAT, regular, cooked with water, without salt 2/8 1 cap 0 08110 Cereals, cast, regular and quick, enriched, cooked with 2/3 1 cap 0 08121 Cereals, CREAM OF WHEAT, mixth eatt, plain, prepared with water 177 1 packet 0 08131 Cereals, Cast, argular and quick, enriched, cooked with 2/3 <	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08210Careals cachy-to-cat, QUAKER, QUAKER, OAT CINAMON LIFE2234 cap0.08049Careals cachy-to-cat, ites, paffed, fortified141 cap0.008054Careals cachy-to-cat, ites, paffed, fortified121 cap0.008175Careals cachy-to-cat, wheat, em, toussed, plain, sugar and salt free462 biscuins0.008187Careals, cachy-to-cat, wheat, em, toussed, plain, sugar and salt free412 biscuins0.0081981Careals, cachy-to-cat, wheat, Anredde, funit, sugar and salt free421 cap0.008104Careals, cachy-to-cat, wheat, Anredde, toniched, cooked with2421 cap0.008105Careals, CREAM OF WHEAT, mix, cach value, emriched, cooked with2421 cap0.008106Careals, CREAM OF WHEAT, mix, cach value, emriched, cooked with2421 cap0.008107Careals, CREAM OF WHEAT, mix, cach value and with water, without211 cap0.0081181Careals, CREAM OF WHEAT, mix, cach value and with water, without211 cap0.008122Careals, outs, putar and quick, emriched, cooked with241 cap0.008133Careals, CREAM OF WHEAT, mix, cancho water, without salt2681 cap0.008124Careals, Suter, putar and quick, emriched, without salt1 cap0.008125Careals, Suter, putar and quick, emriched, cooked with241 cap0.008126Careals, Suter, putar and quick, emriched, cooked with241 cap0.0<	08218	• • •	51	1/2 cup	1.448
08156 Cereals ready-to-eat, rice, puffed, furtified 14 1 cup 00 08064 Cereals ready-to-eat, wheat, puffed, furtified 1.2 1 cup 0.0 08177 Cereals ready-to-eat, wheat, shred/ded, plain, sugar and saft free 46 2 biscuits 0.0 08164 Cereals, cong pits, white, regular and quick, enriched, cooked with 242 1 cup 0.0 08164 Cereals, Cargory pits, white, regular and quick, enriched, cooked with 242 1 cup 0.0 08169 Cereals, CREAM OF WHEAT, mix near, plain, prepared with water 142 1 packet 0.0 08105 Cereals, CREAM OF WHEAT, regular, cooked with water, without 251 1 cup 0.0 08112 Cereals, data, instant, forified, plain, prepared with water, without 137 1 packet 0.0 08123 Cereals, QUAKER, cong risi, instant, plain, prepared with water 137 1 packet 0.0 08131 Cereals, QUAKER, cong risi, instant, plain, prepared with water 137 1 packet 0.0 08032 Cereals, QUAKER, cong risi, instant, plain, and quick and insmanno, prepared 149 1 cup	08210		32	3/4 cup	0.541
08084 Carcals ready-to-cat, wheat, particl, fortified 7.119 1.tbsp 0.00 08175 Cereals ready-to-cat, wheat, particle, fortified 12 1 cup 0.00 08174 Cereals, corng rist, white, regular and quick, enriched, cooked with 242 1 cup 0.00 08164 Cereals, corng rist, white, regular and quick, enriched, cooked with 242 1 cup 0.00 08105 Cereals, Cereals, OF WHEAT, mix'n eat, plain, prepared with water 142 1 packet 0.00 08106 Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water 251 1 cup 0.00 08107 Cereals, NaltMait, prepared with water, without salt 268 1 serving (3 T dry cereal plu 0.00 08108 Cereals, NaltMait, prepared with water, without salt 268 1 serving (3 T dry cereal plu 0.00 08111 Cereals, NaltMait, plain, prepared with water 177 1 packet 0.00 08122 Cereals, NaltMait, fortified, plain, prepared with water 137 1 packet 0.00 08123 Cereals, Nult-ATEN cooked with water 137 1 packet 0.00	08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.550
08157 Cereals ready-to-eat, wheat, puffed, fortified 12 1 cop 00 08147 Cereals ready-to-eat, wheat, structurd, encloted, cooked with 242 1 cup 00 08164 Cereals, coregits, white, regular and quick, encloted, cooked with 242 1 cup 00 08164 Cereals, CREAM OF WHEAT, mix's ear, plain, prepared with water 142 1 packet 02 08105 Cereals, CREAM OF WHEAT, encloted, cooked with water, without salt 251 1 cup 00 08103 Cereals, cate, and plain, prepared with water, without salt 288 1 serving (3 T dry cereal plu 02 08113 Cereals, cate, anistant, forfiled, plain, prepared with water, without salt 288 1 cup 02 08123 Cereals, cate, regitar and quick and instant, menriched, cooked with 244 1 cup 02 08124 Cereals, QUAKER, form gris, instant, plain, prepared with huiter 137 1 packet 04 08133 Cereals, QUAKER, form gris, instant, plain and quick and innamon, prepared 149 1 cup 02 08143 Cereals, QUAKER, form gris, instant, plain and quick and innamon, prepared <t< td=""><td>08156</td><td>Cereals ready-to-eat, rice, puffed, fortified</td><td>14</td><td>1 cup</td><td>0.011</td></t<>	08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.011
08147Cereals, corraly, conjets, wheet, shredded, plain, sugar and salt free462 bicuits0.008091Cereals, corraly, corraly, conjets, white, regular and quick, enriched, cooked with2421 cup0.008164Cereals, CREAM OF WHEAT, mick net, niched, cooked with2421 cup0.008109Cereals, CREAM OF WHEAT, mick net, niched, cooked with water1421 packet0.008103Cereals, CREAM OF WHEAT, nick net, nichout, whithout salt2591 cup0.008113Cereals, CREAM OF WHEAT, nick net, without salt2511 cup0.008121Cereals, natis, instant, fortified, plain, prepared with water1771 packet0.008122Cereals, cust, supit and quick and instant, unenriched, cooked with2341 cup0.008123Cereals, QUAKER, lostant Oatmed, mapie and brown sugar.1551 packet0.008124Cereals, QUAKER, lostant Oatmed, mapie and cinnaron, prepared1491 packet0.008125Cereals, QUAKER, lostant Oatmed, mapie and cinnaron, prepared1491 packet0.008136Cereals, QUAKER, lostant Oatmed, mapie and cinnaron, prepared1491 packet0.008147Cereals, QUAKER, lostant Oatmed, mapie and cinnaron, prepared1491 packet0.008148Cereals, QUAKER, lostant Oatmed, and is sodium28.351 oz0.008149Cheese spread, pastenized process, american, without di sodium28.351 oz0.008144Cheese, spread, reamed, dirin far	08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.070
08091 Cereals, con grits, while, regular and quick, enriched, cooked with 242 1 cup 0.0 08164 Cereals, com grits, while, regular and quick, enriched, cooked with 242 1 cup 0.0 08109 Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water, without salt 239 1 cup 0.0 08103 Cereals, CREAM OF WHEAT, quick, cooked with water, without salt 239 1 cup 0.0 08113 Cereals, CREAM OF WHEAT, quick, cooked with water, without salt 236 1 serving (3 Tdry cereal plu 0.0 08123 Cereals, and, indar, cortifed, plain, prepared with water 177 1 packet 0.0 08131 Cereals, QUAKER, cort grits, instant, plain, prepared with water 137 1 packet 0.0 08131 Cereals, QUAKER, Instant Oameal, apples and cinnamon, prepared 149 1 packet 0.0 08132 Cereals, QUAKER, Instant Oameal, apples and cinnamon, prepared 149 1 packet 0.0 08143 Cereals, QUAKER, Instant Oameal, apples and cinnamon, prepared 149 1 packet 0.0 08143 Cereals, QUAKER, Instant Oameal, apples and cinnamon, prepared 149 1	08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.020
water, without suit water, without suit water, without suit 0.0 08104 Cereals, CREAM OF WHEAT, mix n eat, plain, prepared with water 142 1 packet 0.0 08105 Cereals, CREAM OF WHEAT, mix n eat, plain, prepared with water, without salt 239 1 cup 0.0 08103 Cereals, CREAM OF WHEAT, mix n eat, plain, prepared with water, without salt 268 1 serving (3 T dry cereal plu) 0.2 08121 Cereals, instant, fortified, plain, prepared with water 177 1 packet 0.0 08122 Cereals, cust, regular and quick and instant, unenriched, cooked with 234 1 cup 0.0 08121 Cereals, QUAKER, corn grits, instant, plain, prepared with water 137 1 packet 0.0 08131 Careals, QUAKER, corn grits, instant, plain, prepared with water 137 1 packet 0.0 08142 Cereals, QUAKER, constant Oatmeal, apples and cinnamon, prepared 149 1 packet 0.0 08143 Cereals, VIAKER, constant Oatmeal, apples and cinnamon, prepared 149 1 cup 0.0 01044 Cheese sauce, prepared from recipe 243 1 cup	08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.531
water, without saft water, without saft 142 1 packet 0.0 08109 Cereals, CREAM OF WHEAT, ray, and the analysis of the second with water, without saft 239 1 cup 0.0 08103 Cereals, CREAM OF WHEAT, regular, cooked with water, without saft 268 1 serving (3 T dry cereal plu 0.0 08111 Cereals, onts, and the phan, prepared with water 177 1 packet 0.0 08121 Cereals, ost, signal and quick and instant, unerriched, cooked with water 137 1 packet 0.0 08121 Cereals, CUAKER, core gris, instant, plain, prepared with water 137 1 packet 0.0 08123 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared 149 1 packet 0.0 08134 Cereals, WHATENN, cooked with water 243 1 cup 0.0 01046 Cheese sauce, prepared from recipe 243 1 cup 0.0 01044 Cheese sauce, prepared from recipe 243 1 cup 0.0 01046 Cheese, chead Saston 1 oz 0.0 01047 Cheese, chead, sesteurized process, am	08091		242	1 cup	0.051
08105Cereals, CREAM OF WHEAT, quick, cooked with water, without2391cup0408103Cereals, CREAM OF WHEAT, regular, cooked with water, without211cup0408111Cereals, Malt-o-Meal, plain, prepared with water, without salt2681serving (3 T dry cereal plu0508123Cereals, oats, instant, fortified, plain, prepared with water1771packet0608121Cereals, oats, regular and quick and instant, unerriched, cooked with2341cup0608131Cereals, QUAKER, con grits, instant, plain, prepared with water1371packet0608131Cereals, QUAKER, norg mis, instant, plain, prepared with water1491packet0608131Cereals, QUAKER, Instant Oameal, apples and cinnamon, prepared1491packet0608143Cereals, QUAKER, Instant Oameal, apples and cinnamon, prepared1491packet0608144Cheese souce, prepared from recipe2431cup0601046Cheese souce, prepared from recipe2431cup0601047Cheese, cheadpasteurized process, american, without di sodium28.351oz0601040Cheese, chead, pasteurized process, american, without di sodium28.351oz0601041Cheese, chead, pasteurized process, american, without di sodium28.351oz0601042Cheese, chead, pasteurized process, american, without di sodium28	08164	water, without salt	242	1 cup	0.051
08103 Creak, CREAM OF WHEAT, regular, cooked with water, without 251 1 cup 0.0 08511 Cereak, Malto-Meal, plain, prepared with water, without salt 268 Iserving (3 T dry cereal plu 0.0 08123 Cereak, Suta, instant, fortified, plain, prepared with water 177 1 packet 0.0 08121 Cereak, OLA KER, corn grits, instant, prepared with water 137 1 packet 0.0 08093 Cereak, QUAKER, corn grits, instant, pain, prepared with water 137 1 packet 0.0 08124 Cereak, QUAKER, Instant Oatmeal, apple and brown sugar, 155 1 packet 0.0 08125 Cereak, QUAKER, Instant Oatmeal, apples and cinnamon, prepared 149 1 packet 0.0 08143 Cereak, MUHEATENA, cooked with water 24.3 1 cup 0.0 01046 Cheese spread, pastentized process, american, without di sodium 28.35 1 oz 0.0 01047 Cheese, bred, pastentized process, american, without di sodium 28.35 1 oz 0.0 01048 Cheese, pred, pastentized process, american, without di sodium 28.35 1 oz 0.0 010414 Cheeses, cottage, creamed, large or small curd <td>08109</td> <td>Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water</td> <td>142</td> <td>1 packet</td> <td>0.568</td>	08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.568
salt08511Creals, Malt-o-Meal, plain, prepared with water, without salt268Iserving (3 T dry cereal plu0.208123Cereals, oats, instant, fortified, plain, prepared with water177I packet0.208093Cereals, OutARER, corn gris, instant, plain, prepared with water137I packet0.008093Cereals, QUAKER, corn gris, instant, plain, prepared with water137I packet0.008131Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, with boiling water155I packet0.608143Cereals, WIAKER, cond gris, instant, plain, prepared with water243I cup0.008143Cereals, WIAKER, conded with water243I cup0.008144Cheese foud, pasteurized process, american, without di sodium28.35I oz0.001044Cheese sauce, prepared from recipe243I cup0.001044Cheese, plue28.35I oz0.001044Cheese, cheddar28.35I oz0.001045Cheese, cheddar28.35I oz0.001046Cheese, cheddar28.35I oz0.001077Cheese, cheddar28.35I oz0.001080Cheese, cheddar28.35I cup0.001015Cheese, cottage, oraned, inf ruft226I cup0.001015Cheese, cottage, nonfat, uncreamed, dry, large or small curd145I cup0.001016Cheese, cottage, nonfat, uncreamed, dry, large or	08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.029
OB123 Cereals, oats, instant, fortified, plain, prepared with water 177 I packet 0.1 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with water, without sub 234 I cup 0.0 08093 Cereals, QUAKER, corn grits, instant, plain, prepared with water 137 1 packet 0.0 08131 Cereals, QUAKER, Instant, Oatmeal, maple and brown sugar, inviholing water 155 1 packet 0.0 08125 Cereals, QUAKER, Instant, Oatmeal, apples and cinnamon, prepared 149 1 packet 0.0 08143 Cereals, WHEATENA, cooked with water 243 1 cup 0.0 01046 Cheese food, pasteurized process, american, without di sodium 28.35 1 oz 0.0 01048 Cheese, spread, pasteurized process, american, without di sodium 28.35 1 oz 0.0 01044 Cheese, blue 28.35 1 oz 0.0 01007 Cheese, cottage, creamed, large or small curd 210 1 cup 0.0 01012 Cheese, cottage, creamed, with fruit 226 1 cup 0.0 01016 Chees				1 cup	0.040
08121Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt234I cup0408093Cereals, QUAKER, lostant Oatmeal, maple and brown sugar, prepared with boiling water137I packet04081131Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water149I packet0608125Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water149I packet0608143Cereals, WIAEATENA, cooked with water243I cup0601046Cheese food, pastenized process, american, without di sodium28.351 oz0601047Cheese spread, pastenized process, american, without di sodium28.351 oz0601048Cheese spread, pastenized process, american, without di sodium28.351 oz0601044Cheese spread, pastenized process, american, without di sodium28.351 oz0601044Cheese spread, pastenized process, american, without di sodium28.351 oz0601044Cheese, cheeda28.351 oz0601045Cheese, cheeda28.351 oz0601046Cheese, cheeda28.351 oz0601017Cheese, cottage, creamed, large or small curd2161 cup0001018Cheese, cottage, lowfat, 1% milkfat2261 cup0001017Cheese, cottage, lowfat, 2% milkfat28.351 oz0601018Cheese, notzarella, whole milk <td< td=""><td></td><td></td><td></td><td>1serving (3 T dry cereal plu</td><td>0.520</td></td<>				1serving (3 T dry cereal plu	0.520
water, without saft water, without saft 1 packet 0.0 08093 Cereals, QUAKER, corn grits, instant, plain, prepared with water 155 1 packet 0.0 08125 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared 149 1 packet 0.0 08125 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared 149 1 packet 0.0 08143 Cereals, QUAKER, cooked with water 243 1 cup 0.0 01046 Cheese source, prepared from recipe 243 1 cup 0.0 01048 Cheeses source, prepared from recipe 28.35 1 oz 0.0 01047 Cheeses, endergan pasteurized process, american, without di sodium 28.35 1 oz 0.0 01048 Cheeses, endergan pasteurized process, american, without di sodium 28.35 1 oz 0.0 01040 Cheeses, contage, newement 38 1 wedge 0.0 01007 Cheese, cottage, creamed, large or small curd 210 1 cup 0.0 01016 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 0.				1 packet	0.379
08131Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water1551 packet0.408125Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1491 packet0.008143Cereals, WHEATENA, cooked with water2431 cup0.001046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz0.001048Cheese seuce, prepared from recipe2431 cup0.001049Cheese seuce, prepared process, american, without di sodium phosphate28.351 oz0.001040Cheese, enced phosphate28.351 oz0.001041Cheese, enceded phosphate28.351 oz0.001042Cheese, cheddar28.351 oz0.001043Cheese, cheddar28.351 oz0.001044Cheese, chedgar2101 cup0.001015Cheese, chedgar, preamed, dry, large or small curd2161 cup0.001014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup0.001014Cheese, cottage, nonfat, uncreamed, dry, large or small curd15.61 bisp0.001014Cheese, forta28.351 oz0.001014Cheese, nordat, part scinninik, low moisture28.351 oz0.001016Cheese, nordat, uncreamed, dry, large or small curd15.61 bisp0.001016Cheese, nordat, part scinninik, low m		water, without salt		•	0.047
prepared with boiling water1108125Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared1491 packet0.408143Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared1491 packet0.408143Cereals, WHEATENA, cooked with water2431 cup0.001046Cheese food, pasteurized process, american, without di sodium28.351 oz0.001144Cheese sauce, prepared from recipe2431 cup0.001048Cheese sepread, pasteurized process, american, without di sodium28.351 oz0.001040Cheese, blue28.351 oz0.001070Cheese, cheddar381 wedge0.001070Cheese, cheddar2101 cup0.001012Cheese, cottage, creamed, large or snall curd2101 cup0.001015Cheese, cottage, cottage, roreamed, dry, large or small curd1451 cup0.001016Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 tup0.001017Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 tup0.001018Cheese, feta28.351 oz0.001019Cheese, feta28.351 oz0.001019Cheese, neurf, three15.61 tupp0.001019Cheese, neurf, at with milk low moisture28.351 oz0.001020Cheese, neurzarella, att skim milk, low moisture28.351 oz<				*	0.055
with boiling water Harman Participant Participant 08143 Cereals, WHEATENA, cooked with water 243 1 cup 0.0 01046 Cheese food, pasteurized process, american, without di sodium 28.35 1 oz 0.0 01164 Cheese suce, prepared from recipe 243 1 cup 0.0 01048 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 0.0 01040 Cheese, chease prease spread, pasteurized process, american, without di sodium 28.35 1 oz 0.0 01040 Cheese, chease, preamed, mercipe 28.35 1 oz 0.0 01004 Cheese, camembert 38 1 wedge 0.0 01012 Cheese, cottage, cottage, corang, large or small curd 210 1 cup 0.0 01013 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 0.0 01015 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 0.0 01015 Cheese, cream 14.5 1 cup 0.0 01016 Cheese, c		prepared with boiling water			0.422
01046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz0.001164Cheese sauce, prepared from recipe2431 cup0.001048Cheese spread, pasteurized process, american, without di sodium phosphate28.351 oz0.001040Cheese, blue28.351 oz0.001040Cheese, blue28.351 oz0.001040Cheese, cheddar28.351 oz0.001090Cheese, cheddar28.351 oz0.001012Cheese, cottage, creamed, large or small curd2101 cup0.001013Cheese, cottage, reamed, with fruit2261 cup0.001014Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 cup0.001015Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 tup0.001014Cheese, cream, fat free28.351 oz0.001015Cheese, cream, fat free28.351 oz0.001016Cheese, ream, fat free28.351 oz0.001017Cheese, nozzarella, whole milk28.351 oz0.001029Cheese, nozzarella, whole milk28.351 oz0.001030Cheese, nozzarella, whole milk28.351 oz0.001031Cheese, neurster28.351 oz0.001032Cheese, neurster28.351 oz0.001033Cheese, neurster28.351		with boiling water			0.428
phosphate 243 1 cup 0. 01164 Cheese sauce, prepared from recipe 243 1 cup 0. 01048 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 0.0 01040 Cheese, blue 28.35 1 oz 0.0 01007 Cheese, cheuder 28.35 1 oz 0.0 01009 Cheese, cheuder 28.35 1 oz 0.0 01012 Cheese, cheuder 28.35 1 oz 0.0 01012 Cheese, cottage, creamed, large or small curd 210 1 cup 0.0 01013 Cheese, cottage, normed, with fruit 226 1 cup 0.0 01015 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0.0 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145.5 1 cup 0.0 01170 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 28.35 1 oz 0.0 01180 Cheese, nozarella, whole milk 28.35 1 oz 0.				*	0.046
01048 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 0.00 01004 Cheese, blue 28.35 1 oz 0.0 01007 Cheese, blue 28.35 1 oz 0.0 01009 Cheese, camembert 38 1 wedge 0.0 01012 Cheese, cottage, creamed, large or small curd 210 1 cup 0.0 01013 Cheese, cottage, creamed, with fruit 226 1 cup 0.0 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0.0 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0.0 01014 Cheese, cream 14.5 1 tbsp 0.0 01017 Cheese, cream, fat free 15.6 1 tbsp 0.0 01018 Cheese, nozzarella, part skim milk, low moisture 28.35 1 oz 0.0 01029 Cheese, mozzarella, whole milk 28.35 1 oz 0.0 01030 Cheese, neutfchatel 28.35 1 oz		phosphate			0.021
phosphate phosphate 01004 Cheese, blue 28.35 1 oz 0.00 01007 Cheese, blue 38 1 wedge 0.00 01009 Cheese, camembert 38.35 1 oz 0.00 01010 Cheese, cottage, creamed, large or small curd 210 1 cup 0.00 01013 Cheese, cottage, creamed, with fruit 226 1 cup 0.00 01016 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 0.00 01016 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 0.00 01017 Cheese, cottage, lowfat, uncreamed, dry, large or small curd 145 1 cup 0.00 01017 Cheese, cream, fat free 15.6 1 bsp 0.00 01186 Cheese, fore fat 1 oz 0.00 0.00 01029 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.00 01030 Cheese, nuenster 28.35 1 oz 0.00 01031 Cheese, nuenster 28.35 <				1	0.109 0.033
01007 Cheese, camembert 38 1 wedge 00 0109 Cheese, cheddar 28.35 1 oz 00 01012 Cheese, cottage, creamed, large or small curd 210 1 cup 0.00 01013 Cheese, cottage, creamed, with fruit 226 1 cup 0.00 01016 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 0.00 01015 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 0.00 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0.00 01017 Cheese, cream 14.5 1 tbsp 0.00 01186 Cheese, ream, fat free 15.6 1 tbsp 0.00 01019 Cheese, fota 28.35 1 oz 0.00 01026 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.00 01030 Cheese, mozarella, whole milk 28.35 1 oz 0.00 01031 Cheese, neuterichatel 28.35 1 oz 0.00		phosphate			0.033
Onloge Cheese, cheddar 28.35 1 oz 0.00000000000000000000000000000000000					0.047
Old 12 Cheese, cottage, creamed, large or small curd 210 1 cup 0.0 01013 Cheese, cottage, creamed, with fruit 226 1 cup 0.0 01016 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 0.0 01015 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 0.0 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0.0 01017 Cheese, cream 14.5 1 tbsp 0.0 01018 Cheese, cream, fat free 15.6 1 tbsp 0.0 01019 Cheese, feta 28.35 1 oz 0.0 01029 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.0 01030 Cheese, neuster 28.35 1 oz 0.0 01031 Cheese, neuster 28.35 1 oz 0.0 01032 Cheese, neufchatel 28.35 1 oz 0.0 01031 Cheese, parmesan, grated 5 1 oz 0.0 01032		,		ç	0.030
Olional Cheese, cottage, creamed, with fruit2261 cup0.01016Cheese, cottage, lowfat, 1% milkfat2261 cup0.01015Cheese, cottage, lowfat, 2% milkfat2261 cup0.01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup0.01017Cheese, cream14.51 tbsp0.01018Cheese, cream, fat free15.61 tbsp0.01019Cheese, feta28.351 oz0.01020Cheese, feta28.351 oz0.01031Cheese, mozzarella, part skim milk, low moisture28.351 oz0.01030Cheese, nuenster28.351 oz0.01031Cheese, neurfatel28.351 oz0.01032Cheese, parteurized process, american, with di sodium phosphate28.351 oz0.01035Cheese, provolone28.351 oz0.					0.021
01016Cheese, cottage, lowfat, 1% milkfat2261 cup0.01015Cheese, cottage, lowfat, 2% milkfat2261 cup0.01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup0.01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup0.01017Cheese, cream14.51 thsp0.001186Cheese, cream, fat free15.61 thsp0.001019Cheese, feta28.351 oz0.01168Cheese, low fat, cheddar or colby28.351 oz0.001020Cheese, mozzarella, part skim milk, low moisture28.351 oz0.001030Cheese, muenster28.351 oz0.001031Cheese, nuenster28.351 oz0.001032Cheese, parmesan, grated51 thsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.0					0.141
01015 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 0. 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0. 01017 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 tbsp 0.0 01017 Cheese, cream 14.5 1 tbsp 0.0 01186 Cheese, cream, fat free 15.6 1 tbsp 0.0 01019 Cheese, feta 28.35 1 oz 0.0 01168 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.0 01020 Cheese, mozzarella, whole milk 28.35 1 oz 0.0 01030 Cheese, muenster 28.35 1 oz 0.0 01031 Cheese, neufchatel 28.35 1 oz 0.0 01032 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 0.0 01042 Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 0.0 01035 Cheese, provolone 28.35 1 oz 0.0		-		*	0.154
01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 0. 01017 Cheese, cream 14.5 1 tbsp 0.0 01186 Cheese, cream, fat free 15.6 1 tbsp 0.0 01019 Cheese, feta 28.35 1 oz 0.0 01168 Cheese, low fat, cheddar or colby 28.35 1 oz 0.0 01029 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.0 01030 Cheese, mozzarella, whole milk 28.35 1 oz 0.0 01031 Cheese, neurester 28.35 1 oz 0.0 01032 Cheese, neurester 28.35 1 oz 0.0 01031 Cheese, parmesan, grated 5 1 oz 0.0 01032 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 0.0 01042 Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 0.0 01035 Cheese, provolone 28.35 1 oz 0.0		-		*	0.172
01017Cheese, cream14.51 tbsp0.001186Cheese, cream, fat free15.61 tbsp0.001019Cheese, feta28.351 oz0.001168Cheese, low fat, cheddar or colby28.351 oz0.001029Cheese, mozzarella, part skim milk, low moisture28.351 oz0.001026Cheese, mozzarella, whole milk28.351 oz0.001030Cheese, mozzarella, whole milk28.351 oz0.001031Cheese, neufchatel28.351 oz0.001032Cheese, partnesan, grated51 tbsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.001035Cheese, provolone28.351 oz0.0		-		*	0.119
01186Cheese, cream, fat free15.61 tbsp0.001019Cheese, feta28.351 oz0.001168Cheese, low fat, cheddar or colby28.351 oz0.001029Cheese, mozzarella, part skim milk, low moisture28.351 oz0.001026Cheese, mozzarella, whole milk28.351 oz0.001030Cheese, muenster28.351 oz0.001031Cheese, neufchatel28.351 oz0.001032Cheese, parmesan, grated51 tbsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.001035Cheese, provolone28.351 oz0.0				*	0.007
01019Cheese, feta28.351 oz0.01168Cheese, low fat, cheddar or colby28.351 oz0.001029Cheese, mozzarella, part skim milk, low moisture28.351 oz0.001026Cheese, mozzarella, whole milk28.351 oz0.001030Cheese, mozzarella, whole milk28.351 oz0.001031Cheese, nuenster28.351 oz0.001032Cheese, nuerchatel28.351 oz0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.001035Cheese, provolone28.351 oz0.0				*	0.008
01168Cheese, low fat, cheddar or colby28.351 oz0.001029Cheese, mozzarella, part skim milk, low moisture28.351 oz0.001026Cheese, mozzarella, whole milk28.351 oz0.001030Cheese, muenster28.351 oz0.001031Cheese, neufchatel28.351 oz0.001032Cheese, parmesan, grated51 tbsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.001035Cheese, provolone28.351 oz0.0				*	0.120
01029Cheese, mozzarella, part skim milk, low moisture28.351 oz0.001026Cheese, mozzarella, whole milk28.351 oz0.001030Cheese, muenster28.351 oz0.001031Cheese, neufchatel28.351 oz0.001032Cheese, parmesan, grated51 tbsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, porvolone28.351 oz0.001035Cheese, provolone28.351 oz0.0					0.013
01026Cheese, mozzarella, whole milk28.351 oz0.001030Cheese, muenster28.351 oz0.001031Cheese, neufchatel28.351 oz0.001032Cheese, parmesan, grated51 tbsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.001035Cheese, provolone28.351 oz0.0		-			0.022
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01032Cheese, parmesan, grated51 tbsp0.001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.001044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.0				1 oz	0.012
01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz0.001035Cheese, provolone28.351 oz0.0		Cheese, parmesan, grated	5	1 tbsp	0.002
01035 Cheese, provolone 28.35 1 oz 0.0	01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.020
01035 Cheese, provolone 28.35 1 oz 0.0	01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.010
		Cheese, provolone	28.35	1 oz	0.021
	01037	Cheese, ricotta, part skim milk	246	1 cup	0.049

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	0.106
01040	Cheese, swiss	28.35	1 oz	0.024
18147	Cheesecake commercially prepared	80	1 piece	0.042
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.107
09070	Cherries, sweet, raw	68	10 cherries	0.033
22906	Chicken pot pie, frozen entree	217	1 small pie	0.202
07017	Chicken roll, light meat	56.7	2 slices	0.119
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.602
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.568
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.516
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.311
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.194
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.172
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.172
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.576
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.529
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.029
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.224
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.182
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.147
05277	Chicken, canned, meat only, with broth	142	5 oz	0.497
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.148
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.434
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.135
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.228
22904	Chili con carne with beans, canned entree	222	1 cup	0.282
11156	Chives, raw	3	1 tbsp	0.004
14181	Chocolate syrup	18.75	1 tbsp	0.001
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.002
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.090
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.048
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.032
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.033
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.048
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.006
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.002
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.001
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.017
11159	Coleslaw, home-prepared	120	1 cup	0.151
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.243
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.194
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.020
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.002
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.002

enriched Erriched Erriched Description 1818 Coskies, chocolute chip, prepared, regular, (beer fat 16 1 cookie 04 1816 Coskies, chocolute chip, infrigerated dough, baked 26 1 cookie 06 1817 Coskies, chocolute advist, with creme filling, regular 16 1 cookie 06 18173 Coskies, graham creckers, plain or honey (includes cinnamon) 84 1 cup 00 18173 Coskies, andman cackers, plain or honey (includes cinnamon) 84 1 cup 00 18174 Coskies, andman cackers, plain or honey (includes cinnamon) 84 1 cup 00 18175 Coskies, andman cackers, plain or honey (includes cinnamon) 84 1 cup 00 18175 Coskies, notanasci. 00 1 1 1 cup 00 18184 Coskies, notanasci. 00 1 1 1 1 1 00 18184 Coskies, notanasci. 00 1 1 1 1 1 1 1 1 1	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18183 Cookies, choolate chip, commercinally prepared, regular, lower fat 10 1 cookie 0 18165 Cookies, choolate chip, repriard from recipe, made with margarine 16 1 cookie 0 18166 Cookies, choolate and/wich, with creane filling, regular 10 1 cookie 0 18170 Cookies, graham crackers, plain or honey (includes cinnanon) 14 2 squares 0 18171 Cookies, molasses 12 1 cookie, molasse 0 18173 Cookies, molasses 15 1 cookie, molasse 0 18174 Cookies, notasses 15 1 cookie 0 18175 Cookies, notanes 0 0 0 18174 Cookies, notanes 0 0 0 18175 Cookies, notanes 0 0 0 18186 Cookies, notanes 0 0 0 0 18187 Cookies, notanes 0 0 0 0 18188 Cookies, notanes 0 0 0 0	18159		10	1 cookie	0.005
18164 Cookies, chocolate safuvich, with creme filling, regular 10 1 cookie 00 18160 Cookies, rebosolate safuvich, with creme filling, regular 10 1 cookie 00 18171 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 00 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 00 18173 Cookies, moltases 32 1 cookie, nedium 00 18174 Cookies, notases 15 1 cookie, nedium 00 18175 Cookies, oatmeal, commercially prepared, far-free 11 1 cookie 00 18184 Cookies, contantel, argenard from recip, with raisins 15 1 cookie 00 18184 Cookies, shortbard, commercially prepared, regular 15 1 cookie 00 18185 Cookies, shortbard, commercially prepared, regular 15 1 cookie 00 18189 Cookies, shortbard, commercially prepared, regular 15 1 cookie 00 18180 Cookies, sugar, premared from recip, wagular (ntudues vanilla) 15	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.026
18166 Cookies, chocolate samdwich, with creme filling, regular 10 1 cookie 0 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cop 00 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 00 18174 Cookies, moliasses 32 1 cookie, moliasse 00 18175 Cookies, numercially prepared, freque 15 1 cookie, moliasse 00 18178 Cookies, outmaed, commercially prepared, regular 15 1 cookie 00 18178 Cookies, outmaed, commercially prepared, regular 15 1 cookie 00 18188 Cookies, peanub butter, commercially prepared, pean 15 1 cookie 00 18192 Cookies, squary commercially prepared, pean 14 1 cookie 00 18192 Cookies, squary repared from recipe, made with margarine 14 1 cookie 00 18192 Cookies, squary refraged from recipe, made with margarine 14 1 cookie 00 18102 Cookies, vanilia andwich with creme filling 15	18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.014
18170 Cookies, fighan cackers, plain or honey (includes cimamon) 84 1 copie 0.00 18173 Cookies, graham cackers, plain or honey (includes cimamon) 84 1 copie 0.00 18173 Cookies, molasses 32 1 cookie, meduan 0.00 18177 Cookies, molasses 32 1 cookie, meduan 0.00 18178 Cookies, contrael, commercially prepared, fut-free 11 1 cookie 0.00 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 0.00 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0.00 18184 Cookies, soatmeal prepared from recipe 20 1 cookie 0.00 18189 Cookies, soatmeal prepared, pean 14 1 cookie 0.00 18189 Cookies, soatmeal commercially prepared, pean 15 1 cookie 0.00 18180 Cookies, soatmeal prepared from recipe, made with magarine 14 1 cookie 0.00 18180 Cookies, soatmean struck, with magarine 15 1 cookie 0.00 </td <td>18164</td> <td>Cookies, chocolate chip, refrigerated dough, baked</td> <td>26</td> <td>1 cookie</td> <td>0.001</td>	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.001
18173 Cookies, granum enckers, plain or honey (includes cimamon) 84 1 cup 0.01 18174 Cookies, molasses 32 1 cookie, large (3-1/2* to 4*) 0.01 18174 Cookies, molasses 15 1 cookie, medium 0.01 18175 Cookies, molasses 15 1 cookie, medium 0.01 18176 Cookies, outmed, commercially prepared, faftere 11 1 cookie 0.01 18178 Cookies, outmed, commercially prepared, soft-type 15 1 cookie 0.01 18184 Cookies, pontumeticur, commercially prepared, regular 15 1 cookie 0.01 18185 Cookies, pontumeticur, prepared, from recipe 20 1 cookie 0.01 18189 Cookies, sugar, commercially prepared, pecan 14 1 cookie 0.01 18204 Cookies, sugar, repared from recipe, male with magarine 14 1 cookie 0.01 18205 Cookies, sugar, repared from recipe, male with magarine 15 1 cookie 0.01 18206 Cookies, sugar, repared from recipe, male with magarine 14 1 cookie	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18173 Cookies, graham enckers, plain or honey (includes einnamon) 14 2 squares 0.0 18177 Cookies, molasses 32 1 cookie, targe (3-1/2* to 4**********************************	18170	Cookies, fig bars	16	1 cookie	0.012
18177 Cookies, moliases 32 1 cookie, mage (3-1/2* to 4*) 00 18177 Cookies, oatmeal, commercially prepared, fat-free 15 1 cookie, medium 00 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 00 18179 Cookies, parant butter, commercially prepared, soft-type 15 1 cookie 00 18184 Cookies, peanu butter, commercially prepared, peanu 15 1 cookie 00 18185 Cookies, soutmeal, commercially prepared, peanu 15 1 cookie 00 18189 Cookies, soutmeal, commercially prepared, peanu 14 1 cookie 00 18192 Cookies, soutmeal, commercially prepared, peanu 15 1 cookie 00 18206 Cookies, soutmeal, commercially prepared, peanu 14 1 cookie 00 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 00 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 00 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 00 18212 Cookies, vanilla sandw	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.055
18177 Cookies, molasses 15 Lookie, moliand 00 18456 Cookies, outmeal, commercially prepared, far-free 11 Lookie 00 18178 Cookies, outmeal, commercially prepared, far-free 15 Lookie 00 18184 Cookies, outmeal, commercially prepared, for-type 15 Lookie 00 18184 Cookies, peanut butter, ornmercially prepared, regular 15 Lookie 00 18189 Cookies, spanut butter, ornmercially prepared, pecan 14 Lookie 00 18192 Cookies, sugar, ornmercially prepared, pecan 14 Lookie 00 18192 Cookies, sugar, ornmercially prepared, regular (includes vanila) 15 Lookie 00 18206 Cookies, sugar, ornmercially prepared, regular (includes vanila) 15 Lookie 00 18206 Cookies, sugar, ornmercially prepared, regular (includes vanila) 15 Lookie 00 18206 Cookies, sugar, ornmercially prepared, regular pack 16 Lookie 00 18201 Cookies, vanilla sandvich with creme filling 10	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.009
18456 Cookies, oatmeal, commercially prepared, far-free 11 l cookie 00 18177 Cookies, oatmeal, commercially prepared, regular 25 l cookie 00 18178 Cookies, oatmeal, commercially prepared, regular 15 l cookie 00 18184 Cookies, oatmeal, commercially prepared, regular 15 l cookie 00 18185 Cookies, peanut butter, commercially prepared, regular 15 l cookie 00 18184 Cookies, sontmeal, commercially prepared, peant 14 l cookie 00 18192 Cookies, sontmeal, commercially prepared, peant 15 l cookie 00 18204 Cookies, sugar, refrigerated dough, baked 15 l cookie 00 18210 Cookies, vanilla andvich with creme filling 16 l cookie 00 18212 Cookies, vanilla andvich with creme filling 16 l cookie 00 11174 Corn, sweet, yellow, caned, cream style, regular pack 256 l cup 00 11174 Corn, sweet, yellow, caned, cream style, regular pack 210 l cup 02 11174 Corn, sweet, yellow, fnozen, ker	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.033
18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 04 18179 Cookies, oatmeal, onmercially prepared, regular 15 1 cookie 04 18184 Cookies, named, prepared from recipe, with raisins 15 1 cookie 04 18185 Cookies, peant butter, commercially prepared, regular 15 1 cookie 04 18193 Cookies, shortbread, commercially prepared, pean 14 1 cookie 04 18192 Cookies, shortbread, commercially prepared, pean 14 1 cookie 04 18204 Cookies, sugar, commercially prepared, pean 15 1 cookie 04 18205 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 04 18206 Cookies, sugar, prepared from recipe, made with margarine 15 1 cookie 04 18210 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 04 18210 Cookies, sugar, prepared from recipe, made with margarine 15 1 cookie 04 18210 Cookies, vanilla sandwich with crene filling 10 1 cookie 04 18210	18177	Cookies, molasses	15	1 cookie, medium	0.016
18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 0.00 18184 Cookies, oatmeal, prepared from recipe, with ruisins 15 1 cookie 0.00 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 0.00 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 0.00 18192 Cookies, shortbread, commercially prepared, regular (includes vanilla) 15 1 cookie 0.00 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 15 1 cookie 0.00 18205 Cookies, sugar, refrigerated from recipe, made with margarine 14 1 cookie 0.00 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 0.00 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.00 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.00 18214 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.00 18217 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.00	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.007
18144Cookies, oatmeal, prepared from recipe, with ruisins151 cookie018185Cookies, peanut butter, commercially prepared, regular151 cookie0018189Cookies, shorthread, commercially prepared, pean141 cookie0018192Cookies, shorthread, commercially prepared, pean141 cookie0018204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0018205Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0018206Cookies, sugar, repared from recipe, made with margarine141 cookie0018206Cookies, sugar, referent dough, baled151 cookie0018210Cookies, vanilla sandwich with creme filling101 cookie0018212Cookies, vanilla sandwich with creme filling101 cookie0018212Cookies, vanilla sandwich with creme filling101 cookie0018212Cookies, vanilla sandwich with creme filling101 coup001174Corn, sweet, yellow, conned, vacuum pack, regular pack2561 cup0011174Corn, sweet, yellow, conked, boiled, drained, writhout salt771 ear0411179Corn, sweet, yellow, conked, boiled, drained, writhout salt1641 cup0011176Corn, sweet, yellow, forzen, kernels on cob, cooked, boiled, drained,1381 cup0220025Cornsmeal, degermed, enriched, yellow138 </td <td>18178</td> <td>Cookies, oatmeal, commercially prepared, regular</td> <td>25</td> <td>1 cookie</td> <td>0.017</td>	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.017
18185Cookies, penult butter, commercially prepared, regular15I cookie0.0018189Cookies, penult butter, prepared from recipe20I cookie0.0018193Cookies, shortbread, commercially prepared, pecan14I cookie0.0018204Cookies, sugar, commercially prepared, regular (includes vanilla)15I cookie0.0018205Cookies, sugar, regregred from recipe, made with margarine14I cookie0.0018206Cookies, sugar, refrigerated dough, baked15I cookie0.0018210Cookies, vanilla sandwich with creme filling10I cookie0.0018212Cookies, vanilla sandwich with creme filling10I cookie0.0018212Cookies, vanilla sandwich with creme filling17I ear0.0018212Cookies, vanilla vanders, lower fat256I cup0.0011174Corn, sweet, yellow, canned, cream style, regular pack210I cap0.0011176Corn, sweet, yellow, conned, vacuum pack, regular pack210I cap0.0011179Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, without salt77I ear0.0011179Corn, sweet, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt164I cup0.0020020Commeal, degremed, enriched, yellow138I cup0.0020021Commeal, degremed, enriched, yellow138I cup0.0020022Commeal, degremed, enriched, yellow136 </td <td>18179</td> <td>Cookies, oatmeal, commercially prepared, soft-type</td> <td>15</td> <td>1 cookie</td> <td>0.013</td>	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.013
18189Cookies, peanut butter, prepared from recipe201 cookie0018193Cookies, shortbread, commercially prepared, pecan141 cookie0018192Cookies, shortbread, commercially prepared, pecan141 cookie0018204Cookies, sugar, commercially prepared, pedal (includes vanilla)151 cookie0018205Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0018206Cookies, sugar, prepared from recipe, made with margarine141 cookie0018210Cookies, vanilla sandwich with creme filling151 cookie0018210Cookies, vanilla sandwich with creme filling101 cookie0018212Cookies, vanilla sandwich with creme filling101 cookie0018212Cookies, vanilla sandwich with cregular pack2561 cup0.11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 ear0.011175Corn, sweet, yellow, fozen, kernels out off cob, boiled, drained, without salt1641 cup0.11181Corn, sweet, yellow, fozen, kernels out off cob, boiled, drained, without salt1381 cup0.20022Commeal, degermed, enriched, yellow1381 cup0.20024Commeal, self-rising, degermed, enriched, yellow1381 cup0.20025Commeal, self-rising, negae, scoked, boiled, drained, without salt1651 cup0.20026Courouster, doka <td>18184</td> <td>Cookies, oatmeal, prepared from recipe, with raisins</td> <td>15</td> <td>1 cookie</td> <td>0.011</td>	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.011
18193Cookies, shorthread, commercially prepared, pecan141 cookie0.0118192Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.0118204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.0118208Cookies, sugar, refrigerated dough, baked151 cookie0.0118206Cookies, vanilla sandwich with creme filling101 cookie0.0118210Cookies, vanilla sandwich with creme filling101 cookie0.0118212Cookies, vanilla wafers, lower fat41 cookie0.0118213Coor, sweet, weilew, conned, vacuum pack, regular pack2561 cup0.0111174Corn, sweet, yellow, canned, regular pack2101 cup0.0111175Corn, sweet, yellow, conned, vacuum pack, regular pack2101 cup0.0111176Corn, sweet, yellow, conned, vacuum pack, regular pack2101 cup0.0111178Corn, sweet, yellow, conned, vacuum pack, regular pack2101 cup0.0111179Corn, sweet, yellow, fozen, kernels ou off cob, boiled, drained, without salt1641 cup0.0220022Commeal, egermed, enriched, yellow1381 cup0.0220025Commeal, self-rising, degermed, enriched, yellow1381 cup0.0220026Commeal, whole-grain, yellow1731 cup0.0220027Comstarch8.0641 fbsp0.0120028 <td>18185</td> <td>Cookies, peanut butter, commercially prepared, regular</td> <td>15</td> <td>1 cookie</td> <td>0.013</td>	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.013
18192Cookies, shortbread, commercially prepared, lplin81 cookie0.018204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.018206Cookies, sugar, reprared from recipe, made with margarine141 cookie0.018206Cookies, sugar, refrigerated dough, baked151 cookie0.018210Cookies, vanilla sandwich with creme filling151 cookie0.018212Cookies, vanilla sandwich with creme filling101 cookie0.018212Cookies, vanilla wafers, lower fat41 cookie0.01901Corn, sweet, wellow, canned, cream style, regular pack2561 cup0.011176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.011179Corn, sweet, yellow, cocked, boiled, drained, without salt771 ear0.011181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup0.020022Cornmeal, enriched, yellow1381 cup0.220020Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.020021Cornstarch8.0641 bisp0.020022Cornstarch1.0571 cup0.020024Couscous, cooked1571 cup0.020025Cornstarch8.0641 bisp0.020026Cornstarch1.0571 cup0.020027Cornstarch1.001 cup </td <td>18189</td> <td>Cookies, peanut butter, prepared from recipe</td> <td>20</td> <td>1 cookie</td> <td>0.017</td>	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.017
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.018208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.018206Cookies, sugar, refrigrated dough, baked151 cookie0.018210Cookies, vanilla sandwich with creme filling101 cookie0.018210Cookies, vanilla sandwich with creme filling101 cookie0.018212Cookies, vanilla sandwich with creme filling101 cookie0.018212Cookies, vanilla sandwich with creme filling101 cookie0.018214Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.011175Corn, sweet, yellow, canned, reasm style, regular pack2101 cup0.011176Corn, sweet, yellow, croked, boiled, drained, without salt771 ear0.011179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup0.020022Cornmeal, elgermed, enriched, yellow1381 cup0.020025Cornmeal, elgermed, enriched, yellow1221 cup0.020020Courseus, cookedboiled, drained, 1571 cup0.020020Courseus, cookedboiled, drained, 1651 cup0.020020Cornmeal, whole-grain, yellow1221 cup0.020020Cornmeal, stalt1731 cup0.020020Cornmeal, stalt1651 cup	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.003
18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 0.0 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 0.0 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 0.0 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 18212 Cookies, vanilla sandwich with creme filling 14 1 cookie 0.0 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 118212 Cookies, vanilla vafers, lower fat 4 1 cookie 0.0 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 0.0 11176 Corn, sweet, yellow, conked, boiled, drained, without salt 77 1 ear 0.0 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 164 1 cup 0.0 20022 Commeal, segremed, enriched, yellow 138 1 cup 0.0 20020 Cornmeal, wole-grain, yellow, cooked, boiled, drained, tip 122 1 cup 0.0 20029 Cousco	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.006
18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 0.0 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 0.0 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 118212 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 11901 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 0.0 11174 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 0.0 11175 Corn, sweet, yellow, frozen, kernels on cob, cooked, brield, drained, without salt 164 1 cup 0.0 20022 Commeal, degermed, enriched, yellow 138 1 cup 0.0 20020 Cornmeal, self-rising, degermed, enriched, yellow 138 1 cup 0.0 20020 Comseus, dy	18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.008
18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 0.0 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 0.0 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 0.0 11176 Corn, sweet, yellow, canned, cream style, regular pack 210 1 cup 0.0 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 0.0 11178 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 0.0 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 138 1 cup 0.0 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 0.0 20025 Cornstarch 8.064 1 bbsp 0.0 20026 Couscous, cooked 157 1 cup 0.0 20027 Cornstarch 165 1 cup 0.0 20028 Couscous, cooked 173 1 cup 0.0<	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.004
18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 0.0 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 0.0 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 0.0 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 0.0 11176 Corn, sweet, yellow, canned, cream style, regular pack 210 1 cup 0.0 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 0.0 11178 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 0.0 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 138 1 cup 0.0 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 0.0 20025 Cornstarch 8.064 1 bbsp 0.0 20026 Couscous, cooked 157 1 cup 0.0 20027 Cornstarch 165 1 cup 0.0 20028 Couscous, cooked 173 1 cup 0.0<	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.003
18212 Cookies, vnilla wafers, lower fat 4 1 cookie 0.0 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 0.0 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 0.0 11176 Corn, sweet, yellow, coaned, vacuum pack, regular pack 210 1 cup 0.0 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 0.0 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, flat 1 cup 0.0 11181 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, flat 1 cup 0.0 20022 Cornmeal, degrmed, enriched, yellow 138 1 cup 0.0 20025 Cornmeal, self-rising, degrmed, enriched, yellow 138 1 cup 0.0 20020 Cornmeal, whole-grain, yellow 122 1 cup 0.0 20020 Cornmeal, whole-grain, yellow 157 1 cup 0.0 20029 Couscous, coked 157 1 cup 0.0 20020 Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, frained, without salt 1	18210		15	1 cookie	0.003
11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 0.0 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 0.0 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 0.0 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 0.0 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 0.0 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 0.0 20022 Cornmeal, degrmed, enriched, yellow 138 1 cup 0.1 20025 Cornmeal, self-rising, degrmed, enriched, yellow 138 1 cup 0.1 20020 Cornmeal, whole-grain, yellow 122 1 cup 0.1 20021 Couscous, cooked 157 1 cup 0.1 20028 Couscous, dry 173 1 cup 0.1 11192 Cowpeas (Blackeyes), immature seeds, fozen, cooked, boiled, drained, drained, without salt 10 0.1 0.1 11194 Cowpe	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.002
11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear0.011179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup0.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear0.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornstarch8.0641 tbsp0.020027Constarch8.0641 tbsp0.020029Couscous, cooked1571 cup0.020029Couscous, dry1731 cup0.020029Couscous, dry1731 cup0.020029Couscous, dry1731 cup0.02004Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.1196Cowpeas, common (blackeyes, crowder, southern), mature seeds, conded, southern), mature seeds, cooked, boiled, drained, eanned, plain1010 crackers0.016063Cowpeas, collar, withou salt1010 crackers0.018214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut bu	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.003
IntroductionCorn, sweet, yellow, canned, vacuum pack, regular pack210I cup0.11168Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear0.011179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup0.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear0.20022Cornmeal, degermed, enriched, yellow138I cup0.20025Cornmeal, self-rising, degermed, enriched, yellow138I cup0.20020Cornmeal, whole-grain, yellow122I cup0.20021Cornstarch8.0641 tbsp0.020022Couscous, cooked157I cup0.20023Couscous, cooked1571 cup0.020024Couscous, cooked1571 cup0.020025Couscous, cooked1571 cup0.020026Couscous, cooked1651 cup0.020027Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup0.011196Cowpeas, collackeyes, immature seeds, frozen, cooked, boiled, drained, cuand, without salt1601 cup0.011064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, cuand, plain16010 crackers0.018214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.046
In 168Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear0111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup0.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear0.20022Cornmeal, degermed, enriched, yellow138I cup0.20025Cornmeal, self-rising, degermed, enriched, yellow138I cup0.20020Cornmeal, whole-grain, yellow122I cup0.20021Cornstarch8.0641 tbsp0.020022Couscous, cooked157I cup0.020023Couscous, cooked1571 cup0.020024Couscous, cooked1571 cup0.020025Couscous, dry1731 cup0.020026Couscous, cooked1571 cup0.020027Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup0.020028Couscous, dry1731 cup0.00.020029Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup0.011196Cowpeas, conmon (blackeyes, crowder, southern), mature seeds, conked, boiled, without salt2401 cup0.016063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers0.018214Crackers, ch	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.161
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup0.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear0.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.20027Cornstarch8.0641 tbsp0.020028Couscous, cooked1571 cup0.020028Couscous, dry1731 cup0.020028Couscous, dry1651 cup0.011192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.011196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, drained, without salt1701 cup0.16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.18214Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, natzo, plain28.351 matzo0.0	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.116
without saltwithout salt11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear0.20022Cornmeal, degermed, enriched, yellow138I cup0.20025Cornmeal, self-rising, degermed, enriched, yellow138I cup0.20020Cornmeal, whole-grain, yellow122I cup0.20027Cornstarch8.064I tbsp0.20029Couscous, cooked157I cup0.20028Couscous, dry173I cup0.20028Couscous, dry165I cup0.11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt165I cup0.11196Cowpeas, conmon (blackeyes, crowder, southern), mature seeds, coaked, boiled, without salt170I cup0.16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt10I cup0.18214Crackers, cheese, regular1010 crackers0.18215Crackers, cheese, regular28.351 matzo0.	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.046
without salt intervention intervention<	11179		164	1 cup	0.162
20025Cornmeal, self-rising, degerned, enriched, yellow1381 cup0.320020Cornmeal, whole-grain, yellow1221 cup0.320027Cornstarch8.0641 tbsp0.020029Couscous, cooked1571 cup0.020028Couscous, dry1731 cup0.020028Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.011192Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.016064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup0.016063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.018214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0	11181	•	63	1 ear	0.141
20020Cornmeal, whole-grain, yellow1221 cup0.120027Cornstarch8.0641 tbsp0.020029Couscous, cooked1571 cup0.020028Couscous, dry1731 cup0.020028Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.011192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.016064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup0.016063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.355
20027Cornstarch8.0641 tbsp0.020029Couscous, cooked1571 cup0.020028Couscous, dry1731 cup0.020028Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.011192Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup0.011064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup0.016063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0	20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.538
20029Couscous, cooked1571 cup0.020028Couscous, dry1731 cup0.111192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.111196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.11664Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup0.116053Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0	20020	Cornmeal, whole-grain, yellow	122	1 cup	0.371
20028Couscous, dry1731 cup0.11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup0.16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.18214Crackers, cheese, regular1010 crackers0.18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.18217Crackers, matzo, plain28.351 matzo0.	20027	Cornstarch	8.064	1 tbsp	0.000
11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup0.111196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.116064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup0.116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.1	20029	Couscous, cooked	157	1 cup	0.080
without salt11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.116064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup0.116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0	20028	Couscous, dry	173	1 cup	0.190
drained, without saltdrained, without salt16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup0.116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0	11192		165	1 cup	0.107
canned, plain16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.118214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0		drained, without salt		1 cup	0.162
cooked, boiled, without salt1010 crackers0.018214Crackers, cheese, regular1010 crackers0.018215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0		canned, plain		1 cup	0.108
18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich0.018217Crackers, matzo, plain28.351 matzo0.0		cooked, boiled, without salt			0.172
18217Crackers, matzo, plain28.351 matzo0.0		-			0.055
					0.011
18220Crackers, melba toast, plain204 pieces0.0		-		1 matzo	0.033
	18220	Crackers, melba toast, plain	20	4 pieces	0.020

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	0.030
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.011
18229	Crackers, standard snack-type, regular	12	4 crackers	0.006
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.003
18232	Crackers, wheat, regular	8	4 crackers	0.011
18235	Crackers, whole-wheat	16	4 crackers	0.029
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.008
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	0.006
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.004
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.005
01052	Cream, fluid, light whipping	15	1 tbsp	0.004
01056	Cream, sour, cultured	12	1 tbsp	0.002
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.002
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.001
18239	Croissants, butter	57	1 croissant	0.033
18243	Croutons, seasoned	40	1 cup	0.033
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.153
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.026
15141	Crustaceans, crab, blue, canned	135	1 cup	0.203
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.153
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.102
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.065
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.009
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.044
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.083
11206	Cucumber, peeled, raw	119	1 cup	0.061
11206	Cucumber, peeled, raw	280	1 large	0.143
11205	Cucumber, with peel, raw	104	1 cup	0.042
11205	Cucumber, with peel, raw	301	1 large	0.120
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.168
18245	Danish pastry, cheese	71	1 danish	0.028
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.031
09087	Dates, deglet noor	41.5	5 dates	0.068
09087	Dates, deglet noor	178	1 cup	0.294
01071	Dessert topping, powdered, 1.5 ounce prepared with $1/2$ cup milk	4	1 tbsp	0.001
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	0.002
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.008
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.026
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.034
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.007
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.553
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.059

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	0.002
01124	Egg, white, raw, fresh	33.4	1 large	0.002
01128	Egg, whole, cooked, fried	46	1 large	0.071
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.061
01131	Egg, whole, cooked, poached	50	1 large	0.071
01132	Egg, whole, cooked, scrambled	61	1 large	0.072
01123	Egg, whole, raw, fresh	50	1 large	0.072
01123	Egg, whole, raw, fresh	58	1 extra large	0.083
01123	Egg, whole, raw, fresh	44	1 medium	0.063
01125	Egg, yolk, raw, fresh	16.6	1 large	0.058
01057	Eggnog	254	1 cup	0.127
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.085
11213	Endive, raw	50	1 cup	0.010
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.031
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.035
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.093
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.164
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.198
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.121
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.185
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	0.285
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.224
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.248
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	0.183
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.113
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.200
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.157
21042	Fast foods, chili con carne	253	1 cup	0.329
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.278
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.035
21127	Fast foods, coleslaw	99	3/4 cup	0.109
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.116
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.055
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.056
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.391
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.147
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.110
21024	Fast foods, french toast sticks	141	5 sticks	0.254
21077	Fast foods, frijoles with cheese	167	1 cup	0.200
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	0.542
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	0.366
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.118
21118	Fast foods, hotdog, plain	98	1 sandwich	0.049
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.046
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.088
21129	Fast foods, hush puppies	78	5 pieces	0.101

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.062
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.203
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.058
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.116
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.322
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.508
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.641
21139	Fast foods, potato, mashed	80	1/3 cup	0.184
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.166
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.264
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.109
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.436
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.066
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.137
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.324
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.230
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.126
21082	Fast foods, taco	171	1 small	0.239
21082	Fast foods, taco	263	1 large	0.368
21083	Fast foods, taco salad	198	1-1/2 cups	0.218
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.248
09094	Figs, dried, uncooked	38	2 figs	0.040
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.162
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.240
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.393
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.030
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.015
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.204
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.305
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.294
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.519
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.631
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.337
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.145
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.135
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.230
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.041
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.059
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.402
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.230
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.057
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.236
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.255
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.186
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.130
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.339
15088	Fish, swordfish, cooked, dry heat	106	1 piece	0.142
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.404

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.337
15128	Fish, tuna salad	205	1 cup	0.166
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.094
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.298
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.184
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.882
07022	Frankfurter, beef	45	1 frank	0.040
07023	Frankfurter, beef and pork	45	1 frank	0.059
07024	Frankfurter, chicken	45	1 frank	0.144
18268	French toast, frozen, ready-to-heat	59	1 slice	0.293
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.048
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.002
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.019
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.002
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.053
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.058
19294	Fruit butters, apple	17	1 tbsp	0.006
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.124
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.121
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.027
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.063
11215	Garlic, raw	3	1 clove	0.037
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
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	0.005
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.164
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.105
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.318
09404	Grapefruit juice, pink, raw	247	1 cup	0.109
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.050
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	1 cup 1 cup	0.049 0.109
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.319
09123		207 247		
	Grapefruit juice, white, raw		1 cup	0.109
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.065
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.051
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.051
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.138
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50 58 25	10 grapes	0.043
06116	Gravy, beef, canned	58.25	1/4 cup	0.006
06119	Gravy, chicken, canned	59.5	1/4 cup	0.00

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.012
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	0.040
06125	Gravy, turkey, canned	59.6	1/4 cup	0.006
07027	Ham, chopped, not canned	21	2 slices	0.074
07028	Ham, sliced, extra lean	56.7	2 slices	0.261
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.187
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.194
11961	Hearts of palm, canned	33	1 piece	0.007
19296	Honey	21	1 tbsp	0.005
02055	Horseradish, prepared	5	1 tsp	0.004
16158	Hummus, commercial	14	1 tbsp	0.028
19270	Ice creams, chocolate	66	1/2 cup	0.036
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.041
19095	Ice creams, vanilla	66	1/2 cup	0.032
19088	Ice creams, vanilla, light	66	1/2 cup	0.030
19089	Ice creams, vanilla, rich	74	1/2 cup	0.033
19297	Jams and preserves	20	1 tbsp	0.004
19300	Jellies	19	1 tbsp	0.004
11226	Jerusalem-artichokes, raw	150	1 cup	0.116
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.179
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.112
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.165
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.048
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.254
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.145
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.136
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.094
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17044 17048	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85 85	3 oz 3 oz	0.094 0.111
	fat, choice, cooked, braised			
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 2	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	7	1 pkg	0.109
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.062
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.073
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.118

Content per Measure NDB No Description Weight (g) **Common Measure** 09153 15.2 0.007 Lemon juice, canned or bottled 1 tbsp 09153 244 Lemon juice, canned or bottled 1 cup 0.105 47 juice of 1 lemon 09152 Lemon juice, raw 0.024 248 8 fl oz 0.017 14293 Lemonade, frozen concentrate, white, prepared with water 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0.000 Lemonade-flavor drink, powder, prepared with water 8 fl oz 0.000 14297 266 09150 Lemons, raw, without peel 58 1 lemon 0.046 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 0.352 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 0.006 11250 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 0.134 0.041 11251 Lettuce, cos or romaine, raw 56 1 cup 10 1 leaf 0.007 11251 Lettuce, cos or romaine, raw 11253 Lettuce, green leaf, raw 56 1 cup 0.050 11253 Lettuce, green leaf, raw 10 1 leaf 0.009 11252 Lettuce, iceberg (includes crisphead types), raw 8 1 medium 0.003 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 0.023 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 0.226 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 180 1 cup 0.207 without salt 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, 170 0.207 1 cup drained, without salt 16073 241 0.219 Lima beans, large, mature seeds, canned 1 cup 16072 Lima beans, large, mature seeds, cooked, boiled, without salt 188 1 cup 0.303 09161 Lime juice, canned or bottled, unsweetened 246 1 cup 0.066 09161 Lime juice, canned or bottled, unsweetened 0.004 15.4 1 tbsp 09160 Lime juice, raw 38 juice of 1 lime 0.014 252 22247 Macaroni and Cheese, canned entree 1 cup 0.093 Macaroni, cooked, enriched 140 20100 1 cup 0.069 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 0.917 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 1.015 with whole milk 4-5 heaping tsp 0.889 14309 Malted drink mix, natural, with added nutrients, powder 21 14310 Malted drink mix, natural, with added nutrients, powder, prepared 265 1 cup 0.861 with whole milk 09176 207 0.277 Mangos, raw 1 mango 09176 165 0.221 Mangos, raw 1 cup 04611 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 0.001 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0.001 Margarine, vegetable oil spread, 60% fat, stick 04612 4.8 1 tsp 0.000 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.001 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 0.000 1 tsp 04585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 Margarine-like spread, (approximately 40% fat), unspecified oils 04128 4.8 1 tsp 0.000 09181 Melons, cantaloupe, raw 69 1/8 melon 0.050 09181 Melons, cantaloupe, raw 160 1 cup 0.115 09184 Melons, honeydew, raw 170 1 cup 0.150 09184 Melons, honeydew, raw 160 1/8 melon 0.141 01110 Milk shakes, thick chocolate 300 10.6 fl oz 0.075 01111 Milk shakes, thick vanilla 313 11 fl oz 0.131 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.022

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.083
01095	Milk, canned, condensed, sweetened	306	1 cup	0.156
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.141
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.126
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.103
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.060
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.100
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.079
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.090
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.091
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.093
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.088
16112	Miso	68.75	1 cup	0.137
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.094
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.051
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.054
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.052
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.130
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.013
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.025
18279	Muffins, corn, commercially prepared	57	1 muffin	0.048
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.053
18283	Muffins, oat bran	57	1 muffin	0.092
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.019
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.067
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.092
11264	Mushrooms, canned, drained solids	156	1 cup	0.095
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.148
11260	Mushrooms, raw	70	1 cup	0.073
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.231
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.035
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.137
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.004
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.003
09191	Nectarines, raw	136	1 nectarine	0.034
20113	Noodles, chinese, chow mein	45	1 cup	0.050
20110	Noodles, egg, cooked, enriched	160	1 cup	0.074
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.182
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.037
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.029
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.073
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.092
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.711
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.252
12104	Nuts, coconut meat, raw	45	1 piece	0.024
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.160

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.102
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.084
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.068
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.060
12147	Nuts, pine nuts, dried	28.35	1 oz	0.027
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.008
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.361
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.152
20034	Oat bran, cooked	219	1 cup	0.055
20033	Oat bran, raw	94	1 cup	0.155
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.299
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.086
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.002
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.046
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.121
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.271
11284	Onions, dehydrated flakes	5	1 tbsp	0.080
11282	Onions, raw	14	1 slice	0.021
11282	Onions, raw	110	1 whole	0.162
11282	Onions, raw	160	1 cup	0.235
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.009
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.061
09207	Orange juice, canned, unsweetened	249	1 cup	0.219
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.134
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.110
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.332
09206	Orange juice, raw	248	1 cup	0.099
09206	Orange juice, raw	86	juice from 1 orange	0.034
09200	Oranges, raw, all commercial varieties	180	1 cup	0.108
09200	Oranges, raw, all commercial varieties	131	1 orange	0.079
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.053
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.035
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.040
09226	Papayas, raw	140	1 cup	0.027
09226	Papayas, raw	304	1 papaya	0.058
11297	Parsley, raw	10	10 sprigs	0.009
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.145
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.166
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.019

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.050
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.047
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.019
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.026
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.045
09236	Peaches, raw	98	1 peach	0.025
09236	Peaches, raw	170	1 cup	0.043
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.067
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.087
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.073
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.073
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.131
09340	Pears, asian, raw	122	1 pear	0.027
09340	Pears, asian, raw	275	1 pear	0.061
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.037
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.011
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
09252	Pears, raw	166	1 pear	0.046
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.230
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.278
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.109
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.181
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.094
11670	Peppers, hot chili, green, raw	45	1 pepper	0.125
11819	Peppers, hot chili, red, raw	45	1 pepper	0.228
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.049
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.317
11333	Peppers, sweet, green, raw	10	1 ring	0.022
11333	Peppers, sweet, green, raw	119	1 pepper	0.267
11333	Peppers, sweet, green, raw	149	1 cup	0.334
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.317
11821	Peppers, sweet, red, raw	119	1 pepper	0.346
11821	Peppers, sweet, red, raw	149	1 cup	0.434
11945	Pickle relish, sweet	15	1 tbsp	0.002
11937	Pickles, cucumber, dill	65	1 pickle	0.008
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.086
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.089
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.045
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.012
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.027
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.044
18302	Pie, apple, prepared from recipe	155	1 piece	0.050
18305	Pie, blueberry, commercially prepared	117	1 piece	0.043
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.050
18308	Pie, cherry, commercially prepared	117	1 piece	0.048
18309	Pie, cherry, prepared from recipe	180	1 piece	0.061
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.023

NDB_No	Description	Weight (g)	Common Measure	Content per Measure	
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.011	
18444	Pie, fried pies, cherry	128	1 pie	0.038	
18319	Pie, fried pies, fruit	128	1 pie	0.038	
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.034	
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.034	
18324	Pie, pecan, commercially prepared	113	1 piece	0.024	
18325	Pie, pecan, prepared from recipe	122	1 piece	0.073	
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.062	
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.073	
11943	Pimento, canned	12	1 tbsp	0.026	
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.105	
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.118	
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.250	
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.188	
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.036	
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.184	
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.035	
09266	Pineapple, raw, all varieties	155	1 cup	0.171	
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.052	
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.118	
09278	Plantains, cooked	154	1 cup	0.370	
09277	Plantains, raw	179	1 medium	0.535	
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.070	
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.012	
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.068	
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.012	
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.541	
09292	Plums, dried (prunes), stowed, while a dded sugar Plums, dried (prunes), uncooked	42	5 prunes	0.086	
09279	Plums, raw	66	1 plum	0.019	
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.013	
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.085	
07064	Pork Sausage, Fresh, Cooked	20	1 patty	0.088	
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.066	
10124	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.209	
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.340	
10155	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.340	
10151	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.323	
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.261	
10105	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.342	
10003	Pork, fresh, leg (ham), whole, separable lean and rat, cooked, roasted	85	3 oz	0.342	
10011	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,	85	3 oz	0.365	
10179	cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,	85	3 oz	0.303	
10042	cooked, pan-fried Pork, fresh, loin, center loin (chops), bone-in, separable lean only,	85	3 oz	0.400	
10176	cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only,	85	3 oz	0.436	
10047	cooked, pan-fried Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.275	

1001 Pork, fresh, loin, center rib (roash), hone-in, separable lean and fat, cooked, 85 3 oz 10028 Pork, fresh, loin, courny-style ribs, separable lean and fat, cooked, 85 3 oz 10078 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, 85 3 oz 10078 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85 3 oz 10089 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85 3 oz 11809 Potato pancakes 76 1 pancake 11819 Potato pancakes 79 10 purffs 11814 Potato salad, forsh and skin, without salt 202 1 potato 1185 Potatoes, au grafin, home-prepared 250 1 cup 11838 Potatoes, au argin, home-prepared with water, whole milk and 245 1 cup 11849 Potatoes, baked, flesh, without salt 136 1 potato 11865 Potatoes, baked, flesh, without salt 135 1 potato 11867 Potatoes, boiled, cooked without skin, flesh, without salt 135 1 potato 11867 Potatoes, baked, flesh, mithout salt 135 1 potato 11867 Potatoes, baked, without salt 135 1 potato 11867 Potatoes, boile			Description	Weight (g)	Common Measure	Content per Measure
10208Pork, fresh, shoulder, arm pienic, separable lean and fat, cooked, braised853 oz10075Pork, fresh, shoulder, arm pienic, separable lean and fat, cooked, braised853 oz10078Pork, fresh, shoulder, arm pienic, separable lean only, cooked, braised853 oz10078Pork, fresh, shoulder, arm pienic, separable lean only, cooked, braised853 oz10072Potato pancakes7910 puffs11672Potato paths, forzon, oven-heated7910 puffs11874Potato salad, home-prepared2021 coup11874Potatos, sagrin, dy mis, prepared with water, whole milk and butter2451 coup11875Potatoes, baked, fiesh, without salt581 spatao11864Potatoes, baked, skin, without salt1561 optato11876Potatoes, boiled, cooked without skin, fiesh, without salt1561 coup11876Potatoes, boiled, cooked without skin, fiesh, without salt1561 coup11877Potatoes, boiled, cooked without skin, fiesh, without salt1561 coup11878Potatoes, boiled, cooked without skin, fiesh, without salt1561 coup11879Potatoes, hashed brown, fnozen, pian, prepared1561 coup11870Potatoes, hashed brown, fnozen, pian, prepared2101 cup11871Potatoes, hashed, brown, fnozen, pian, prepared2101 cup11871Potatoes, hashed, home-prepared, whole milk and margarine added1201 cup11871Potatoes, mashed, d				85	3 oz	0.290
10075Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised853 or100780Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised853 or100781Pork, fresh, spareribs, separable lean and fat, cooked, braised853 or116722Potato pancakes761 pancake11674Potato parks, forzen, oven-beated7910 partifs116744Potato salad, home-prepared201 cup116745Potatoes, au grain, dry mix, prepared with water, whole milk and butter251 cup117547Potatoes, au grain, home-prepared from recipe using butter2451 cup117548Potatoes, backed, flesh, without salt581 potato117549Potatoes, backed, sin, without salt1561 potato117540Potatoes, boiled, cooked without skin, flesh, without salt1561 cup117647Potatoes, boiled, cooked without skin, flesh, without salt1561 cup117647Potatoes, boiled, cooked without skin, flesh, without salt1561 cup117647Potatoes, boiled, cooked without skin, flesh, without salt2101 cup117647Potatoes, bashed brown, force-prepared2101 cup117647Potatoes, bashed, brown, prepared, whole milk added2101 cup117647Potatoes, saalbod, home-prepared, whole milk added2101 cup117647Potatoes, saalbod, home-prepared with water, whole milk and margarine added10 cup117647Potatoes, saalbod, home-prep	fre	Pork,	fresh, loin, country-style ribs, separable lean and fat, cooked,	85	3 oz	0.278
10089Pork, fresh, spareriks, separable lean and fat, cooked, braised853 oz11672Potato parakes76I parake11399Potato puffs, frozen, oven-heated7910 puffs11344Potato sallad, home-prepared250I cup11674Potatos, sau gratin, dry mix, prepared with water, whole milk and245I cup11373Potatoes, au gratin, home-prepared from recipe using butter245I cup11363Potatoes, baked, flesh, without salt156I potato11364Potatoes, baked, sin, without salt136I potato11365Potatoes, boiled, cooked without salt, flesh, without salt136I potato11367Potatoes, boiled, cooked without salt, flesh, without salt156I cup11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup11370Potatoes, haked, heydrated, prepared from flakes without milk, home-prepared, oven heated29I patray11371Potatoes, hashed, brown, frozen, plain, prepared210I cup11372Potatoes, hashed, brown, frozen, plain, prepared210I cup11371Potatoes, mashed, dehydrated, prepared with water, whole milk and margarine added210I cup11372Potatoes, mashed, heydrated, whole milk add245I cup11371Potatoes, mashed, heydrated, whole milk add245I cup11372Potatoes, mashed, heydrated, whole milk add245I cup11373Potatoes, scalloped, dry mix, regular, prepared with 2	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked,		fresh, shoulder, arm picnic, separable lean and fat, cooked,	85	3 oz	0.298
11672Potato parcákes761 pancake11399Potato parcákes7910 purfs11319Potato salad, home-prepared2501 cup11318Potatos, baked, fish and skin, without salt2021 potato11333Potatoes, au gratin, home-prepared with water, whole milk and butter2451 cup11333Potatoes, au gratin, home-prepared from recipe using butter2451 cup11334Potatoes, baked, fiesh, without salt1561 potato11365Potatoes, boiled, cooked in skin, fiesh, without salt1351 potato11367Potatoes, boiled, cooked without skin, fiesh, without salt1561 cup11377Potatoes, boiled, cooked without skin, fiesh, without salt1561 cup11387Potatoes, boiled, cooked without skin, fiesh, without salt1561 cup11391Potatoes, hashed brown, forzen, plain, prepared291 patry11392Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, mashed, home-prepared, whole milk and butter2451 cup11372Potatoes, mashed, home-prepared with water, whole milk and butter2451 cup11374Potatoes, mashed, home-prepared with butter2451 cup11375Potatoes, mashed, home-prepared with water, whole milk and butter2451 cup11374Potatoes, scalloped, dry mix, prepared with 2461101 cup11375Potatoes, scalloped, dry mix, inst	fre	Pork,	fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.349
11399Potato puffs, frozen, oven-heated7910 puffs11414Potato salad, home-prepared2501 cup11674Potato salad, home-prepared with water, whole milk and2021 potato11385Potatoes, au gratin, dry mix, prepared with water, whole milk and2451 cup11373Potatoes, au gratin, home-prepared from recipe using butter2451 cup11374Potatoes, baked, skin, without salt1561 potato11375Potatoes, baked, skin, without salt1361 potato11364Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11376Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11377Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11370Potatoes, headed brown, forcen, plain, prepared291 patrato11370Potatoes, hashed brown, home-prepared2101 cup11371Potatoes, anashed, dehydrated, prepared from flakes without milk, and2101 cup11371Potatoes, saalloped, dry mix, prepared with water, whole milk and margarine added2101 cup11372Potatoes, saalloped, home-prepared with water, whole milk and margarine added10 cup1 patrato11371Potatoes, saalloped, home-prepared with water, whole milk and margarine added10 cup1 cup11372Potatoes, saalloped, home-prepared with 2% milk1471 cup11373Potatoes, saalloped, home-prepared with 2% milk1471 cup	fre	Pork,	fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.298
11414Potato salad, home-prepared2501 cup11674Potato, baked, flesh and skin, without salt2021 potato11888Potatoes, ua gratin, dry mix, prepared with water, whole milk and2451 cup11373Potatoes, ua gratin, home-prepared from recipe using butter2451 cup11373Potatoes, baked, flesh, without salt1561 potato11364Potatoes, baked, skin, without salt581 skin11365Potatoes, baked, skin, without salt1361 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato11370Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11371Potatoes, holed, cooked without skin, flesh, without salt291 patry11370Potatoes, hashed brown, frozen, plain, prepared291 cup11370Potatoes, nashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, mashed, home-prepared, whole milk added2101 cup11372Potatoes, mashed, home-prepared, whole milk and margarine added2451 cup11372Potatoes, grashed, home-prepared with butter2451 cup11372Potatoes, grashed, home-prepared with butter2451 cup11374Potatoes, grashed, home-prepared with 2% milk4171 cup11372Potatoes, scalloped, home-prepared with 2% milk4021 cup11374Potatoes, scalloped, home-prepared with 2% milk	o pa	Potate	o pancakes	76	1 pancake	0.343
11674Potato, backed, flesh and skin, without salt202I potato11385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter245I cup11373Potatoes, au gratin, home-prepared from recipe using butter245I cup11364Potatoes, backed, flesh, without salt156I cup11365Potatoes, boiled, cooked in skin, flesh, without salt135I potato11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup11370Potatoes, boiled, cooked without skin, flesh, without salt156I cup11371Potatoes, boiled, cooked without skin, flesh, without salt156I cup11372Potatoes, bashed brown, frozen, plain, prepared156I cup11379Potatoes, mashed, home-prepared, whole milk added210I cup11371Potatoes, mashed, home-prepared, whole milk and durgarine added210I cup11371Potatoes, scalloped, dry mix, prepared with water, whole milk and245I cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and245I cup11373Potatoes, scalloped, dry mix, prepared with water, whole milk and245I cup11371Potatoes, scalloped, dry mix, prepared with water, whole milk and245I cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and245I cup11373Potatoes, scalloped, dry mix, prepared	o pi	Potate	o puffs, frozen, oven-heated	79	10 puffs	0.101
11383Potatose, au gratin, dry mix, prepared with water, whole milk and butter2451 cup11373Potatoes, au gratin, home-prepared from recipe using butter2451 cup11364Potatoes, baked, flesh, without salt1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11370Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11391Potatoes, bashed brown, frozen, plain, prepared291 patty11370Potatoes, hashed brown, forzen, plain, prepared2101 cup11371Potatoes, mashed, home-prepared, whole milk added2101 cup11372Potatoes, salahed home-prepared, whole milk add2451 cup11373Potatoes, salahed, home-prepared, whole milk add2451 cup11374Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup11372Potatoes, scalloped, home-prepared with 2% milk1421 patty11373Potatoes, canned2561 cup11374Puddings, chocolate, rady-to-eat1134 oz11375Puddings, chocolate, rady-to-eat1134 oz1138Puddings, chocolate, rady-to-eat1134 oz1139Puddings, thoico, raedy-to-eat1134 oz1131Puddings, tupico, r	o sa	Potate	o salad, home-prepared	250	1 cup	0.353
butterLate11373Potatoes, hade, fiesh, without salt1561 potatoe11363Potatoes, haded, fiesh, without salt581 skin11364Potatoes, baded, cooked without salt1361 potato11365Potatoes, boiled, cooked without skin, flesh, without salt1361 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1361 cup11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11370Potatoes, hotied, cooked without skin, flesh, without salt1561 cup11391Potatoes, hashed brown, frozen, plain, prepared291 patry11391Potatoes, hashed brown, frozen, plain, prepared2101 cup11371Potatoes, mashed, obme-prepared from flakes without milk, whole milk and butter added2101 cup11372Potatoes, snalloped, home-prepared, whole milk added2101 cup11373Potatoes, snalloped, home-prepared with water, whole milk and butter2451 cup11374Potatoes, snalloped, home-prepared with water, whole milk and butter2561 cup11383Poddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup11384Puddings, chocolate, dry mix, instant, prepared with 2% milk1434 oz11913Puddings, chocolate, dry mix, instant, prepared with 2% milk1401 cup11914Puddings, chocolate, dry mix, instant, prepared with 2% milk1401 cup11913Puddings, chocolate, dr	o, b	Potate	o, baked, flesh and skin, without salt	202	1 potato	0.628
11363Potatoes, baked, flesh, without salt156I potato11364Potatoes, baked, skin, without salt58I skin11365Potatoes, boiled, cooked without skin, flesh, without salt136I potato11367Potatoes, boiled, cooked without skin, flesh, without salt135I potato11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup11403Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated50I patty11307Potatoes, hashed brown, home-prepared29I putty11308Potatoes, hashed brown, home-prepared156I cup11317Potatoes, hashed, home-prepared, whole milk added210I cup11317Potatoes, mashed, home-prepared, whole milk added210I cup11317Potatoes, mashed, home-prepared with water, whole milk and245I cup113187Potatoes, scalloped, dyr mix, prepared with water, whole milk and245I cup11322Potatoes, scalloped, dyr mix, prepared with 2% milk1471/2 cup11333Podtatoes, scalloped, dyr mix, regular, prepared with 2% milk1434 oz11349Putatoes, coclate, eday-to-cat1134 oz11354Puddings, chocolate, dry mix, regular, prepared with 2% milk144011334Puddings, chocolate, ready-to-cat1134 oz11444Pundkin, canned, without salt245I cup11453Puddings, rapioca, ready-to-cat1134 oz<			• • • •	245	1 cup	0.098
11364Potatoes, baked, skin, without salt58i.kin11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11403Potatoes, hashed cooked without skin, flesh, without salt1561 cup11403Potatoes, hashed brown, frozen, plain, prepared291 patty11370Potatoes, mashed, debydrated, repeared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11372Potatoes, snashed, home-prepared, whole milk and margarine added2101 cup11374Potatoes, snashed, home-prepared with water, whole milk and2451 cup11375Potatoes, snashed, home-prepared with butter2451 cup11374Potatoes, scalloped, dry mix, prepared with 2% milk1471/2 cup11375Potatoes, scalloped, dry mix, instant, prepared with 2% milk1434 oz11913Puddings, chocolate, dry mix, instant, prepared with 2% milk1401/2 cup11913Puddings, chocolate, dry mix, instant, prepared with 2% milk1401/2 cup11914Puddings, riap (ready-to-eat1134 oz11915Puddings, riap (ready-to-eat1134 oz11915Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup	oes,	Potate	oes, au gratin, home-prepared from recipe using butter	245	1 cup	0.426
11365Potatoes, boiled, cooked in skin, flesh, without salt136I potato11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11403Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated5010 strips11370Potatoes, hashed brown, frozen, plain, prepared291 patty11370Potatoes, mashed, debydrated, prepared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, snashed, home-prepared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, snashed, home-prepared, whole milk and margarine added2101 cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup11374Potatoes, scalloped, home-prepared with butter2451 cup11375Potatoes, scalloped, home-prepared with 2% milk1471/2 cup11374Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup11913Puddings, chocolate, ready-to-eat113.44 oz11914Puddings, chocolate, ready-to-eat113.44 oz11915Puddings, tapica, ready-to-eat1134 oz11914Puddings, tapica, ready-to-eat1134 oz11915Puddings, ranilla, dry mix, regular, prepared with 2% milk1401/2 cup11915Puddings, tapica, ready-to-eat113	oes,	Potate	oes, baked, flesh, without salt	156	1 potato	0.470
11367Potatoes, boiled, cooked without skin, flesh, without salt135I potato11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11403Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated5010 strips11310Potatoes, hashed brown, frozen, plain, prepared291 patty11370Potatoes, hashed brown, frozen, plain, prepared1561 cup11371Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, mashed, home-prepared, whole milk added2101 cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup11372Potatoes, scalloped, home-prepared with butter2451 cup11372Potatoes, concold, ground turkey, cooked821 patty11923Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup11933Puddings, chocolate, dry mix, instant, prepared with 2% milk1434 oz11934Puddings, chocolate, dry mix, regular, prepared with 2% milk4 oz11935Puddings, chocolate, dry mix, regular, prepared with 2% milk4 oz11934Puddings, chocolate, dry mix, regular, prepared with 2% milk4 oz11935Puddings, chocolate, rady-to-eat1134 oz11934Puddings, rado-to-eat1134 oz11935Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup </td <td>oes,</td> <td>Potate</td> <td>oes, baked, skin, without salt</td> <td>58</td> <td>1 skin</td> <td>0.356</td>	oes,	Potate	oes, baked, skin, without salt	58	1 skin	0.356
11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup11403Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated5010 strips11370Potatoes, hashed brown, frozen, plain, prepared291 patty11370Potatoes, nashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11371Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11372Potatoes, mashed, home-prepared, whole milk add margarine added2101 cup11373Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup11374Potatoes, scalloped, home-prepared with butter2451 cup11375Potatoes, scalloped, home-prepared with butter2451 cup11372Potatoes, scalloped, home-prepared with butter2451 cup11375Poultry food products, ground turkey, cooked821 patty11374Prune juice, canned2561 cup11375Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup11913Puddings, chocolate, ready-to-eat1134 oz11921Puddings, tapicoa, ready-to-eat1134 oz11922Puddings, traind, without salt2451 cup11923Puddings, vanilla, ready-to-eat1134 oz11924Puddings, vanilla, ready-to-eat1134 oz11925Puddings, vanilla	oes,	Potate	oes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.407
11403Potatoes, friend, fried, all types, salt added in processing, frozen, home-prepared, oven heated501011317Potatoes, hashed brown, frozen, plain, prepared291 patty11370Potatoes, hashed brown, home-prepared1561 cup11371Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1157Potatoes, mashed, home-prepared, whole milk added2101 cup11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup11372Potatoes, scalloped, home-prepared with butter2451 cup11372Potatoes, scalloped, dry mix, prepared with butter2451 cup11373Potatoes, conned2561 cup11374Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup11913Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup11914Puddings, chocolate, dry mix, regular, prepared with 2% milk144oz11913Puddings, chocolate, dry mix, regular, prepared with 2% milk1401/2 cup11914Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup11915Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup11914Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup11915Puddings, vanilla, dry mix, regular, prepa	oes,	Potate	oes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.363
home-prepared, oven headhome between the bar and the	oes,	Potate	oes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.420
1370Potatoes, hashed brown, home-prepared156I cup11379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added210I cup11371Potatoes, mashed, home-prepared, whole milk added210I cup11371Potatoes, mashed, home-prepared, whole milk and margarine added210I cup11371Potatoes, mashed, home-prepared, whole milk and margarine added210I cup11372Potatoes, scalloped, dry mix, prepared with water, whole milk and245I cup11372Potatoes, scalloped, home-prepared with butter245I cup11372Potatoes, scalloped, home-prepared with butter245I cup11372Potatoes, scalloped, home-prepared with butter256I cup11373Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup19193Puddings, chocolate, dry mix, regular, prepared with 2% milk1444 oz19193Puddings, chocolate, ready-to-eat1134 oz19121Puddings, trajoca, ready-to-eat1134 oz19212Puddings, vanilla, regular, prepared with 2% milk1401/2 cup19214Puddings, vanilla, ready-to-eat1134 oz19215Puddings, tapioca, ready-to-eat1134 oz19216Puddings, vanilla, ready-to-eat1134 oz19217Puddings, vanilla, ready-to-eat1134 oz11424Pumpkin, conoked, boiled, drained, without salt245I cup11424Pum				50	10 strips	0.092
1379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added210I cup11657Potatoes, mashed, home-prepared, whole milk added210I cup1137Potatoes, mashed, home-prepared, whole milk and margarine added210I cup1137Potatoes, scalloped, dry mix, prepared with water, whole milk and butter245I cup1137Potatoes, scalloped, home-prepared with butter245I cup1132Potatoes, scalloped, home-prepared with butter245I cup1132Potatoes, scalloped, home-prepared with 2% milk1471/2 cup1133Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup1134Potatoes, ready-to-eat1134 oz1135Puddings, chocolate, ready-to-eat1134 oz1142Puddings, tapioca, ready-to-eat1134 oz1142Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1142Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1142Puddings, tapioca, ready-to-eat1134 oz1142Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1142Pumpkin, cooked, boiled, drained, without salt2451 cup	oes,	Potate	oes, hashed brown, frozen, plain, prepared	29	1 patty	0.037
whole milk and butter added210I cup11657Potatoes, mashed, home-prepared, whole milk added210I cup11371Potatoes, scalloped, dry mix, prepared with water, whole milk and butter245I cup11387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter245I cup11372Potatoes, scalloped, home-prepared with butter245I cup11372Potatoes, scalloped, home-prepared with butter245I cup11372Potatoes, scalloped, home-prepared with butter256I cup1130Pudings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup1131Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup1131Puddings, chocolate, ready-to-eat1134 oz1131Puddings, rice, ready-to-eat1134 oz1142Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1132Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1131Puddings, vanilla, ready-to-eat1134 oz1142Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1142Pungkin, canned, without salt2451 cup1142Pumpkin, canned, without salt2451 cup1142Pumpkin, conked, boiled, drained, without salt2451 cup1142Raishes, raw4.51 radish1142Raishes, raw1451 cup1142 <td>oes,</td> <td>Potate</td> <td>oes, hashed brown, home-prepared</td> <td>156</td> <td>1 cup</td> <td>0.736</td>	oes,	Potate	oes, hashed brown, home-prepared	156	1 cup	0.736
11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup11372Potatoes, scalloped, home-prepared with butter2451 cup15306Poultry food products, ground turkey, cooked821 patty1923Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup1913Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup1913Puddings, chocolate, ready-to-eat1134 oz1914Puddings, rice, ready-to-eat113.44 oz1921Puddings, tapioca, ready-to-eat1134 oz1921Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1921Puddings, rice, ready-to-eat1134 oz1921Puddings, rice, ready-to-eat1134 oz1921Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1921Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1921Puddings, rapioca, ready-to-eat1134 oz1921Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1921Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup1921Puddings, chocolate, ready-to-eat1134 oz1142Pumpkin, canned, without salt2451 cup1142Pumpkin, cooked, boiled, drained, withou				210	1 cup	0.210
11387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup11372Potatoes, scalloped, home-prepared with butter2451 cup15306Poultry food products, ground turkey, cooked821 patty19294Prune juice, canned2561 cup19123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup19190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup19183Puddings, chocolate, ready-to-eat113.44 oz19194Puddings, trice, ready-to-eat113.44 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19213Puddings, tapioca, ready-to-eat1134 oz19214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19216Puddings, vanilla, ready-to-eat1134 oz19217Puddings, vanilla, ready-to-eat1134 oz19218Pumpkin, canned, without salt2451 cup11424Pumpkin, conked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish19298Raisins, seedless141 packet	oes,	Potate	oes, mashed, home-prepared, whole milk added	210	1 cup	0.487
butter2451 cup11372Potatoes, scalloped, home-prepared with butter2451 patty05306Poultry food products, ground turkey, cooked821 patty09294Prune juice, canned2561 cup19133Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup19194Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup19183Puddings, chocolate, ready-to-eat1134 oz19194Puddings, trice, ready-to-eat113.44 oz19214Puddings, tapioca, ready-to-eat1134 oz19215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19214Puddings, tapioca, ready-to-eat1134 oz19215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19216Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19217Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19218Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19219Puddings, vanilla, ready-to-eat1134 oz19210Puddings, cooked, boiled, drained, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt145	oes,	Potate	oes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.519
DescriptionProducts and the products and the product and				245	1 cup	0.103
DescriptionDescriptionDescriptionD9294Prune juice, canned2561 cup19133Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup19190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup19183Puddings, chocolate, ready-to-eat1134 oz19193Puddings, rice, ready-to-eat113.44 oz19218Puddings, tapioca, ready-to-eat1134 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19214Puddings, vanilla, ready-to-eat1134 oz19215Puddings, vanilla, ready-to-eat1134 oz19216Puddings, vanilla, ready-to-eat1134 oz19217Puddings, vanilla, ready-to-eat1134 oz19218Punpkin, canned, without salt2451 cup11424Pumpkin, coked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 cup11429Raisins, seedless1451 cup109298Raisins, seedless141 packet109298Raisins, seedless2501 cup	oes,	Potate	oes, scalloped, home-prepared with butter	245	1 cup	0.436
19123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup19190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup19183Puddings, chocolate, ready-to-eat1134 oz19193Puddings, rice, ready-to-eat113.44 oz19218Puddings, tapioca, ready-to-eat1134 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19212Puddings, vanilla, ready-to-eat1134 oz19213Puddings, vanilla, ready-to-eat1134 oz19214Pudgings, vanilla, ready-to-eat1134 oz19215Puddings, vanilla, cange-to-eat1134 oz19216Pudgings, vanilla, ready-to-eat1134 oz19217Pudgings, vanilla, ready-to-eat1134 oz19218Pudgings, vanilla, ready-to-eat1134 oz19219Pudgings, vanilla, ready-to-eat1134 oz11424Pumpkin, canned, without salt2451 cup11425Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish19298Raisins, seedless1451 cup19298Raisins, seedless141 packet19298Raspberries, frozen, red, sweetened2501 cup	ry f	Poult	ry food products, ground turkey, cooked	82	1 patty	0.320
19190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup19183Puddings, chocolate, ready-to-eat1134 oz19193Puddings, rice, ready-to-eat113.44 oz19218Puddings, tapioca, ready-to-eat1134 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19201Puddings, vanilla, ready-to-eat1134 oz19212Puddings, vanilla, ready-to-eat1134 oz19213Punpkin, canned, without salt2451 cup11424Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish109298Raisins, seedless141 packet109298Raisins, seedless141 packet109298Raspberries, frozen, red, sweetened2501 cup	e jui	Prune	e juice, canned	256	1 cup	0.558
19183Puddings, chocolate, ready-to-eat1134 oz19193Puddings, rice, ready-to-eat113.44 oz19218Puddings, tapioca, ready-to-eat1134 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19201Puddings, vanilla, ready-to-eat1134 oz19201Puddings, vanilla, ready-to-eat1134 oz19201Puddings, vanilla, ready-to-eat1134 oz11424Pumpkin, canned, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish19298Raisins, seedless1451 cup19298Raisins, seedless121 packet19298Rasperries, frozen, red, sweetened2501 cup	ings	Puddi	ings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.056
19193Puddings, rice, ready-to-eat113.44 oz19218Puddings, tapioca, ready-to-eat1134 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19201Puddings, vanilla, ready-to-eat1134 oz19201Puddings, vanilla, ready-to-eat1134 oz11424Pumpkin, canned, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish19298Raisins, seedless1451 cup19298Raisins, seedless141 packet19298Rasperries, frozen, red, sweetened2501 cup	ings	Puddi	ings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.051
19218Puddings, tapioca, ready-to-eat1134 oz19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19201Puddings, vanilla, ready-to-eat1134 oz11424Pumpkin, canned, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish109298Raisins, seedless1451 cup109298Raisins, seedless141 packet109306Rasperries, frozen, red, sweetened2501 cup	ings	Puddi	ings, chocolate, ready-to-eat	113	4 oz	0.032
19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup19201Puddings, vanilla, ready-to-eat1134 oz11424Pumpkin, canned, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish09298Raisins, seedless1451 cup09298Raisins, seedless141 packet09306Rasperries, frozen, red, sweetened2501 cup	ings	Puddi	ings, rice, ready-to-eat	113.4	4 oz	0.033
19201Puddings, vanilla, ready-to-eat1134 oz11424Pumpkin, canned, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish19298Raisins, seedless1451 cup19298Raisins, seedless141 packet19306Raspberries, frozen, red, sweetened2501 cup	ings	Puddi	ings, tapioca, ready-to-eat	113	4 oz	0.021
11424Pumpkin, canned, without salt2451 cup11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish10298Raisins, seedless1451 cup10298Raisins, seedless141 packet10298Raspberries, frozen, red, sweetened2501 cup	ings	Puddi	ings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.048
11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish109298Raisins, seedless1451 cup109298Raisins, seedless141 packet109306Raspberries, frozen, red, sweetened2501 cup	ings	Puddi	ings, vanilla, ready-to-eat	113	4 oz	0.012
11429Radishes, raw4.51 radish19298Raisins, seedless1451 cup19298Raisins, seedless141 packet19306Raspberries, frozen, red, sweetened2501 cup	okin	Pump	okin, canned, without salt	245	1 cup	0.137
99298Raisins, seedless1451 cup99298Raisins, seedless141 packet99306Raspberries, frozen, red, sweetened2501 cup	okin	Pump	pkin, cooked, boiled, drained, without salt	245	1 cup	0.108
102298Raisins, seedless141 packet109306Raspberries, frozen, red, sweetened2501 cup	shes	Radis	shes, raw	4.5	1 radish	0.003
9306 Raspberries, frozen, red, sweetened 250 1 cup	ns, s	Raisi	ns, seedless	145	1 cup	0.252
				14	1 packet	0.024
19302 Raspberries, raw 123 1 cup	berr	Raspl	berries, frozen, red, sweetened	250	1 cup	0.085
	berr	Raspl	berries, raw	123	1 cup	0.068
6103Refried beans, canned (includes USDA commodity)2521 cup	ed t	Refrie	ed beans, canned (includes USDA commodity)	252	1 cup	0.360
Weightstress </td <td>arb</td> <td>Rhub</td> <td>barb, frozen, cooked, with sugar</td> <td>240</td> <td>1 cup</td> <td>0.048</td>	arb	Rhub	barb, frozen, cooked, with sugar	240	1 cup	0.048
14342Rice beverage, RICE DREAM, canned2451 cup	bev	Rice	beverage, RICE DREAM, canned	245	1 cup	0.044
20037 Rice, brown, long-grain, cooked 195 1 cup	bro	Rice,	brown, long-grain, cooked	195	1 cup	0.283

2014Rice, white, long-grain, parbolied, erriched, dry1851 cup0.842019Rice, white, long-grain, precoded or instant, enriched, prepared1651 cup0.632014Rice, white, long-grain, regular, rocked1851 cup0.301832Rolt, famer, plain, commercially prepared (includes brown-and-crist)281 roll0.0318350Rolt, hambrage or hoxtdog, plain371 roll0.0318351Rolt, hambrage or hoxtdog, plain571 roll0.0218350Rolt, hambrage, romgefort, dress dressing, commercial, regular15.61 tbsp0.0004120Salad dressing, french dressing, commercial, regular15.61 tbsp0.0004135Salad dressing, french dressing, commercial, regular15.61 tbsp0.0004134Salad dressing, french dressing, commercial, regular15.61 tbsp0.0004135Salad dressing, french dressing, commercial, regular15.61 tbsp0.0004136Salad dressing, instant, dressing, commercial, regular15.61 tbsp0.0004137Salad dressing, instant, dressing, roducar (at gular15.31 tbsp0.0004138Salad dressing, instant, dressing, roducar (at gular15.61 tbsp0.0004135Salad dressing, instant, dressing, roducar (at gular15.61 tbsp0.0004141Salad dressing, instant, dressing, roducar (at gular15.61 tbsp0.0004135Salad dressing, instant, dressing, roducar (at	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
2009Rice, white, long-grain, precoxed or instant, enriched, prepared1651 cup0.0820045Rice, white, long-grain, regular, rox, ordichd1851 cup0.1318542Rolls, dimer, preduc, rox, ordichd1851 roll0.0718550Rolls, dimer, plain, commercially prepared (includes brown-and-281 roll0.0218550Rolls, hand fuendes takisoip771 roll0.0211456Ruzhagas, cooked, boiled, drained, without salt1701 cup0.0104102Salid dressing, french dressing, conmercial, regular15.31 thep0.0004120Salid dressing, french dressing, conmercial, regular15.41 thep0.0004133Salid dressing, french, foresing, conmercial, regular15.61 thep0.0004145Salid dressing, former cipe, cooked151 thep0.0004155Salid dressing, indim dressing, contex cipe, rule1.31 thep0.0004021Salid dressing, indim dressing, contex cipe, rule1.5.61 thep0.0004023Salid dressing, indian dressing, reduced fat15.31 thep0.0004024Salid dressing, indian dressing, reduced fat15.31 thep0.0004025Salid dressing, indian dressing, reduced fat15.41 thep0.0004026Salid dressing, indian dressing, reduced fat15.41 thep0.0004027Salid dressing, indian dressing, reduced fat15.41 thep0.0004028<	20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.273
20045 Rice, white, long-grain, regular, cooked 158 1 exp 0.14 20044 Rice, white, long-grain, regular, we, enriched 185 1 exp 0.30 18542 Rolts, handruger or hondog, plain 43 1 roll 0.01 18530 Rolts, handruger or hondog, plain 43 1 roll 0.02 18333 Rolts, handruger or hondog, plain 57 1 roll 0.00 18353 Rolts, handruger or onduced, without stalt 170 1 cap 0.00 01420 Salad dressing, french dressing, commercial, regular 15.6 1 thsp 0.000 01135 Salad dressing, french dressing, contecel fat 15.6 1 thsp 0.000 01135 Salad dressing, interine recipe, vinegar and cil 15.6 1 thsp 0.000 04114 Salad dressing, intensing, reduced fat 15.3 1 thsp 0.000 04125 Salad dressing, intensing, reduced fat 15.3 1 thsp 0.001 04125 Salad dressing, intensing, reduced fat 15.3 1 thsp 0.001 04025 </td <td>20046</td> <td>Rice, white, long-grain, parboiled, enriched, dry</td> <td>185</td> <td>1 cup</td> <td>0.842</td>	20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.842
20044Rice, white, long grain, regular, raw, enriched185i cap0.3018542Rolls, dimer, plain, commercial, prepared (includes brown-and- vers)28rollroll18550Rolls, handpreger or hodog, plain43i roll0.0318551Rolls, hand (accides kasier)77i roll0.0318553Rolls, hand (accides kasier)15.3i holp0.0004120Salad dessing, rench dessing, commercial, regular15.6i holp0.0004133Salad dessing, french, dessing, commercial, regular15.6i holp0.0004134Salad dessing, french, dessing, reduced fat15.6i holp0.0004135Salad dessing, home recipe, colked16i holp0.0004114Salad dessing, none mercipe, colked15.6i holp0.0004121Salad dessing, none mercipe, colked15.6i holp0.0004021Salad dessing, nonomatics, orybean oil, vith salt13.8i holp0.0004025Salad dessing, nonomatics, orybean oil, vith salt13.8i holp0.0004025Salad dessing, nonosati kasing, reduced fat15.3i holp0.0004026Salad dessing, nonosati kasing, reduced fat15.3i holp0.0004027Salad dessing, nonosati kasing, reduced fat15.3i holp0.0004027Salad dessing, nonosati kasing, reduced fat15.3i holp0.0004027Salad dessing, nonosati kasing, reduced fat15.3i	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.083
1842Relis, dimer, plan, commercially prepared (includes hown-and- 28281 roll0.0118850Rolls, hard (includes kaiser)571 roll0.0318853Rolls, hard (includes kaiser)571 roll0.0218454Rubagas, cooket, bolis, danied, without salt1701 cup0.0704739Salad dressing, french dressing, commercial, regular15.31 thsp0.0004120Salad dressing, french dressing, commercial, regular15.61 thsp0.0004133Salad dressing, french dressing, conserted rat16.31 thsp0.0004134Salad dressing, french dressing, conserted rat15.61 thsp0.0004135Salad dressing, infain dressing, conserted rat15.61 thsp0.000414Salad dressing, infain dressing, conserted rat13.81 thsp0.0004021Salad dressing, infain dressing, conserted rat13.81 thsp0.0004023Salad dressing, insist dressing, concore16.31 thsp0.0004024Salad dressing, insist dressing, concore15.31 thsp0.0004025Salad dressing, insist dressing, concore15.61 thsp0.0004025Salad dressing, insist dressing, concore15.61 thsp0.0004025Salad dressing, insist dressing, concore15.61 thsp0.0004025Salad dressing, insist dressing, concore15.71 thsp0.0004037Salad dressing, insist dressing, concore<	20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.147
serve) a fraction of the set of the	20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.303
18353 Rolls, hard (includes kaiser) 57 I roll 0.02 11436 Rutabagas, colked, builed, dramed, without suit 170 I cup 0.07 04539 Salad dressing, thench dressing, commercial, regular 15.3 I thsp 0.00 04120 Salad dressing, french dressing, commercial, regular 15.6 I thsp 0.00 04133 Salad dressing, french dressing, commercial, regular 16.6 I thsp 0.00 04134 Salad dressing, inome recipe, cooked 16 I thsp 0.00 04135 Salad dressing, inome recipe, conked 15 I thsp 0.00 04114 Salad dressing, inalina dressing, roug level fat 15.6 I thsp 0.00 04015 Salad dressing, russin dressing 16.3 I thsp 0.00 04022 Salad dressing, invasian dressing, roue colrie 16.3 I thsp 0.00 04015 Salad dressing, invasian dressing, roue colrie 15.6 1 thsp 0.00 04022 Salad dressing, invasian dressing, roue colrie 16.3 I thsp 0.00 <	18342		28	1 roll	0.015
11436 Rutabagas, cooked, boiled, drained, without salt 170 1 cup 0.17 04539 Safad dressing, rebuck dressing, commercial, regular 15.3 1 thsp 0.000 04100 Safad dressing, french, dressing, reduced fat 16.3 1 thsp 0.000 04133 Safad dressing, french, home recipe, colded 16 1 thsp 0.000 04134 Safad dressing, indim dressing, commercial, regular 14.7 1 thsp 0.000 04134 Safad dressing, indim dressing, commercial, regular 14.7 1 thsp 0.000 04121 Safad dressing, russin dressing, commercial, regular 15.3 1 thsp 0.010 04022 Safad dressing, russin dressing, low calorie 15.3 1 thsp 0.000 04023 Safad dressing, russin dressing, clowced fat 15.6 1 thsp 0.000 04017 Safad dressing, russin dressing, clowced fat 15.6 1 thsp 0.000 0707 Safad dressing, russin dressing, russi	18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.031
04339 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.3 1 ksp 0.00 04120 Salad dressing, french dressing, commercial, regular 15.6 1 ksp 0.00 04020 Salad dressing, french dressing, educed fat 16.3 1 ksp 0.00 04133 Salad dressing, french dressing, educed fat 16.6 1 ksp 0.00 04135 Salad dressing, home recipe, cooked 16 1 ksp 0.00 04135 Salad dressing, inlian dressing, commercial, regular 14.7 1 ksp 0.00 04021 Salad dressing, russian dressing, enduced fat 15.3 1 ksp 0.00 04022 Salad dressing, russian dressing, oor calorie 16.3 1 ksp 0.00 04023 Salad dressing, nosand island, commercial, regular 15.6 1 ksp 0.00 04024 Salad dressing, invasian dressing, oor calorie 16.3 1 ksp 0.00 04025 Salad dressing, invasian dressing, or calorie 15.6 1 ksp 0.00 04027 Salam dressing, invasin island, commercial, regular 15.6	18353	Rolls, hard (includes kaiser)	57	1 roll	0.020
04120 Salad dressing, french dressing, reduced fat 15.6 1 thsp 0.00 04133 Salad dressing, french, home recipe, cocked 14 1 thsp 0.00 04134 Salad dressing, home recipe, cocked 16 1 thsp 0.00 04135 Salad dressing, home recipe, vinegar and oil 15.6 1 thsp 0.00 04114 Salad dressing, inter dressing, commercial, regular 14.7 1 thsp 0.00 04025 Salad dressing, inter dressing, commercial, regular 15.3 1 thsp 0.01 04025 Salad dressing, russin dressing, cocace of ta 15.3 1 thsp 0.00 04025 Salad dressing, russin dressing, cocace of ta 15.3 1 thsp 0.00 04026 Salad dressing, thousant island cressing, reduced fat 15.3 1 thsp 0.00 04017 Salad dressing, thousant island, cornmercial, regular 15.6 1 thsp 0.00 07072 Salad, pork, beef 15.7 1 thsp 0.00 02047 Salat dressing, thousant island, cornmercial, regular, single meat patty, with 1 sandwich	11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.173
04020 Salad dressing, french dressing, reduced fat 16.3 1 thsp 0.00 04133 Salad dressing, home recipe, cooked 16 1 thsp 0.00 04134 Salad dressing, home recipe, vingar and 0il 15.6 1 thsp 0.00 04114 Salad dressing, inlin dressing, reduced fat 15.6 1 thsp 0.00 04021 Salad dressing, russian dressing, reduced fat 15.8 1 thsp 0.00 04025 Salad dressing, russian dressing, reduced fat 15.3 1 thsp 0.00 04021 Salad dressing, russian dressing, reduced fat 15.3 1 thsp 0.00 04023 Salad dressing, russian dressing, reduced fat 15.3 1 thsp 0.00 04023 Salad dressing, russian dressing, reduced fat 15.3 1 thsp 0.00 04023 Salad dressing, russian dressing, reduced fat 5.6 1 thsp 0.00 04024 Salad dressing, russian dressing, ru	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.006
04133 Salad dressing, french, home recipe, cooked 14 1 tbsp 0.000 04134 Salad dressing, home recipe, cooked 16 1 tbsp 0.000 04135 Salad dressing, hinain dressing, commercial, regular 14.7 1 tbsp 0.000 04021 Salad dressing, majonnaise, coybean oil, with salt 13.8 1 tbsp 0.001 04022 Salad dressing, russian dressing 15.3 1 tbsp 0.001 04023 Salad dressing, russian dressing, low calorie 16.3 1 tbsp 0.000 04023 Salad dressing, thousand island commercial, regular 15.6 1 tbsp 0.000 04024 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0.000 04027 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0.000 07072 Salami, colock, beef and pork 56.7 2 slices 0.110 02047 Salt, table 6 1 tsp 0.001 02175 Salad viches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 0.327 021807 Sandwiches and burgers, hamburger, large, sing	04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
94134 Salad dressing, home recipe, cocked 16 1 bsp 0.00 94135 Salad dressing, home recipe, vinegar and oil 15.6 1 bsp 0.00 04114 Salad dressing, inlian dressing, commercial, regular 14.7 1 bsp 0.00 04021 Salad dressing, inlian dressing, reduced fat 15.3 1 bsp 0.00 04022 Salad dressing, nousand island dressing, reduced fat 15.3 1 bsp 0.00 04023 Salad dressing, housand island dressing, reduced fat 15.3 1 bsp 0.00 04023 Salad dressing, housand island dressing, reduced fat 15.3 1 bsp 0.00 04017 Salad dressing, housand island dressing, reduced fat 15.6 1 bsp 0.00 04017 Salad dressing, housand island commercial, regular 15.6 1 bsp 0.00 07073 Salad vices and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 0.31 21087 Sandwiches and burgers, cheeseburger, large, single meat patty, with 218 1 sandwich 0.32 21089 Sandwiches and burgers, ham	04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.009
04135 Salad dressing, home recipe, vinegar and oil 15.6 1 tbsp 0.000 04114 Salad dressing, initian dressing, commercial, regular 14.7 1 bsp 0.001 04021 Salad dressing, initian dressing, commercial, regular 15.3 1 btsp 0.001 04025 Salad dressing, mayonnaise, soybean oil, with salt 15.3 1 btsp 0.001 04023 Salad dressing, thousand island, commercial, regular 15.6 1 btsp 0.000 04023 Salad dressing, thousand island, commercial, regular 15.6 1 btsp 0.000 04024 Saland dressing, thousand island, commercial, regular 15.6 1 btsp 0.000 07059 Salami, cooked, beef and pork 56.7 2 slices 0.119 07074 Salt, table 6 1 tsp 0.000 02047 Salt, table 1 stp 0.001 21097 Sandwiches and burgers, cheeseburger, large, single meat patty, with plain 195 1 sandwich 0.312 21088 Sandwiches and burgers, cheeseburger, regular, single meat patty, with plain 1 sandwich	04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
Outline Salad dressing, italian dressing, commercial, regular 14.7 1 fbsp 0.000 04021 Salad dressing, italian dressing, commercial, regular 15.3 1 fbsp 0.011 04025 Salad dressing, mayonnaise, soyben oil, with salt 13.8 1 fbsp 0.001 04025 Salad dressing, russian dressing, low calorie 16.3 1 fbsp 0.000 04023 Salad dressing, russian dressing, reduced fat 15.6 1 fbsp 0.000 04017 Salad dressing, thousand island, commercial, regular 15.6 1 fbsp 0.000 04017 Salad dressing, thousand island, commercial, regular 15.6 1 fbsp 0.000 07079 Salami, coxed, beef and pork 56.7 2 slices 0.011 02047 Salt, table 6 1 tsp 0.001 21097 Sandwiches and burgers, cheeseburger, regular, single meat patty, with bacon and condiments 195 1 sandwich 0.32 21113 condiments and vegetables 15.75 1 tbsp 0.011 06150 Sauce, horesa, eady-to-serve 63 1/4	04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.005
04021 Salad dressing, italian dressing, reduced fat 15 1 bsp 0.01 04025 Salad dressing, mayonnaise, soybean oil, with salt 13.8 1 tbsp 0.018 04015 Salad dressing, russian dressing 15.3 1 tbsp 0.019 04022 Salad dressing, russian dressing, low calorie 16.3 1 tbsp 0.000 04023 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0.000 04017 Salad iressing, thousand island, commercial, regular 15.6 1 tbsp 0.000 07072 Salami, dry or hard, pork, beef 20 2 slices 0.101 02047 Salt, table 6 1 tsp 0.001 02047 Salt, table 15 1 tbsp 0.001 12097 Sandwiches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 0.32 21089 Sandwiches and burgers, cheeseburger, large, single meat patty, with 218 1 sandwich 0.32 206150 Sauce, horison: ready-to-serve 63 1 4 cup 0.01	04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04025 Salad dressing, mayonaise, soybean oil, with salt 13.8 1 tbsp 0.088 04015 Salad dressing, russian dressing 15.3 1 tbsp 0.001 04022 Salad dressing, russian dressing, low calorie 16.3 1 tbsp 0.000 04023 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0.000 04017 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0.000 07069 Salami, cooked, beef and pork 56.7 2 slices 0.101 07071 Sandwich pread, pork, beef 20 2 slices 0.000 07073 Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments 195 1 sandwich 0.312 21089 Sandwiches and burgers, cheeseburger, large, single meat patty, with plain 195 1 sandwich 0.322 21113 Sandwiches and burgers, cheeseburger, large, single meat patty, with plain 218 1 sandwich 0.322 06150 Sauce, hories, ready-to-serve 16 1 bbsp 0.010 06155 Sauce, hories, ready-to-serve 16 1 bbsp 0.010 <tr< td=""><td>04114</td><td>Salad dressing, italian dressing, commercial, regular</td><td>14.7</td><td>1 tbsp</td><td>0.009</td></tr<>	04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.009
04015 Salad dressing, russian dressing, ow calorie 15.3 1 thsp 0.01 04022 Salad dressing, thousand island dressing, reduced fat 15.3 1 thsp 0.00 04023 Salad dressing, thousand island, commercial, regular 15.6 1 thsp 0.00 04017 Salad dressing, thousand island, commercial, regular 15.6 1 thsp 0.00 07069 Salami, cooked, beef and pork 56.7 2 slices 0.110 07072 Salad vices and burgers, cheeseburger, large, single meat patty, with 6 1 tsp 0.000 02047 Sandwiches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 0.31 21089 Sandwiches and burgers, cheeseburger, large, single meat patty, with 102 1 sandwich 0.32 06150 Sauce, horecue sauce 15.75 1 thsp 0.01 06175 Sauce, horecue sauce 16 1 thsp 0.01 06166 Sauce, horecue sauce 16 1 thsp 0.01 06175 Sauce, horecue sauce 16 1 thsp 0.01	04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.011
04015 Salad dressing, russian dressing, ow calorie 15.3 1 thsp 0.01 04022 Salad dressing, thousand island dressing, reduced fat 15.3 1 thsp 0.00 04023 Salad dressing, thousand island, commercial, regular 15.6 1 thsp 0.00 04017 Salad dressing, thousand island, commercial, regular 15.6 1 thsp 0.00 07069 Salami, cooked, beef and pork 56.7 2 slices 0.110 07072 Salad vices and burgers, cheeseburger, large, single meat patty, with 6 1 tsp 0.000 02047 Sandwiches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 0.31 21089 Sandwiches and burgers, cheeseburger, large, single meat patty, with 102 1 sandwich 0.32 06150 Sauce, horecue sauce 15.75 1 thsp 0.01 06175 Sauce, horecue sauce 16 1 thsp 0.01 06166 Sauce, horecue sauce 16 1 thsp 0.01 06175 Sauce, horecue sauce 16 1 thsp 0.01	04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.080
04022 Salad dressing, russian dressing, low calorie 16.3 1 tbsp 0.00 04023 Salad dressing, thousand island dressing, reduced fat 15.3 1 tbsp 0.00 04017 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0.00 07069 Salami, cooked, beef and pork 56.7 2 slices 0.111 07072 Salad ressing, thousand island, commercial, regular 6 1 tsp 0.00 02047 Salt, table 6 1 tsp 0.00 02073 Sandwichs spread, pork, beef 15 1 tbsp 0.01 21097 Sandwiches and burgers, cheeseburger, large, single meat patty, with 195 1 sandwich 0.32 21133 Sandwiches and burgers, cheeseburger, large, single meat patty, with 218 1 sandwich 0.32 06150 Sauce, horbecue sauce 15.75 1 tbsp 0.01 06150 Sauce, horbecue sauce 16 1 tbsp 0.01 06161 Sauce, horbecue sauce 250 1 cup 0.03 06168	04015		15.3	•	0.015
44023 Salad dressing, thousand island dressing, reduced fat 15.3 1 bbsp 0.000 04017 Salad dressing, thousand island, commercial, regular 15.6 1 bbsp 0.000 07059 Salami, cooked, beef and pork 56.7 2 slices 0.111 07072 Salami, dry or hard, pork, beef 20 2 slices 0.100 02047 Salt, table 6 1 tsp 0.001 02047 Salt, table 6 1 tsp 0.001 02047 Salt, table 6 1 tsp 0.001 02047 Sandwichs and burgers, cheeseburger, large, single meat patty, with bacon and condiments 15 1 sandwich 0.31 21089 Sandwiches and burgers, hamburger, large, single meat patty, with bacon and condiments 18 1 sandwich 0.32 06150 Sauce, hoese, ready-to-serve 63 1/4 cup 0.01 06150 Sauce, hoese, ready-to-serve 63 1/4 cup 0.01 06166 Sauce, hoese, neady-to-serve 63 1/4 cup 0.01 06168 Sauce, nea	04022		16.3	•	0.001
Odd Salad dressing, thousand island, commercial, regular 15.6 1 bsp 0.000 07069 Salami, cooked, beef and pork 56.7 2 slices 0.119 07072 Salami, dry or hard, pork, beef 20 2 slices 0.100 02047 Salt, table 6 1 tsp 0.000 07073 Sandwich spread, pork, beef 15 1 tbsp 0.011 21097 Sandwichs send burgers, cheeseburger, large, single meat patty, with bacon and condiments 102 1 sandwich 0.312 21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, with bacon and condiments 102 1 sandwich 0.322 21113 Sandwiches and burgers, hamburger, large, single meat patty, with conditions 218 1 sandwich 0.322 06150 Sauce, barbecue sauce 15.75 1 tbsp 0.011 06150 Sauce, hosin, ready-to-serve 63 1/4 cup 0.011 06166 Sauce, nostin, ready-to-serve 250 1 cup 0.32 06168 Sauce, neady-to-serve, salsa 16 1 tbsp 0.002 <td>04023</td> <td></td> <td>15.3</td> <td>•</td> <td>0.000</td>	04023		15.3	•	0.000
OrderSalami, cooked, beef and pork56.72 slices0.11407072Salami, dry or hard, pork, beef202 slices0.10002047Salt, table61 tsp0.00007073Sandwich spread, pork, beef151 tbsp0.00121097Sandwiches and burgers, cheeseburger, large, single meat patty, with plain1951 sandwich0.3121089Sandwiches and burgers, cheeseburger, regular, single meat patty, with plain1021 sandwich0.09221113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich0.32206150Sauce, cheese, ready-to-serve631/4 cup0.0106175Sauce, cheese, ready-to-serve631/4 cup0.0106166Sauce, nosin, ready-to-serve631/4 cup0.0106167Sauce, neady-to-serve631/4 cup0.0106178Sauce, neady-to-serve631/4 cup0.0106180Sauce, neady-to-serve631/4 cup0.0106181Sauce, ready-to-serve, pepper or hot4.71 tsp0.00206182Sauce, ready-to-serve, pepper or hot4.71 tsp0.02106183Sauce, ready-to-serve, salsa161 tbsp0.02106184Sauce, ready-to-serve, salsa161 tsp0.02106185Sauce, ready-to-serve181 tbsp0.02106186Sauce, ready-to-serve, salsa2861 cup				*	0.000
Ord 10702Salami, dry or hard, pork, beef202 slices0.1002047Salt, table61 tsp0.0007073Sandwich spread, pork, beef151 tbsp0.0121097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich0.3121089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich0.0921113Sandwiches and burgers, cheeseburger, regular, single meat patty, with plain2181 sandwich0.022113Sandwiches and burgers, hamburger, large, single meat patty, with plain2181 sandwich0.0206150Sauce, barbecue sauce15.751 tbsp0.0106930Sauce, cheese, ready-to-serve631/4 cup0.0106166Sauce, honisin, ready-to-serve161 tbsp0.01006166Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.0106168Sauce, ready-to-serve, pepper or hot4.71 tsp0.0006164Sauce, ready-to-serve, pepper or hot4.71 tsp0.0006164Sauce, ready-to-serve, asla161 tbsp0.0107083Sausage, Vienna, canned, solids and liquids2361 cup0.3007083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.0111445Seeweed, kelp, raw102 tbsp0.0012516Seeds, sesame butter, tahini, from r				•	0.119
OutputSalt, table61 tsp0.00007073Sandwich spread, pork, beef151 tbsp0.00121097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich0.31221089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich0.09221113Sandwiches and burgers, cheeseburger, regular, single meat patty, with plain2181 sandwich0.32206150Sauce, barbecue sauce15.751 tbsp0.01106930Sauce, cheese, ready-to-serve631/4 cup0.0106155Sauce, hoisin, ready-to-serve161 tbsp0.01006166Sauce, sonsin, ready-to-serve2501 cup0.01006930Sauce, nest, spaghetti/marinar, ady-to-serve2501 cup0.01006168Sauce, ready-to-serve, pepper or hot4.71 tsp0.00206164Sauce, ready-to-serve, pepper or hot4.71 tbsp0.01106175Sauce, teady-to-serve, asla161 tbsp0.01006184Sauce, ready-to-serve, epeper or hot4.71 tsp0.00206184Sauce, teady-to-serve, pepper or hot4.71 tbsp0.01111439Sauerkraut, canned, solids and liquids2361 cup0.30307083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.0111145Seaweed, kelp, raw0.931 tbsp0.00211		-			0.100
70773Sandwich spread, pork, beef151 thsp0.01121097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich0.31221089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich0.32221113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables1021 sandwich0.322206150Sauce, barbecue sauce15.751 thsp0.01206930Sauce, cheese, ready-to-serve631/4 cup0.01106175Sauce, choisin, ready-to-serve161 thsp0.01206166Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.01106178Sauce, neady-to-serve, pepper or hot2501 cup0.01206180Sauce, ready-to-serve, pepper or hot4.71 tsp0.00206112Sauce, ready-to-serve, salsa161 thsp0.02206112Sauce, ready-to-serve, salsa161 susage0.01106131Sauce, ready-to-serve, salsa2361 cup0.03206141Sauce, ready-to-serve, salsa161 thsp0.02206112Sauce, triyaki, ready-to-serve181 thsp0.0110133Sausege, Vienna, canned, chicken, beef, pork161 susage0.0110145Seaweed, kelp, raw102 thsp0.00101512Seaweed, kelp, raw0.0321 thsp0.002<					0.000
21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich0.31221089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich0.09221113Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables1021 sandwich0.322206150Sauce, barbecue sauce15.751 tbsp0.01206930Sauce, cheese, ready-to-serve631/4 cup0.01106175Sauce, cheese, ready-to-serve161 tbsp0.01006166Sauce, Nebsin, ready-to-serve161 tbsp0.01006190Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.0106181Sauce, ready-to-serve, pepper or hot4.71 tsp0.00206142Sauce, ready-to-serve, salsa161 tbsp0.02206112Sauce, triyaki, ready-to-serve181 tbsp0.01206142Sauce, triyaki, ready-to-serve181 tbsp0.01206154Sauce, triyaki, ready-to-serve181 tbsp0.01206154Sauce, triyaki, ready-to-serve181 tbsp0.01206154Sauce, triyaki, ready-to-serve161 sausage0.01106155Sauce, triyaki, ready-to-serve181 tbsp0.01206164Sauce, triyaki, ready-to-serve161 sausage0.01111439Sauerkraut, canned, chicken, beef, pork16				*	0.018
21089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich0.0921113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich0.3206150Sauce, horbecue sauce15.751 tbsp0.01206930Sauce, cheese, ready-to-serve631/4 cup0.01106175Sauce, honemade, white, medium2501 cup0.01006160Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.01106181Sauce, neady-to-serve, pepper or hot4.71 tsp0.02206184Sauce, ready-to-serve, pepper or hot4.71 tsp0.02206192Sauce, tready-to-serve, salsa161 tbsp0.02206184Sauce, ready-to-serve, salsa161 sausage0.01207083Sauser, vanned, solids and liquids2361 cup0.03207184Sauser, vanned, solids and liquids2361 sausage0.01207083Sausege, Vienna, canned, chicken, beef, pork161 sausage0.01207084Seaweed, kelp, raw102 tbsp0.00207085Seaweed, kelp, raw0.931 tbsp0.02207185Seaweed, kelp, raw102 tosp0.00212166Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02212166Seeds, seame butter, tahini, from roasted and toasted kernels (most15<		Sandwiches and burgers, cheeseburger, large, single meat patty, with			0.312
21113 Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables 1 sandwich 0.32' 06150 Sauce, barbecue sauce 15.75 1 tbsp 0.01' 06930 Sauce, cheese, ready-to-serve 63 1/4 cup 0.01' 06150 Sauce, hoisin, ready-to-serve 63 1/4 cup 0.01' 06160 Sauce, homemade, white, medium 250 1 cup 0.01' 06990 Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve 63 1/4 cup 0.01' 06931 Sauce, neady-to-serve, pepper or hot 250 1 cup 0.02' 06168 Sauce, ready-to-serve, pepper or hot 4.7 1 tsp 0.00' 06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.02' 06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.01' 06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.01' 06164 Sauce, teriyaki, ready-to-serve 18 1 tbsp 0.01' 01143 Sausege, Vienna, canned, chicken, beef, pork 16 1 sausage 0.01' 014	21089	Sandwiches and burgers, cheeseburger, regular, single meat patty,	102	1 sandwich	0.092
06930 Sauce, cheese, ready-to-serve 63 1/4 cup 0.01 06175 Sauce, hoisin, ready-to-serve 16 1 tbsp 0.01 06166 Sauce, homemade, white, medium 250 1 cup 0.01 06909 Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve 63 1/4 cup 0.01 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve 63 1 cup 0.43 06168 Sauce, ready-to-serve, pepper or hot 4.7 1 tsp 0.00 06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.02 06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.02 06172 Sauce, teriyaki, ready-to-serve 18 1 tbsp 0.01 06164 Sauce, teriyaki, ready-to-serve 16 1 sausage 0.01 06173 Sauce, teriyaki, ready-to-serve 16 1 sausage 0.01 07083 Sauseg, Vienna, canned, chicken, beef, pork 16 1 sausage 0.01 11667 Seaweed, kelp, raw 0.93	21113	Sandwiches and burgers, hamburger, large, single meat patty, with	218	1 sandwich	0.327
06175Sauce, hoisin, ready-to-serve161 tbsp0.01006166Sauce, homemade, white, medium2501 cup0.10006909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.0106931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup0.43206168Sauce, ready-to-serve, pepper or hot4.71 tsp0.00206164Sauce, ready-to-serve, salsa161 tbsp0.02406112Sauce, teriyaki, ready-to-serve181 tbsp0.01407083Sausage, Vienna, canned, solids and liquids2361 cup0.30707083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01111445Seaweed, kelp, raw102 tbsp0.00211667Seaweed, spirulina, dried0.931 tbsp0.02212516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02212166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.022	06150	Sauce, barbecue sauce	15.75	1 tbsp	0.012
06166Sauce, homemade, white, medium2501 cup0.1006909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.0106931Sauce, neady-to-serve, pepper or hot2501 cup0.4306168Sauce, ready-to-serve, pepper or hot4.71 tsp0.0006164Sauce, ready-to-serve, salsa161 tbsp0.02406112Sauce, teriyaki, ready-to-serve181 tbsp0.0107083Sausage, Vienna, canned, solids and liquids2361 cup0.3007083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01911445Seaweed, kelp, raw102 tbsp0.00011667Seaweed, spirulina, dried0.931 tbsp0.02412516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.011
06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup0.0106931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup0.4306168Sauce, ready-to-serve, pepper or hot4.71 tsp0.0006164Sauce, ready-to-serve, salsa161 tbsp0.02406112Sauce, teriyaki, ready-to-serve181 tbsp0.01411439Sauce, teriyaki, ready-to-serve181 cup0.3007083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01411445Seaweed, kelp, raw102 tbsp0.0011667Seaweed, spirulina, dried0.931 tbsp0.00212516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.010
06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup0.43306168Sauce, ready-to-serve, pepper or hot4.71 tsp0.00706164Sauce, ready-to-serve, salsa161 tbsp0.02406112Sauce, teriyaki, ready-to-serve181 tbsp0.01411439Sauerkraut, canned, solids and liquids2361 cup0.30707083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01411445Seaweed, kelp, raw102 tbsp0.00212516Seeds, spirulina, dried0.931 tbsp0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	06166	Sauce, homemade, white, medium	250	1 cup	0.100
06168Sauce, ready-to-serve, pepper or hot4.71 tsp0.0006164Sauce, ready-to-serve, salsa161 tbsp0.0206112Sauce, teriyaki, ready-to-serve181 tbsp0.0111439Sauerkraut, canned, solids and liquids2361 cup0.3007083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.0111445Seaweed, kelp, raw102 tbsp0.0011667Seaweed, spirulina, dried0.931 tbsp0.0012516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.0212166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.02	06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.011
06164Sauce, ready-to-serve, salsa161 tbsp0.02406112Sauce, teriyaki, ready-to-serve181 tbsp0.01411439Sauerkraut, canned, solids and liquids2361 cup0.30707083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01411445Seaweed, kelp, raw102 tbsp0.00011667Seaweed, spirulina, dried0.931 tbsp0.00212516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.433
06112Sauce, teriyaki, ready-to-serve181 tbsp0.01411439Sauerkraut, canned, solids and liquids2361 cup0.30707083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01911445Seaweed, kelp, raw102 tbsp0.00011667Seaweed, spirulina, dried0.931 tbsp0.00212516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.007
11439Sauerkraut, canned, solids and liquids2361 cup0.3007083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01911445Seaweed, kelp, raw102 tbsp0.00011667Seaweed, spirulina, dried0.931 tbsp0.00012516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.028
07083Sausage, Vienna, canned, chicken, beef, pork161 sausage0.01911445Seaweed, kelp, raw102 tbsp0.00011667Seaweed, spirulina, dried0.931 tbsp0.00012516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02012166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.022	06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
11445Seaweed, kelp, raw102 tbsp0.0011667Seaweed, spirulina, dried0.931 tbsp0.0012516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.0212166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.02	11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.307
11667Seaweed, spirulina, dried0.931 tbsp0.00212516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.019
11667Seaweed, spirulina, dried0.931 tbsp0.0012516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	11445	Seaweed, kelp, raw	10	2 tbsp	0.000
12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)0.02412166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp0.024	11667	•	0.93	•	0.003
12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most 15 1 tbsp 0.022) common type)		-		*	0.026
		Seeds, sesame butter, tahini, from roasted and toasted kernels (most			0.022
	12201	• •	8	1 tbsp	0.032

NDB_No	Description	Weight (g)	Common Measure	Content per Measure	
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.228	
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.257	
14346	Shake, fast food, chocolate	333	16 fl oz	0.167	
14347	Shake, fast food, vanilla	333	16 fl oz	0.200	
11677	Shallots, raw	10	1 tbsp	0.035	
19097	Sherbet, orange	74	1/2 cup	0.020	
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	0.035	
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.441	
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.065	
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.033	
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.018	
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.085	
19014	Snacks, fruit leather, rolls	21	1 large	0.063	
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.024	
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.030	
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.029	
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.029	
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.518	
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.198	
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.020	
19034	Snacks, popcorn, air-popped	8	1 cup	0.013	
19036	Snacks, popcorn, cakes	10	1 cake	0.018	
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.078	
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.010	
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.026	
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.011	
19041	Snacks, pork skins, plain	28.35	1 oz	0.007	
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.176	
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.222	
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.041	
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.135	
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.205	
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.187	
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.190	
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.189	
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.026	
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.014	
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.065	
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.060	
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.378	
19061	Snacks, trail mix, tropical	140	1 cup	0.458	
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	0.057	
)6007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.122	
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.040	
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.012	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.024
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.037
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.048
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.027
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.025
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.096
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.024
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.100
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.126
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.017
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.067
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.064
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.015
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.099
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.227
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.053
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.052
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.072
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0.162
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.137
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.085
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.074
06174	Soup, stock, fish, home-prepared	233	1 cup	0.086
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.164
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.112
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.076
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.192
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.055
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.002
16120	Soy milk, fluid	245	1 cup	0.235
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.024
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.108
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.402
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.198
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.069
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.111
02007	Spices, celery seed	2	1 tsp	0.018

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02009	Spices, chili powder	2.6	1 tsp	0.095
02010	Spices, cinnamon, ground	2.3	1 tsp	0.007
02015	Spices, curry powder	2	1 tsp	0.023
02020	Spices, garlic powder	2.8	1 tsp	0.082
02026	Spices, onion powder	2.1	1 tsp	0.026
02027	Spices, oregano, dried	1.5	1 tsp	0.018
02028	Spices, paprika	2.1	1 tsp	0.084
02029	Spices, parsley, dried	1.3	1 tbsp	0.013
02030	Spices, pepper, black	2.1	1 tsp	0.007
11658	Spinach souffle	136	1 cup	0.133
11461	Spinach, canned, drained solids	214	1 cup	0.214
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.436
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.258
11457	Spinach, raw	10	1 leaf	0.020
11457	Spinach, raw	30	1 cup	0.059
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.117
11641	Squash, summer, all varieties, raw	113	1 cup	0.246
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.330
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.166
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.077
09316	Strawberries, raw	166	1 cup	0.078
09316	Strawberries, raw	18	1 strawberry	0.008
09316	Strawberries, raw	12	1 strawberry	0.006
19334	Sugars, brown	3.2	1 tsp	0.000
19334	Sugars, granulated	4.2	1 tsp	0.001
19336	Sugars, powdered	8	1 tbsp	0.000
19550			*	0.000
	Sweet potato, canned, syrup pack, drained solids	196	1 cup	
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.485
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.418
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.257
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.043
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.064
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.010
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.014
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.001
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.039
09223	Tangerine juice, canned, sweetened	249	1 cup	0.080
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.106
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.066
20068	Tapioca, pearl, dry	152	1 cup	0.012
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	0.002

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.003
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.002
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.213
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.202
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.208
6126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.058
6127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.062
1954	Tomatillos, raw	34	1 medium	0.019
1540	Tomato juice, canned, with salt added	243	1 cup	0.270
1546	Tomato products, canned, paste, without salt added	262	1 cup	0.566
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.315
1549	Tomato products, canned, sauce	245	1 cup	0.238
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.043
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.216
1529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.016
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.014
1529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.098
1529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.144
1955	Tomatoes, sun-dried	2	1 piece	0.007
1956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.010
8363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.057
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.016
21088	Tostada with guacamole	130.5	1 tostada	0.131
)5286	Turkey and gravy, frozen	142	5-oz package	0.142
)5292	Turkey patties, breaded, battered, fried	64	1 patty	0.128
)5296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.230
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.302
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.842
)5186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.454
)5168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.644
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.319
1569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.259
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.110
1565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.105
02050	Vanilla extract	4.2	1 tsp	0.001
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.306
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.213
11578	Vegetable juice cocktail, canned	242	1 cup	0.339
)4582	Vegetable oil, canola	14	1 tbsp	0.000
1581	Vegetables, mixed, canned, drained solids	163	1 cup	0.129
1584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.135
)2048	Vinegar, cider	15	1 tbsp	0.000
8403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.345
8367	Waffles, plain, prepared from recipe	75	1 waffle	0.042
4429	Water, municipal	237	8 fl oz	0.000
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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09326	Watermelon, raw	152	1 cup	0.068
09326	Watermelon, raw	286	1 wedge	0.129
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.055
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.063
20083	Wheat flour, white, bread, enriched	137	1 cup	0.051
20084	Wheat flour, white, cake, enriched	137	1 cup	0.045
20080	Wheat flour, whole-grain	120	1 cup	0.409
20089	Wild rice, cooked	164	1 cup	0.221
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.539
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.198
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.091
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.111
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.120
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.073