#### **Content per** NDB No Description Weight (g) **Common Measure** Measure 14006 Alcoholic beverage, beer, light 354 12 fl oz 0.0 14003 Alcoholic beverage, beer, regular, all 355 12 fl oz 0.0 60 2 fl oz 0.1 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 42 1.5 fl oz 0.0 14550 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof 42 1.5 fl oz 0.0 14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof 42 1.5 fl oz 0.0 14414 Alcoholic beverage, liqueur, coffee, 53 proof 52 1.5 fl oz 0.0 4.5 fl oz 14017 Alcoholic beverage, pina colada, prepared-from-recipe 141 0.1 14536 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 0.0 103 3.5 fl oz 0.0 14057 Alcoholic beverage, wine, dessert, sweet 11001 33 10.1 Alfalfa seeds, sprouted, raw 1 cup 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic 248 0.0 1 cup acid 32 1.0 09011 Apples, dried, sulfured, uncooked 5 rings 09003 Apples, raw, with skin 138 3.0 1 apple 09004 Apples, raw, without skin 110 1 cup 0.7 255 09020 Applesauce, canned, sweetened, without salt 1 cup 1.5 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 1.5 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258 5.7 1 cup 09024 Apricots, canned, juice pack, with skin, solids and liquids 244 1 cup 5.4 09032 Apricots, dried, sulfured, uncooked 35 10 halves 1.1 09021 35 1.2 Apricots, raw 1 apricot 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 24.9 17.8 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 72 297 11015 Asparagus, canned, drained solids 4 spears 60 11012 Asparagus, cooked, boiled, drained 30.4 4 spears Asparagus, frozen, cooked, boiled, drained, without salt 60 11019 4 spears 48.0 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 144.0 09038 Avocados, raw, California 28.35 6.0 1 oz 18005 Bagels, cinnamon-raisin 89 4" bagel 0.6 18005 71 3-1/2" bagel 0.5 Bagels, cinnamon-raisin 18001 Bagels, plain, enriched, with calcium propionate (includes onion, 89 1.0 4" bagel poppy, sesame) 18001 Bagels, plain, enriched, with calcium propionate (includes onion, 71 3-1/2" bagel 0.8 poppy, sesame) 19078 28.35 Baking chocolate, unsweetened, squares 1 square 2.7 11028 Bamboo shoots, canned, drained solids 131 1 cup 0.0 09040 Bananas, raw 150 0.8 1 cup 09040 Bananas raw 118 1 banana 0.6 157 1.3 20006 Barley, pearled, cooked 1 cup 200 4.4 20005 Barley, pearled, raw 1 cup 16006 Beans, baked, canned, plain or vegetarian 254 1 cup 2.0 259 16008 Beans, baked, canned, with franks 1 cup 2.6 16010 Beans, baked, canned, with pork and sweet sauce 253 1 cup 2.0 16011 Beans, baked, canned, with pork and tomato sauce 253 1.3 1 cup 16034 Beans, kidney, red, mature seeds, canned 256 1 cup 5.6 16033 Beans, kidney, red, mature seeds, cooked, boiled, without salt 177 1 cup 5.8 Beans, navy, mature seeds, cooked, boiled, without salt 16038 182 1.1 1 cup 16043 Beans, pinto, mature seeds, cooked, boiled, without salt 171 6.0 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	13.4
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.0
1061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.1
1932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.4
1724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.1
22905	Beef stew, canned entree	232	1 cup	8.1
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.4
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.4
13350	Beef, cured, dried	28.35	1 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	1.9
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	1.4
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	1.0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	1.4
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	1.4
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.2
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.6
13930 23610	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades,	85	3 oz 3 oz	1.4
13327	cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.2
13327		83 144		5.3 697.0
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.3
11084	Beets, canned, drained solids Beets, canned, drained solids	24	1 cup 1 beet	0.3
11084	Beets, cooked, boiled, drained	50	1 beet	0.0
11081		170		0.1
18015	Beets, cooked, boiled, drained	27	1 cup 2-1/2" biscuit	0.5
18013	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/2 biscuit 2-1/4" biscuit	0.6
)9042	Blackberries, raw	144	1 cup	28.5
)9042 )9055	Blueberries, frozen, sweetened	230	1 cup	40.7
)9055 )9050	Blueberries, raw	145	1 cup	28.0
)7008	Bologna, beef and pork	56.7	2 slices	0.2
)7008 )7014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.2
18079	Bread crumbs, dry, grated, plain	28.35	2 snees 1 oz	0.9
18376	Bread crumbs, dry, grated, plain Bread crumbs, dry, grated, seasoned	120		55.2
18082	Bread stuffing, bread, dry mix, prepared	120	1 cup 1/2 cup	13.7
8027	Bread, egg	40	1/2" slice	0.4
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.4
		160	10-1/2" bread	
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	1.3
35142	Bread, Indian, fry, made with lard (Navajo)	90 20	5" bread 1 slice	0.7
8033	Bread, italian			0.2
8035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.6
8036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.5
18039	Bread, oatmeal	27	1 slice	0.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.1
18041	Bread, pita, white, enriched	28	4" pita	0.1
18044	Bread, pumpernickel	32	1 slice	0.3
18045	Bread, pumpernickel, toasted	29	1 slice	0.3
18047	Bread, raisin, enriched	26	1 slice	0.4
18048	Bread, raisin, toasted, enriched	24	1 slice	0.5
18053	Bread, reduced-calorie, rye	23	1 slice	0.1
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18057	Bread, reduced-calorie, white	23	1 slice	0.1
18060	Bread, rye	32	1 slice	0.4
18061	Bread, rye, toasted	24	1 slice	0.3
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.4
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.4
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.4
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.8
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.7
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.6
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.6
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.2
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.1
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	183.1
11090	Broccoli, raw	31	1 spear	31.5
11090	Broccoli, raw	88	1 cup	89.4
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.9
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.9
20011	Buckwheat flour, whole-groat	120	1 cup	8.4
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.2
20013	Bulgur, cooked	182	1 cup	0.9
20012	Bulgur, dry	140	1 cup	2.7
01001	Butter, salted	14.2	1 tbsp	1.0
01145	Butter, without salt	14.2	1 tbsp	1.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.8
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	73.4
11109	Cabbage, raw	70	1 cup	42.0
11112	Cabbage, red, raw	70	1 cup	26.7
11114	Cabbage, savoy, raw	70	1 cup	48.2
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.9
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.6
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.4
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.6
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.1
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.6
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.8
19074	Candies, caramels	10.1	1 piece	0.2
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.7
19071	Candies, carob	28.35	1 oz	2.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.2
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.3
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.1
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.1
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
19107	Candies, hard	3	1 small piece	0.0
19107	Candies, hard	6	1 piece	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.2
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.2
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.6
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2.3
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.7
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.1
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.1
19116	Candies, marshmallows	50	1 cup	0.0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.5
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.6
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.1
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.8
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.1
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.3
19080	Candies, semisweet chocolate	168	1 cup	9.4
19087	Candies, white chocolate	170	1 cup	15.5
09060	Carambola, (starfruit), raw	108	1 cup	0.0
09060	Carambola, (starfruit), raw	91	1 fruit	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
16055	Carob flour	8	1 tbsp	0.0
11655	Carrot juice, canned	236	1 cup	36.6
11960	Carrots, baby, raw	10	1 medium	0.9
11128	Carrots, canned, regular pack, drained solids	146	1 cup	14.3
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.4
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.9
11124	Carrots, raw	72	1 carrot	9.5
11124	Carrots, raw	110	1 cup	14.5
1935	Catsup	15	1 tbsp	0.4
1935	Catsup	6	1 packet	0.2
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.5

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.1
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.4
11135	Cauliflower, raw	13	1 floweret	2.1
11135	Cauliflower, raw	100	1 cup	16.0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.7
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.2
11143	Celery, raw	40	1 stalk	11.7
11143	Celery, raw	120	1 cup	35.2
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.5
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.5
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.4
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.5
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.9
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.2
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.1
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.3
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.5
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.4
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.2
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.4
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.2
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.3
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.1
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.9
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.3
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.4
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.5
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.2
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.6
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.3
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.5
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.1
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.8
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.3
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.3

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08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.2
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.8
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.4
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.4
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.3
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.6
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.5
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.5
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.6
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.3
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.9
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	7.5
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.8
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.7
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	1.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	l oz	0.5
01004	Cheese, blue	28.35	1 oz	0.7
01007	Cheese, camembert	38	1 wedge	0.8
01009	Cheese, cheddar	28.35	1 oz	0.8
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.8
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.9
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.2
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.5
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01017	Cheese, cream	14.5	1 tbsp	0.4
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.5
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.2
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.4
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.7
01030	Cheese, muenster	28.35	1 oz	0.7
01032	Cheese, parmesan, grated	5	1 tbsp	0.1
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.8
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.6
01035	Cheese, provolone	28.35	1 oz	0.6
01037	Cheese, ricotta, part skim milk	246	1 cup	1.7
01036	Cheese, ricotta, whole milk	246	1 cup	2.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01040	Cheese, swiss	28.35	1 oz	0.7
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	l cup	3.4
09070	Cherries, sweet, raw	68	10 cherries	1.4
07017	Chicken roll, light meat	56.7	2 slices	0.3
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	3.4
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.3
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.5
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.0
05277	Chicken, canned, meat only, with broth	142	5 oz	2.6
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.3
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.6
11156	Chives, raw	3	1 tbsp	6.4
14181	Chocolate syrup	18.75	1 tbsp	0.1
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	2.1
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.8
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.1
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.3
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.2
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.3
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.1
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.2
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.4
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.6
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.1
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	1.1
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.9
18170	Cookies, fig bars	16	1 cookie	0.9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.6
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.9
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.8
18177	Cookies, molasses	15	1 cookie, medium	0.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.1
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.7
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.3
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.6
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.5
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.5
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.3
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
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.3
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.5
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	l ear	0.3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.4
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.4
20027	Cornstarch	8.064	1 tbsp	0.0
20029	Couscous, cooked	157	1 cup	0.2
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	43.9
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	62.6
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.9
18214	Crackers, cheese, regular	10	10 crackers	0.1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.8
18217	Crackers, matzo, plain	28.35	1 matzo	0.1
18220	Crackers, melba toast, plain	20	4 pieces	0.2
18226	Crackers, rye, wafers, plain	11	1 wafer	0.6
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.0
18229	Crackers, standard snack-type, regular	12	4 crackers	0.8
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.6
18232	Crackers, wheat, regular	8	4 crackers	0.8
18235	Crackers, whole-wheat	16	4 crackers	1.3
14242	Cranberry juice cocktail, bottled	253	8 fl oz	2.5
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.8
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.4
01069	Cream substitute, powdered	2	1 tsp	0.2
01049	Cream, fluid, half and half	15	1 tbsp	0.2
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.5
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.3
01052	Cream, fluid, light whipping	15	1 tbsp	0.4
01056	Cream, sour, cultured	12	1 tbsp	0.1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.1
18239	Croissants, butter	57	1 croissant	1.0
18243	Croutons, seasoned	40	1 cup	3.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.1
15141	Crustaceans, crab, blue, canned	135	1 cup	0.1
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.1
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.1
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
11206	Cucumber, peeled, raw	119	1 cup	8.6
11206	Cucumber, peeled, raw	280	1 large	20.2
11205	Cucumber, with peel, raw	301	1 large	49.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	104	1 cup	17.1
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	203.6
18245	Danish pastry, cheese	71	1 danish	5.3
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.8
09087	Dates, deglet noor	41.5	5 dates	1.1
09087	Dates, deglet noor	178	1 cup	4.8
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.1
01072	Dessert topping, pressurized	4	1 tbsp	0.2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.3
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	2.5
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.8
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	5.8
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.2
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.4
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	17.5
01143	Egg substitute, liquid	62.75	1/4 cup	0.5
01124	Egg, white, raw, fresh	33.4	1 large	0.0
01128	Egg, whole, cooked, fried	46	1 large	2.6
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.2
01131	Egg, whole, cooked, poached	50	1 large	0.2
01132	Egg, whole, cooked, scrambled	61	1 large	2.4
01123	Egg, whole, raw, fresh	58	1 extra large	0.2
01123	Egg, whole, raw, fresh	50	1 large	0.2
01123	Egg, whole, raw, fresh	44	1 medium	0.1
01125	Egg, yolk, raw, fresh	16.6	1 large	0.1
01057	Eggnog	254	1 cup	0.5
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.9
11213	Endive, raw	50	1 cup	115.5
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.7
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.7
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	6.8
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	15.5
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.4
21042	Fast foods, chili con carne	253	1 cup	5.1
21127	Fast foods, coleslaw	99	3/4 cup	56.4
21024	Fast foods, french toast sticks	141	5 sticks	10.6
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.7
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	15.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	18.9
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.5
09094	Figs, dried, uncooked	38	2 figs	5.9
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.1
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.1
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.0
15027	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.1
	Fish, herring, Atlantic, pickled	85.05	3 oz	0.1

1967   Fish, rockfab, Perif, mixed species, cooked, dy heat   149   1. Illet   1. Illet     1971   Fish, rockfab, Perif, mixed species, cooked, dy heat   85   3 oz   1     1922   Fish, roughy, orange, cooked, dy heat   85   3 oz   1     1977   Fish, salmon, chinok, smeked   85   3 oz   1     1978   Fish, salmon, chink, camed, solids with hone and liquid   85   3 oz   3     1978   Fish, salmon, chink, camed, in oil, drained solids with hone   8505   3 oz   3     1972   Fish, tana, light, camed, in oil, drained solids   85   3 oz   3     1972   Fish, tana, light, camed, in water, drained solids   85   3 oz   3     1972   Fish, tana, kingt, camed, in water, drained solids   85   3 oz   3     1972   Fish, tana, kingt, camed, in water, drained solids   85   3 oz   3     1973   Finak/tarter, blef and pork   45   1 frank   1     1973   Finak/tarter, blef and pork   38   1/12 package   1     1973   Finak (stren, pole, pol   59   1 frank   1     1974   Finat pack, solids and liquids   77   1 darp (2 anp)   1     1974   Finat packafint, sonff-sore <td< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th><b>Common Measure</b></th><th>Content per Measure</th></td<>	NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
19071     Fish, rockfish, Paufic, mixed species, cooked, dry heat     149     1 fillet     1       15071     Fish, rockfish, Paufic, mixed species, cooked, dry heat     85     3	15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.1
19071   Fish, roadkfa, Pacific, mixed species, cooked, dry heat   85   3 oz   1     15212   Fish, roadkf, roange, cooked, dry heat   85   3 oz   1     15214   Fish, sulmon, finio, camed, solids with hone and liquid   85   3 oz   1     15084   Fish, sulmon, finio, camed in oil, drained solids with hone   85,05   3 oz   3     15085   Fish, sund, fisht, camed in oil, drained solids   85,05   3 oz   3     15121   Fish, trans, fisht, camed in water, drained solids   85   3 oz   3     07022   Frankfurter, beef   45   1 frank   1     07024   Frankfurter, beef and pock   45   1 frank   1     07024   Frankfurter, beef and pock   38   1/2 gackage   1     07024   Frankfurter, beef pop   50   1 bar (2 f a oz)   1     19233   Frozen novelite, ic or pop pop   50   1 bar (2 f a oz)   1     19234   Frozen novelite, ic or pop par and grape and cherry).   248   1 cap   1     19235   Frozen novelite, ic or pop and par and grape and cherry).   248   81 oz   1     19246   Fruit acckati, dy mith, reprared with water   13   1 cap   1     19235   Grape drinit, acamed, in wa	15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.1
15322     Fish, roughy, orange, cooked, dry heat     85     3 oz     1       15077     Fish, natmor, pick, camed, suids with bone and liquid     85.05     3 oz     3       15088     Fish, sandne, pick, camed, suids with bone and liquid     85.05     3 oz     3       15189     Fish, sandne, pick, camed, on id, drained solids     85.05     3 oz     3       15121     Fish, tuna, light, camed in water, drained solids     85     3 oz     3       15122     Fish, tuna, light, camed in water, drained solids     85     3 oz     3       07023     Frankfurter, beef     45     1 frank     4       07024     Frankfurter, beef and pork.     45     1 frank     4       07025     Frankfurter, beef and pork.     45     1 frank     4       07026     Frankfurter, beef and pork.     45     1 frank     4       07027     Frankfurter, beef and pork.     72     1 bar (2 5 fl oz)     4       19283     Frozen novelties, ite type, pop     59     1 bar (2 1 oz)     4       19294     Fruit burters, apple     17     1 bar (2 1 oz)     4       19217     Gelatin desserts, dwits and liq	15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.1
15077     Fish, salmon, chood, smoked     85.05     3 oz     1       15084     Fish, salmon, chood, smoked     85.05     3 oz     1       15184     Fish, salmon, chood, smoked     85.05     3 oz     3       15119     Fish, tana, light, canned in witer, drained solids     85.05     3 oz     3       15120     Fish, tana, light, canned in witer, drained solids     85     3 oz     3       07022     Frankfuter, beef     45     1 frank     1       07024     Frankfuter, beef and pork     45     1 frank     1       17930     Frostings, vanilla, creamy, rody-to-cart     38     1/12 package     1       17933     Frozen novelite, ice type, pop     59     1 bat (2 1 0 oz)     1       17934     Frozen yoguts, vanilla, soft-serve     72     12 cup     1       17934     Frozen yoguts, vanilla, soft-serve     72     1 cup     1       17934     Frozen yoguts, vanilla, soft-serve     72     1 cup     1       17934     Frozen yoguts, vanilla, soft-serve     72     1 cup     1       17935     Grozen yoguts, vanilla, soft-serve     72     1 cup	15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.1
1504Fish, salmen, pink, eanned, solids with bene and liquid853 oz11515Fish, sardner, Atlanne, canned in oil, drained solids with bene85.053 oz315121Fish, tuna, light, canned in water, drained solids853 oz315121Fish, tuna, light, canned in water, drained solids853 oz315123Fish, tuna, light, canned in water, drained solids853 oz315124Fish, tuna, light, canned in water, drained solids853 oz315125Fish, tuna, light, canned in water, drained solids853 oz315126Fish, tuna, witht, canned in water, drained solids853 oz317022Frankfurter, beef and pork451 frank117026Fish, sall, careux, ready-to-cat8811/21 package117236Frozen novelties, fiut and juice bas771 bar (2 1 0 oz)117238Frozen novelties, ice type, pop2212 cap117394Frozen novelties, ice type, pop2371 cup117394Frozen solids and liquids2371 cup117474Fraze hand pincapple and para and grape and cherry), canned, licey pack, solids and liquids2488 1 oz117475Garlie, now31 clove111747Grape drak, canned2508 1 oz11747Grape drak, canned2501 cup11747Grape drak, canned, sweetned, diluted w	15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.9
15088     Fish, sardine, Atlantic, canned in oil, drained solids with bone     85.05     3 oz     3 oz     3       15110     Fish, tuna, Ight, canned in wit, drained solids     85     3 oz     3       15121     Fish, tuna, white, canned in wate, drained solids     85     3 oz     3       15125     Fish, tuna, white, canned in wate, drained solids     85     3 oz     3       07023     Frankfurer, beef     45     1 frank     4       07024     Frankfurer, beef     45     1 frank     4       07024     Frankfurer, beef     38     1/2 package     4       07024     Frankfurer, beef     7     1 bar (2 fl oz)     4       19263     Frozen novelite, inc type, pop     59     1 bar (2 fl oz)     4       19284     Fruit loutes, apple     72     1 cap     4       09000     Ermit coktail, (peach and piragrape and grape and grape and chery), 237     1 cup     4       19284     Fruit coktail, (peach and piragrape)     3     1 deve     4       19294     Fruit coktail, (peach and piragrape)     3     1 deve     4       19204     Fruit coktail, (peach and piragrape)	15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.1
15119     Fish, tuna, light, canned in water, drained solids     85 05     3 oz     3     3     oz     1       15121     Fish, tuna, light, canned in water, drained solids     85     3 oz     1     1       15126     Fish, tuna, light, canned in water, drained solids     85     3 oz     3     0z     1       07022     Frankfurter, beef and pork     45     1 frank     1       07024     Frankfurter, beef and pork     45     1 frank     1       07024     Frankfurter, beef and pork     45     1 frank     1       07025     Froxkfurter, beef and pork     38     1/12 package     1       19203     Frozen novelties, fuit and juice bars     77     1 ber (2 fl oz)     1       19233     Frozen novelties, fuit and juice bars     72     1/2 cap     1       19234     Froit bufters, apple     10 part and grappe and deery, 227     1/2 cap     1       19234     Froit bufters, apple     10 part and grappe and deery, 237     1 cap     1       1924     Fruit bufters, apple     10 part and grappe and deery, 237     1 cap     1       1925     Grapp dine, kanned o bottled, unswetened	15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.3
15121   Fish, tuna, light, canned in water, drained solids   85   3 oz   1     15126   Fish, tuna, vibit, canned in water, drained solids   85   3 oz   1     15126   Fish, tuna, vibit, canned in water, drained solids   85   1 frank   1     07022   Frankfurter, beef and pork   45   1 frank   1     07024   Frankfurter, beef and pork   45   1 frank   1     07025   Frankfurter, beef and pork   38   1/12 package   1     19206   Frozen novellies, fruit and juice bars   77   1 bar (2.5 fl oz)   1     19238   Frozen novellies, ice type, pop   59   1 C2 Oup   1     19249   Fruit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and par and grape and chery), entit contail, (paceh and pincapple and pace and chery), en	15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.2
15126     Fish, tuna, white, canned in water, drained solids     85     3 oz     1       07022     Frankfurter, beef and pork     45     1 frank     1       07023     Frankfurter, beef and pork     45     1 frank     1       19230     Froatings, vanilla, creamy, ready-to-eat     38     1/12 package     1       19233     Frozen novellies, icit ype, pop     59     1 bar (2.5 fl oz)     1       19234     Frozen novellies, icit ype, pop     59     1 bar (2.5 fl oz)     1       19234     Frozen novellies, icit ype, pop     248     1 cup     1       19234     Frozen ovellies, icit ype, pop     248     1 cup     1       19234     Frozen ovellies, icit ype, pop     248     1 cup     1       19244     Fruit burch drink, wiha dade nutrients, canned     248     8 fl oz     1       19255     Garlie, raw     3     1 clove     1     1       19276     Garlie, raw     3     1 clove     1     1       19276     Garlie, raw     3     1 clove     1     1     1     1     1     1     1     1     1	15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.4
07022     Frankfurter, beef and pork     45     1 frank     1       07023     Frankfurter, beef and pork     45     1 frank     1       07024     Frankfurter, beef and pork     45     1 frank     1       07024     Frankfurter, beef and pork     45     1 frank     1       07024     Frankfurter, beef and pork     45     1 frank     1       07023     Frozen novellies, fout and juice bars     77     1 bar (21 for)     1       19283     Frozen novellies, ice type, pop     59     1 bar (21 for)     1       19284     Fruit borkenills, out-serve     72     1 2 cup     1       19294     Fruit borkenills, out-serve     72     1 cup     1       19207     Fruit cockenill, (peach and pineapple and pear and grape and cherry), enditade     248     8 fl oz     1       19107     Gelatin desserts, dry mix, prepared with water     135     12 cup     1       19175     Gelatin desserts, dry mix, reduced calorie, with apartame, prepared     117     1/2 cup     1       19176     Gelatin desserts, dry mix, reduced calorie, with added vitamin C     253     1 cup     1       19176 <td>15121</td> <td>Fish, tuna, light, canned in water, drained solids</td> <td>85</td> <td>3 oz</td> <td>0.2</td>	15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.2
97022   Frankfurter, beef and pork   45   1 frank   1     97023   Frankfurter, beef and pork   45   1 frank   1     97024   Frankfurter, beef and pork   45   1 frank   1     97025   Frostings, vanilla, creany, ready-to-eat   38   1/12 package   1     19236   Frosten novelites, fiuit and juice bars   77   1 bar (21 foz)   1     19238   Frozen novelites, fiuit and juice bars   72   1 2 cup   1     19244   Fruit borters, apple   17   1 bbr (21 foz)   1     19254   Fruit borters, apple   17   1 bbr (21 foz)   1     19264   Fruit borters, apple   17   1 cup   1     19275   Grade hand pineapple and pear and grape and cherry).   237   1 cup   1     11215   Garlie, raw   3   1 clove   1     11215   Garlie, raw   3   1 clove   1     11215   Garlin desserts, dry mix, prepared with water   15   12 cup   1     11215   Garlin desserts, dry mix, reduced calorie, with agartame, prepared   17   1 cup   1     11215   Grape drink, canned   250   8 floz   1     11215   Grape drink, canned, unsweetened,	15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.1
97023   Frankfurter, bacf and pork   45   1 frank   1     97024   Frankfurter, chicken   45   1 frank   1     97205   Frozen novelites, fruit and juice bars   77   1 bar (2.5 fl az)   1     97234   Frozen novelites, ice type, pop   59   1 bar (2.1 fl az)   1     97235   Frozen novelites, ice type, pop   72   1 bar (2.1 fl az)   1     97244   Fruit batters, apple   77   1 bar (2.1 fl az)   1     97247   Fruit cocktail, (peach and pineapple and pear and grape and cherry), canneed, havy syrpp, solids and liquids   248   8 fl oz   1     97074   Fruit cocktail, (peach and pineapple and pear and grape and cherry), canneed, havy syrpp, solids and liquids   248   8 fl oz   1     97074   Fruit cocktail, (peach and pineapple and pear and grape and cherry), canneed, havy syrpp, solids and liquids   248   8 fl oz   1     97074   Gralut desserts, dvy mix, reduced caloric, with aspartame, prepared   172   1 cup   1     97175   Gelatin desserts, dvy mix, reduced caloric, with aspartame, prepared   172   1 cup   1     97174   Grape drink, canned   250   8 fl oz   1     97173   Grape drink, canned, unswetened, unditued with 3 volume   250   1 cup   1 <t< td=""><td>07022</td><td></td><td>45</td><td>1 frank</td><td>0.8</td></t<>	07022		45	1 frank	0.8
07024Frankfurter, chicken451 frank119230Frostings, vanilla, creamy, ready-to-eat381/12 package119233Frozen noveltics, fruit and juice bars771 bar (2.5 floz)119233Frozen noveltics, fruit and juice bars771 bar (2.5 floz)119234Frozen noveltics, ter type, pop591 bar (2.5 floz)119234Fruit batters, apple771 hasp119294Fruit cocktail, (peach and pineapple and pear and grape and cherry), enmed, barvy symp, solids and liquids2481 cup112256Garlie, raw31 clove1112157Garlie, raw31 clove119173Gelatin desserts, dry mix, prepared with water1351/2 cup119174Grape drink, canned2508 fl oz119175Grape fruit, canned2508 fl oz119174Grape fruit, canned2501 cup119175Grape fruit, canned, weetened, without added vitamin C2501 cup119175Grape fruit, canned, weetened2471 cup119124Grapefruit juice, white, frozen concentrate, unsweetened, undiluted with 3 volume2501 cup119125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup119126Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup119126Grapefruit juice, w	07023		45	1 frank	0.8
19230     Frosting, vanilla, creamy, ready-to-eat     38     1/12 package       19263     Frozen novelties, fruit and juice bars     77     1 bar (2.5 fl oz)     6       19283     Frozen novelties, ice type, pop     59     1 bar (2.1 oz)     6       19284     Frozen novelties, ice type, pop     72     1/2 cup     6       19294     Fruit pocktail, (peach and pinespple and pear and grape and cherry), camed, bave syrpts, solids and liquids     248     1 cup     6       09097     Fruit cocktail, (peach and pinespple and pear and grape and cherry), camed, bave syrpts, solids and liquids     248     8 fl oz     6       19175     Gathic, raw     3     1 clove     6     6       19175     Gathic, samed     250     8 fl oz     6     6       19176     Grape drink, canned     250     8 fl oz     6     6       09135     Grape fuice, frozen concentrate, sweetened, uithout added vitamin C     253     1 cup     6       09136     Grape fuice, forzen concentrate, unsweetened, uithout added vitamin C     250     1 cup     6       09136     Grape fuice, forzen concentrate, unsweetened, uithout added vitamin C     250     1 cup     6					0.0
19263Frozen novelities, fruit and juice bars771 bar (2.5 fl oz)119283Frozen novelities, fice type, pop591 bar (2 fl oz)119293Frozen yogurts, vanilla, soft-serve721/2 cup119294Fruit butters, apple171 bbsp109100Fruit cocktail, (peach and pineapple and pear and grape and chery), canned, heavy symp, solids and liquids2481 cup10907Fruit cocktail, (peach and pineapple and pear and grape and chery), canned, juice pack, solids and liquids2371 cup111215Garlie, raw31 clove1111215Garlie, raw31 clove111216Gelatin desserts, dry mix, repared with water1351/2 cup1119176Gelatin desserts, dry mix, requered with water2508 fl oz111217Grape drink, canned2508 fl oz111218Grape drink, canned2501 cup111217Grape drink, canned2501 cup111218Grape fruit juice, white, canned, sweetened, utiluted, with added vitamin C2531 cup111217Grape drink, canned or bottled, unsweetened, without added vitamin C2501 cup111218Grapefruit juice, white, canned, unsweetened2166-fl-oz can211213Grapefruit juice, white, canned, unsweetened2471 cup111218Grapefruit juice, white, frozen concentrate, unsweetened247<					4.9
19283Frozen novelties, ice type, pop591 har (2 fl oz)1019293Frozen yogurts, vanilla, soft-serve721/2 cup1/219294Fruit butters, apple171 bbsp1/209100Fruit cockail, (peach and pineapple and pear and grape and cherry). canned, havy syrup, solids and liquids2/481 cup09097Fruit cockail, (peach and pineapple and pear and grape and cherry). canned, luce pack, solids and liquids2/488 fl oz1/21/215Garlie, raw31 clove1/21/21/215Garlie, raw31 clove1/21/217Gistain desserts, dry mix, prepared with water1351/2 cup1/21/217Gistain desserts, dry mix, reduced calorie, with aspartame, prepared with water1/71/2 cup1/21/217Grape func, canned2/508 fl oz1/21/217Grape func, canned or bottled, unsweetened, diluted with 3 volume2/501 cup1/21/213Grape func, canned, unsweetened, diluted with 3 volume2/501 cup1/21/213Grapefunit juice, white, canned, unsweetened2/11 cup1/21/213Grapefunit juice, white, forzen concentrate, unsweetened, diluted with 3 volume2/71 cup1/21/213Grapefunit juice, white, forzen concentrate, unsweetened, diluted with2/41 cup1/21/213Grapefunit juice, white, forzen concentrate, unsweetened, diluted with2/41 cup1/21/213Grapefunit juice,					0.7
19293Frozen yogurts, vanilla, soft-serve721/2 cup19294Fruit butters, apple171 thsp19294Fruit ocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids2481 cup09097Fruit ocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids2371 cup19294Fruit punch drink, with added nutrients, canned2488 fl oz119175Geltain desserts, dry mix, prepared with water1351/2 cup119176Geltain desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup119176Gielain desserts, dry mix, reduced calorie, without added vitamin C2508 fl oz109137Grape dink, canned2508 fl oz109136Grape juice, frazen concentrate, sweetened, ultitud, with added2166-fl-oz can109136Grape juice, frazen concentrate, sweetened, ultitud, with added2166-fl-oz can109123Grapefruit juice, white, canned, unsweetened, diluted with2471 cup109124Grapefruit juice, white, frozen concentrate, unsweetened, ultidud with2471 cup109128Grapefruit juice, white, frozen concentrate, unsweetened, ultidud with2471 cup109129Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup109129Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup <t< td=""><td></td><td></td><td></td><td></td><td>0.0</td></t<>					0.0
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OP100Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids2481 cup09097Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids237I cup14267Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids2488 fl oz014267Fruit punch drink, with added nutrients, canned2488 fl oz019173Gelatin desserts, dry mix, prepared with water1351/2 cup019176Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup014277Grape drink, canned2508 fl oz009135Grape juice, canned or bottled, unswetened, without added vitamin C2531 cup009136Grape juice, forzen concentrate, sweetened, undiluted, with added2166-fl-oz can209124Grapefruit juice, white, canned, unsweetened2471 cup009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup009126Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup009127Grapefruit juice, white, anned, unsweetened, undiluted2471 cup009128Grapefruit juice, white, flozen concentrate, unsweetened, undiluted2471 cup009129Grapefruit juice, white, anned, unsweetened, undiluted2471 cup009120G				1	0.0
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11215Garlic, raw31 clove419173Gelatin desserts, dry mix, prepared with water1351/2 cup419176Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup414277Grape drink, canned2508 fl oz609135Grape juice, conned ro bottled, unsweetened, without added vitamin C2531 cup409136Grape juice, frozen concentrate, sweetened, diluted with 3 volume2501 cup409136Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can409136Grape juice, frozen concentrate, sweetened, undiluted with added2501 cup409136Grapefruit juice, white, canned, unsweetened2501 cup409126Grapefruit juice, white, canned, unsweetened2471 cup409126Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can409126Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2071 cup409127Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup409128Grapefruit juice, white, anare1181/2 grapefruit409129Grapefruit juice, white, all areas1181/2 grapefruit409120Grapefruit, raw, jink and red, all areas1181/2 grapefruit409132Grapes, red or green (european type varieties, such as, Thompson secelless), raw <td>09097</td> <td>Fruit cocktail, (peach and pineapple and pear and grape and cherry),</td> <td>237</td> <td>1 cup</td> <td>6.2</td>	09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry),	237	1 cup	6.2
19173Gelatin desserts, dry mix, prepared with water1351/2 cup11719176Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup11714277Grape drink, canned2508 fl oz109135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup109137Grape juice, frozen concentrate, sweetened, diluted with 3 volume2501 cup10913709137Grape juice, frozen concentrate, sweetened, uniluted, with added2166-fl-oz can10913709136Grape fruit juice, white, canned, sweetened2501 cup10913709137Grapefruit juice, white, canned, sweetened2501 cup10913709138Grapefruit juice, white, frozen concentrate, unsweetened2471 cup10912809129Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can10912809129Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can10912809120Grapefruit juice, white, fla areas1181/2 grapefruit10912809121Grapefruit, raw, white, all areas1181/2 grapefruit10912809132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes2109132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes2109132Grapes, red or green (european type varieties, such as, Thompson seedless), raw<	14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.0
19176Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water1171/2 cup14277Grape drink, canned2508 fl oz009135Grape drink, cannedo bottled, unsweetened, without added vitamin C2531 cup09137Grape juice, frozen concentrate, sweetened, diluted with 3 volume2501 cup09136Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can209137Grapefruit juice, white, canned, sweetened2471 cup009128Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup009126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup009129Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup009129Grapefruit juice, white, frozen concentrate, unsweetened, diluted 3 volume water2076-fl-oz can009120Grapefruit juice, white, all areas1231/2 grapefruit009121Grapefruit juice, white, all areas1181/2 grapefruit009132Grapes, red or green (european type varieties, such as, Thompson seedles), raw5010 grapes209132Grapes, red or green (european type varieties, such as, Thompson seedles), raw5010 grapes209132Grapes, red or green (european type varieties, such as, Thompson seedles), raw5010 grapes2<	11215	Garlic, raw	3	1 clove	0.0
with waterwith water2508 fl oz14277Grape drink, canned2508 fl oz009135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup09137Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C2501 cup09136Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can21009137Grapefruit juice, white, canned, sweetened2471 cup0012309128Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup0012309129Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup0012309129Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can0012309129Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can0012309129Grapefruit juice, white, all areas1231/2 grapefruit0012309120Grapefruit, settions, canned, light syrup pack, solids and liquids2541 cup0012309132Grapes, red or green (european type varieties, such as, Thompson seedless), raw101 cup0012306116Gravy, beef, canned58.251/4 cup0013206119Gravy, chicken, canned59.51/4 cup0013206125Gravy, turkey, canned59.61/4 cup0013206125Gravy, tu	19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
Orace 	19176		117	1/2 cup	0.0
09137Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C2501 cup09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can21009124Grapefruit juice, white, canned, sweetened2501 cup01009123Grapefruit juice, white, canned, unsweetened2471 cup01009126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup01009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can01009128Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can01009129Grapefruit juice, white, raw2471 cup01009120Grapefruit, juice, white, raw2471 cup011109121Grapefruit, raw, pink and red, all areas1231/2 grapefruit011209132Grapes, red or green (european type varieties, such as, Thompson seedless), raw1601 cup2209132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes01006116Gravy, beef, canned59.51/4 cup01006125Gravy, turkey, canned59.61/4 cup01007027Ham, chopped, not canned212 slices011	14277	Grape drink, canned	250	8 fl oz	0.0
water, with added vitamin C2166-fl-oz can09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2501 cup09124Grapefruit juice, white, canned, unsweetened2501 cup09123Grapefruit juice, white, canned, unsweetened2471 cup09126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup09125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can09126Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can09128Grapefruit juice, white, raw2471 cup09112Grapefruit, aw, pink and red, all areas1231/2 grapefruit09121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup09132Grapes, red or green (european type varieties, such as, Thompson seedless), raw101 cup09132Grapes, red or green (european type varieties, such as, Thompson seedless), raw101 grapes06116Gravy, beef, canned58.251/4 cup006119Gravy, turkey, canned59.51/4 cup006125Gravy, turkey, canned59.61/4 cup007027Ham, chopped, not canned212 slices0	09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	1.0
vitamin C09124Grapefruit juice, white, canned, sweetened2501 cup009123Grapefruit juice, white, canned, unsweetened2471 cup009126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can009128Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup009128Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2471 cup009128Grapefruit juice, white, and red, all areas1231/2 grapefruit009110Grapefruit, raw, pink and red, all areas1181/2 grapefruit009121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup009132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes2209132Grapes, red or green (european type varieties, such as, Thompson seedless), raw58.251/4 cup006116Gravy, beef, canned59.51/4 cup0006125Gravy, turkey, canned59.61/4 cup007027Ham, chopped, not canned212 slices0		water, with added vitamin C		L.	1.0
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06119     Gravy, chicken, canned     59.5     1/4 cup     0       06125     Gravy, turkey, canned     59.6     1/4 cup     0       07027     Ham, chopped, not canned     21     2 slices     0		seedless), raw			7.3
06125Gravy, turkey, canned59.61/4 cup07027Ham, chopped, not canned212 slices		-		1	0.1
07027Ham, chopped, not canned212 slices				1	0.1
					0.0
07028Ham, sliced, extra lean56.72 slices	07027	Ham, chopped, not canned	21	2 slices	0.0
	07028	Ham, sliced, extra lean	56.7	2 slices	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.0
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.8
19296	Honey	21	1 tbsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.1
19270	Ice creams, chocolate	66	1/2 cup	0.2
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.8
19095	Ice creams, vanilla	66	1/2 cup	0.2
19088	Ice creams, vanilla, light	66	1/2 cup	0.3
19089	Ice creams, vanilla, rich	74	1/2 cup	1.0
19297	Jams and preserves	20	1 tbsp	0.0
19300	Jellies	19	1 tbsp	0.1
11226	Jerusalem-artichokes, raw	150	1 cup	0.2
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.1
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.6
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	30.6
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.2
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.6
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	4.1
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.3
04002	Lard	12.8	1 tbsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
09153	Lemon juice, canned or bottled	244	1 cup	0.0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
09152	Lemon juice, raw	47	juice of 1 lemon	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
09150	Lemons, raw, without peel	58	1 lemon	0.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.4
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.7
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.7
11251	Lettuce, cos or romaine, raw	10	1 leaf	10.3
11251	Lettuce, cos or romaine, raw	56	1 cup	57.4
11253	Lettuce, green leaf, raw	10	1 leaf	17.4
11253	Lettuce, green leaf, raw	56	1 cup	97.2
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	129.9
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.9
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	9.4
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	8.7
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.8
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.2
09160	Lime juice, raw	38	juice of 1 lime	0.2
22247	Macaroni and Cheese, canned entree	252	1 cup	0.5
20100	Macaroni, cooked, enriched	140	1 cup	0.0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.6
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.8
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.2
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1
09176	Mangos, raw	165	1 cup	6.9
09176	Mangos, raw	207	1 mango	8.7
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	13.2
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	13.1
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	4.9
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	14.5
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	4.9
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	14.7
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	4.5
09181	Melons, cantaloupe, raw	160	1 cup	4.0
09181	Melons, cantaloupe, raw	69	1/8 melon	1.7
09184	Melons, honeydew, raw	160	1/8 melon	4.6
09184	Melons, honeydew, raw	170	1 cup	4.9
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.6
01111	Milk shakes, thick vanilla	313	11 fl oz	0.6
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.2
01095	Milk, canned, condensed, sweetened	306	1 cup	1.8
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.3
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.3
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.5
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.5
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.2
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.5
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.5
16112	Miso	68.75	1 cup	20.7
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.3
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.2
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.1
18274	Muffins, blueberry, commercially prepared	57	1 muffin	3.1
18279	Muffins, corn, commercially prepared	57	1 muffin	1.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18283	Muffins, oat bran	57	1 muffin	7.4
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	5.9
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	28.1
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.3
11264	Mushrooms, canned, drained solids	156	1 cup	0.2
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.2
11260	Mushrooms, raw	70	1 cup	0.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.1
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.3
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
09191	Nectarines, raw	136	1 nectarine	3.0
20113	Noodles, chinese, chow mein	45	1 cup	3.0
20110	Noodles, egg, cooked, enriched	160	1 cup	0.0
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.8
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.8
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.8
12167	Nuts, chestnuts, european, roasted	143	1 cup	11.2
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.3
12104	Nuts, coconut meat, raw	45	1 piece	0.1
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.7
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	3.6
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.0
12147	Nuts, pine nuts, dried	28.35	1 oz	15.3
12147	Nuts, pine nuts, dried	8.6	1 tbsp	4.6
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.7
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.8
20033	Oat bran, raw	94	1 cup	3.0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	8.1
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.1
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.8
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	3.4
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	3.4
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	1.0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.3
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.7
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	64.0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	88.0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.5
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.1
11284	Onions, dehydrated flakes	5	1 tbsp	0.2
11282	Onions, raw	14	1 slice	0.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1282	Onions, raw	110	1 whole	0.4
1282	Onions, raw	160	1 cup	0.6
1291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	31.1
1291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	207.0
9207	Orange juice, canned, unsweetened	249	1 cup	0.2
)9215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.2
9214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
)9206	Orange juice, raw	86	juice from 1 orange	0.1
9206	Orange juice, raw	248	1 cup	0.2
9200	Oranges, raw, all commercial varieties	180	1 cup	0.0
9200	Oranges, raw, all commercial varieties	131	1 orange	0.0
8288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	2.3
)9226	Papayas, raw	140	1 cup	3.6
)9226	Papayas, raw	304	1 papaya	7.9
1297	Parsley, raw	10	10 sprigs	164.0
1299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.6
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.5
9241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	4.5
9241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.7
)9238	Peaches, canned, juice pack, solids and liquids	248	1 cup	4.2
9238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.7
)9246	Peaches, dried, sulfured, uncooked	39	3 halves	6.1
)9250	Peaches, frozen, sliced, sweetened	250	1 cup	5.5
)9236	Peaches, raw	170	1 cup	4.4
)9236	Peaches, raw	98	1 peach	2.5
6097	Peanut butter, chunk style, with salt	16	1 tbsp	0.1
6098	Peanut butter, smooth style, with salt	16	1 tbsp	0.1
6090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
6390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
6089	Peanuts, all types, oil-roasted, with salt	28.35	l oz	0.0
)9340	Pears, asian, raw	275	l pear	12.4
)9340	Pears, asian, raw	122	1 pear	5.5
)9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.8
)9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.2
)9254	Pears, canned, juice pack, solids and liquids	76	1 half	0.2
)9254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.2
)9252	Pears, raw	166	1 pear	7.5
1301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	40.0
1303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	40.0
1308	Peas, green, canned, regular pack, drained solids	170	*	36.4
		160	1 cup	30.4
1313 6086	Peas, green, frozen, cooked, boiled, drained, without salt Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	38.4 9.8
16086	-	45	1 cup	9.8 6.4
	Peppers, hot chili, green, raw		1 pepper	
1819	Peppers, hot chili, red, raw	45	1 pepper	6.3
1632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.4
1334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12.9
1333	Peppers, sweet, green, raw	149	1 cup	11.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11333	Peppers, sweet, green, raw	119	1 pepper	8.8
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.9
11821	Peppers, sweet, red, raw	119	1 pepper	5.8
11821	Peppers, sweet, red, raw	149	1 cup	7.3
11945	Pickle relish, sweet	15	1 tbsp	12.5
11937	Pickles, cucumber, dill	65	1 pickle	11.9
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	10.3
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.6
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.1
18305	Pie, blueberry, commercially prepared	117	1 piece	12.3
18308	Pie, cherry, commercially prepared	117	1 piece	8.9
18319	Pie, fried pies, fruit	128	1 pie	5.2
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.4
18324	Pie, pecan, commercially prepared	113	1 piece	5.4
18326	Pie, pumpkin, commercially prepared	109	1 piece	6.8
11943	Pimento, canned	12	1 tbsp	1.0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.1
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.1
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.7
09266	Pineapple, raw, all varieties	155	1 cup	1.1
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	4.2
09278	Plantains, cooked	154	1 cup	1.1
09277	Plantains, raw	179	1 medium	1.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.1
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	2.0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.8
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.7
09291	Plums, dried (prunes), uncooked	42	5 prunes	25.0
09279	Plums, raw	66	1 plum	4.2
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.4
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0.1
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.1
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10121	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10131	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10155	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10133	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,	85	3 oz	0.0
101/7	cooked, pan-fried	60	J 02	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
11672	Potato pancakes	76	1 pancake	2.1
11399	Potato puffs, frozen, oven-heated	79	10 puffs	3.2
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
11364	Potatoes, baked, skin, without salt	58	1 skin	1.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.9
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.3
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.8
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	1.3
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.1
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.8
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.8
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.6
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.7
09294	Prune juice, canned	256	1 cup	8.7
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.1
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
11424	Pumpkin, canned, without salt	245	1 cup	39.2
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.0
11429	Radishes, raw	4.5	1 radish	0.1
09298	Raisins, seedless	145	1 cup	5.1
09298	Raisins, seedless	14	1 packet	0.5
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.3
09302	Raspberries, raw	123	1 cup	9.6
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	6.0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	71.0
20037	Rice, brown, long-grain, cooked	195	1 cup	1.2
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.2
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.2
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.8
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.3
18353	Rolls, hard (includes kaiser)	57	1 roll	0.3
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.5
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.9
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.9
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.8
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	15.4
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.2
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.9
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.8
04015	Salad dressing, russian dressing	15.3	1 tbsp	8.2
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.1
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	4.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	10.8
07069	Salami, cooked, beef and pork	56.7	2 slices	0.7
07072	Salami, dry or hard, pork, beef	20	2 slices	0.3
02047	Salt, table	6	1 tsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.2
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.1
06166	Sauce, homemade, white, medium	250	1 cup	2.3
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	34.8
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.1
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.7
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	135.0
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.3
11445	Seaweed, kelp, raw	10	2 tbsp	6.6
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.2
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	13.4
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.9
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.8
14346	Shake, fast food, chocolate	333	16 fl oz	5.0
14347	Shake, fast food, vanilla	333	16 fl oz	1.3
19097	Sherbet, orange	74	1/2 cup	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.5
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.5
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.8
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.2
19013	Snacks, fruit leather, pieces	28.35	1 oz	5.2
19014	Snacks, fruit leather, rolls	21	1 large	3.8
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.7
19034	Snacks, popcorn, air-popped	8	1 cup	0.1
19036	Snacks, popcorn, cakes	10	1 cake	0.1
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.4
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	1.7
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	2.0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.3

19422Snacks, protex hup, reduced fut28.351 cz219047Snacks, protex hup, Indin, siled010 protex hup019055Snacks, tree duels, brown rice, plain91 cake019056Snacks, tree duels, brown rice, plain28.351 cz019057Snacks, tree duels, brown rice, plain28.351 cz019057Snacks, tree duels, brown rice, plain28.351 cz019057Snacks, cortilla chips, nach-er Huvor24.41 cap019058Song, bear with peck, canned, prepared with equal volume water, commercial24.41 cap019058Song, chicken modile, canned, prepared with equal volume water, commercial24.11 cap019058Song, chicken modile, canned, prepared with equal volume water, commercial24.11 cap019628Song, chicken modile, canned, prepared with equal volume water, commercial24.41 cap219623Song, chan chowder, neaned, prepared with equal volume water, commercial24.41 cap219623Song, chan chowder, neaned, prepared with equal volume water, commercial24.41 cap219643Song, cream of mashroon, canned, prepared with equal volume water, commercial24.41 cap219644Song, cream of mashroon, canned, prepared with equal volume water, commercial24.41 cap219645Song, cream of mashroon, canned, prepared with equal volume water, commercial24.41	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
90947Snacks, pretzels, hard, plain, alted6010 pretzels6090851Snacks, torilla dips, mikin, white corn28.351 oz6090957Snacks, torilla dips, macho-flavor28.351 oz6090957Snacks, torilla dips, macho-flavor28.351 oz6090957Snacks, torilla dips, macho-flavor24.351 cap790957Snap, beef notile, canned, prepared with equal volame water, commercial2441 cap790188Soup, chicken noolde, canned, prepared with equal volame water, commercial2411 cap69053Soup, chicken noolde, canned, prepared with equal volame water, commercial2441 cap7906428Soup, chicken minder, canned, prepared with equal volame water, 	19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.3
99051Snacks, nere cakes, how mrice, plain9I eake090565Snacks, tortil dips, plain, white com28.35I oz090566Song, bear with pork, canned, prepared with equal volume water, commercial233I cup290678Song, bear hort or boullon, proved, dry6I packer090688Song, bear hort or boullon, proved, dry6I packer090678Song, bear hort or boullon, proved, dry6I cup290678Song, bear hort or boullon, proved, dry240I cup290678Song, chicken modle, canned, prepared with equal volume water, commercial241I cup290678Song, chicken modle, canned, prepared with equal volume water, commercial241I cup290678Song, chicken modle, canned, prepared with equal volume water, volume water	19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.8
99956Snacks, torilla chips, plain, while corn28.351 oz090957Snacks, torilla chips, nacho-flavor28.351 oz090674Song, bean with pork, anned, prepared with equal volume water, commercial25.31 ozp090617Song, beel broot noolle, canned, prepared with equal volume water, commercial24.41 cup190618Song, chicken moodle, canned, prepared with equal volume water, commercial24.11 cup290528Song, chicken moodle, canned, prepared with equal volume water, commercial24.11 cup290528Song, chicken moodle, canned, prepared with equal volume water, commercial24.11 cup290528Song, chicken with rec, anned, prepared with equal volume water24.41 cup290538Song, chicken with rec, anned, prepared with equal volume water24.41 cup290543Song, cenan of may frequent with equal volume water, commercial24.81 cup290543Song, cenan of mathematian, canned, prepared with equal volume water, commercial24.41 cup290644Song, cenan of mathematic, anned, prepared with equal volume water, commercial24.41 cup290645Song, cenan of mathematic, anned, prepared with equal volume water, commercial24.41 cup290646Song, cenan of mathematic, anned, prepared with equal volume water, commercial24.41 cup290647Song, cenan of mathematic, anned, prepared with equa	19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.5
99057Snackstortilla chips, nacho-flavor28.35I oz06644Soup, bear with port, canned, prepared with equal volume water, commercial253I cup26669Soup, beef nootle, canned, prepared with equal volume water, commercial244I cup26619Soup, chicken noodle, canned, chunky, ready-to-serve240I cup26623Soup, chicken noodle, canned, prepared with equal volume water, commercial241I cup266243Soup, chicken noodle, canned, prepared with equal volume water, commercial241I cup266253Soup, chicken noodle, canned, prepared with equal volume water, volume water, volum water, volume water, <b< td=""><td>19051</td><td>Snacks, rice cakes, brown rice, plain</td><td>9</td><td>1 cake</td><td>0.2</td></b<>	19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.2
biold4Som, hear with pork, canned, prepared with equal volume water, commercial2531 eup100075Soup, beef nouble, canned, prepared with equal volume water, commercial2441 cup20018Sour, chicken noodle, canned, thenky, ready-to-serve2401 cup20018Sour, chicken noodle, canned, thenky neady-to-serve2411 cup20018Sour, chicken noodle, canned, prepared with equal volume water, commercial2411 cup20023Sour, chicken noodle, canned, prepared with equal volume water, commercial2411 cup20043Sour, chicken noodle, canned, prepared with equal volume water2441 cup20043Sour, chicken noodle, canned, prepared with equal volume water2481 cup20043Sour, canne forwder, name, prepared with equal volume water, varer2481 cup20044Sour, oran of mushroom, canned, prepared with equal volume water, commercial2481 cup20044Sour, oran of mushroom, canned, prepared with equal volume water, commercial2461 cup20044Sour, onion, dehydrated, aprepared with equal volume water, commercial2461 cup20044Sour, onion, dehydrated, aprepared with equal volume water, commercial2461 cup20044Sour, onion, dehydrated, aprepared with equal volume water, commercial2461 cup20047Sour, onion, dehydrated, aprepared with equal volume water, commercial <t< td=""><td>19056</td><td>Snacks, tortilla chips, plain, white corn</td><td>28.35</td><td>1 oz</td><td>0.2</td></t<>	19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.2
commercial       commercial       f       packet       f         6075       Soup, beel Fordnot bouillon, puwder, dry       6       I packet       6         6409       Soup, beels model, canned, prepared with equal volume water, commercial       244       I cup       3         6618       Soup, chicken model, canned, prepared with equal volume water, commercial       241       I cup       3         6628       Soup, chicken model, canned, prepared with equal volume water, commercial       241       I cup       3         6628       Soup, chicken with ce, canned, prepared with equal volume water, water       244       I cup       3         6628       Soup, chicken with rec, canned, prepared with equal volume water, water       248       I cup       3         66243       Soup, cannel ofmathome, canned, prepared with equal volume mater, commercial       248       I cup       3         66443       Soup, onion mix, dehydrated, dry form       39       I packet       6         6655       Soup, poino, dividendy frepared with equal volume water, commercial       246       I cup       3         66644       Soup, poino, dividendy frepared with equal volume water, commercial       240       I cup       3         66745	19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	0.4
Norm, beer noodle, canned, prepared with equal volume water,     244     1 cup     1       60118     Song, chicken noodle, canned, prepared with equal volume water,     241     1 cup     2       606128     Song, chicken noodle, canned, prepared with equal volume water,     241     1 cup     2       66228     Song, chicken noodle, dehydrated, prepared with equal volume water,     241     1 cup     2       66428     Song, chicken noodle, anned, prepared with equal volume water,     241     1 cup     2       66428     Song, chicken noodle, anned, prepared with equal volume water,     244     1 cup     2       66428     Song, cream of mushroom, canned, prepared with equal volume water,     248     1 cup     2       66438     Song, orcam of mushroom, canned, prepared with equal volume water,     244     1 cup     2       66443     Song, noino, dehydrated, yropram     39     1 packet     0       66444     Song, pong, song, song, anned, prepared with equal volume water,     246     1 cup     2       66445     Song, pong, song, chick, fish, home-prepared     233     1 cup     0       66446     Song, vegatable berg, song, fish, fish, long, connercial     244     1 cup     2	06404		253	1 cup	3.0
commercial0618Soup, chicken noodle, canned, prepared with equal volume water, commercial240I cup20628Soup, chicken noodle, canned, prepared with equal volume water, commercial241I cup20628Soup, chicken noodle, dehydrated, prepared with equal volume water, commercial241I cup20628Soup, chicken noodle, dehydrated, prepared with equal volume water, water241I cup20628Soup, clam chowder, manhattan, canned, prepared with equal volume water248I cup206283Soup, cream of mushroom, canned, prepared with equal volume water, water248I cup206243Soup, cream of mushroom, canned, prepared with equal volume water, commercial248I cup206443Soup, onion mix, dehydrated, dry form39I packet0006440Soup, post, green, canned, prepared with equal volume water, commercial233I cup206440Soup, onion mix, dehydrated, dry form244I cup206451Soup, torato, canned, prepared with equal volume water, commercial244I cup206453Soup, torato, canned, prepared with equal volume water, commercial244I cup206545Soup, torato, canned, prepared with equal volume water, commercial244I cup206555Soup, torato, canned, prepared with equal volume water, commercial244I cup206565Soup, torato, canned, prepared with equal volume wate	06075		6	1 packet	0.2
96419Song, chicken noodle, canned, prepared with equal volume water, commercial2411 cup696428Song, chicken noodle, dehydnated, prepared with equal volume water, avairer2411 cup696428Song, chicken noodle, dehydnated, prepared with equal volume water, volume milk, commercial2481 cup296428Song, clanc howder, new england, canned, prepared with equal volume milk, volume milk, commercial2481 cup296434Song, clanc funshroom, canned, prepared with equal volume water, commercial2481 cup296444Song, crean of mushroom, canned, prepared with equal volume water, commercial2441 cup296644Song, orien of mushroom, canned, prepared with equal volume water, commercial2461 cup096644Song, orien of mushroom, canned, prepared with equal volume water, commercial2461 cup096644Song, orien of mushroom, canned, prepared with equal volume water, commercial2331 cup096645Song, orien of nepared with equal volume water, commercial2441 cup2496647Song, vegetaible, canned, prepared with equal volume water, commercial2441 cup2496647Song, vegetaible, canned, prepared with equal volume water, commercial2441 cup2496647Song, vegetaible, canned, prepared with equal volume water, commercial2441 cup2496647Song, vegetaible, canned, prepared with equal volume water, commercial2441 cup <td< td=""><td></td><td>commercial</td><td></td><td></td><td>1.2</td></td<>		commercial			1.2
connectailconnectail06528Soup, chicken modil, dehydrated, prepared with equal volume water, commercial2411 cup006628Soup, chicken with rice, camed, prepared with equal volume water2441 cup006630Soup, clam chowder, manhattan, canned, prepared with equal volume milk, commercial2481 cup206643Soup, crean of mushroom, canned, prepared with equal volume water, commercial2481 cup206644Soup, crean of mushroom, canned, prepared with equal volume water, commercial2441 cup206644Soup, onion, dehydrated, dry form391 packet006644Soup, onion, dehydrated, dry form2461 cup006644Soup, onion, dehydrated, prepared with equal volume water, commercial2431 cup006644Soup, onion, dehydrated, prepared with equal volume water, commercial2441 cup206645Soup, tonion, dehydrated, ury form2431 cup206646Soup, toniot, canned, prepared with equal volume water, commercial2441 cup206647Soup, tonato, canned, prepared with equal volume water, commercial2441 cup206678Soup, vegetains, non-butterfat, cultured, filled cream-type121 thsp006648Soup, vegetains, non-butterfat, cultured, filled cream-type121 thsp006667Soup, vegetains, non-butterfat, cultured, filled cream-type121 thsp006678				1 cup	3.8
D6423Soup, chicken with rice, canned, prepared with equal volume241l cup0D6428Soup, chicken with rice, canned, prepared with equal volume244l cup1D6430Soup, clam chowder, new england, canned, prepared with equal volume milk, volume milk, commercial248l cup2D6431Soup, crean of mushroom, canned, prepared with equal volume milk, volume milk, commercial248l cup2D6431Soup, crean of mushroom, canned, prepared with equal volume water, volume milk, only draited, dry form39l packet0D6443Soup, onion, dehydrated, dry form39l packet00D6444Soup, soue, stok, fish, home-prepared233l cup00D6455Soup, stok, fish, home-prepared233l cup00D6474Soup, stok, fish, home-prepared244l cup33D6471Soup, vegetable, canned, prepared with equal volume water, commercial244l cup3D6473Soup, vegetable, canned, prepared with equal volume water, commercial244l cup3D6474Soup, vegetable, canned, prepared with equal volume water, commercial244l cup3D6471Soup, vegetable, canned, prepared with equal volume water, commercial244l cup3D6473Soup, vegetable, canned, henky, ready-to-serve, commercial244l cup3D6474Soup, vegetable, canned, henky, ready-to-serve, commercial244l cup3D6475Soup, vege		commercial			0.0
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volume milk, commercialvolume nilkvolume nilk <t< td=""><td></td><td>water</td><td></td><td></td><td>7.1</td></t<>		water			7.1
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66494Soup, onion, dehydrated, prepared with water246I cup006449Soup, pea, green, canned, prepared with equal volume water, commercial250I cup106174Soup, stock, fish, home-prepared233I cup006359Soup, tomato, canned, prepared with equal volume water, commercial248I cup206559Soup, tomato, canned, prepared with equal volume water, commercial244I cup206677Soup, vegetable, canned, chunky, ready-to-serve, commercial240I cup1606678Soup, vegetable, canned, prepared with equal volume241I cup2406679Soup, vegetable, canned, prepared with equal volume241I cup2406670Soup, vegetable, canned, prepared with equal volume241I cup2406671Soup, vegetable, canned, prepared with equal volume241I cup2406678Sour, vegetarian vegetable, canned, prepared with equal volume241I cup240679Sour, vegetable, canned, prepared with equal volume241I cup2406120Soy auce made from soy and wheat (shoyu)16I thsp006123Soy auce made from soy and wheat (s		commercial		•	2.0
bit				1 packet	0.5
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bitSup, vegetable beef, prepared with equal volume water, commercial244I cup4406067Soup, vegetable, canned, chunky, ready-to-serve, commercial240I cup150648Soup, vegetable, canned, prepared with equal volume241I cup0606057Sour dressing, non-butterfat, cultured, filled cream-type12I thsp0616120Soy milk, fluid245I cup716123Soy sauce made from soy and wheat (shoyu)16I thsp0616109Soybeans, mature cooked, boiled, without salt172I cup3322401Spaghetti, with meat sauce, frozen entree283I package222121Spaghetti, cooked, enriched, without added salt140I cup0602007Spices, celery seed2I tsp0602009Spices, celery seed2.6I tsp202010Spices, cinnamon, ground2.3I tsp0602020Spices, cinnamon, ground2.8I tsp0602020Spices, onion powder2.1I tsp0602021Spices, onion powder2.1I tsp0702022Spices, onion powder2.11 tsp1602023Spices, parika2.1I tsp1702024Spices, parika1.31 tsp17				1 cup	2.5
Note of the function of the fu				1 cup	3.9
Def def 8Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial2411 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp016120Soy milk, fluid2451 cup716123Soy sauce made from soy and wheat (shoyu)161 tbsp016199Soybeans, mature cooked, boiled, without salt1721 cup3322401Spaghetti with meat sauce, frozen entree2831 package220121Spaghetti, cooked, enriched, without added salt1401 cup020125Spaghetti, whole-wheat, cooked1401 cup020207Spices, celery seed21 tsp020209Spices, cinnamon, ground2.31 tsp020201Spices, cinnamon, ground2.81 tsp020202Spices, onion powder2.11 tsp020203Spices, onion powder2.11 tsp020204Spices, organo, dried1.51 tsp120205Spices, organo, dried1.51 tsp120206Spices, organo, dried1.51 tsp120207Spices, organo, dried1.51 tsp120208Spices, parsley, dried1.31 tbsp1				1 cup	4.4
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16123So sauce made from soy and wheat (shoyu)161 bsp16109Soybeans, mature cooked, boiled, without salt1721 cup3322401Spaghetti with meat sauce, frozen entree2831 package220121Spaghetti, cooked, enriched, without added salt1401 cup020125Spaghetti, whole-wheat, cooked1401 cup120207Spices, celery seed21 tsp020209Spices, ciniamon, ground2.61 tsp220210Spices, ciniamon, ground2.31 tsp020202Spices, garlic powder21 tsp020203Spices, garlic powder2.11 tsp020204Spices, orion powder1.51 tsp020205Spices, origano, dried1.51 tsp020208Spices, parlika2.11 tsp120209Spices, parlika1.31 tbsp1				*	0.5
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D2027Spices, oregano, dried1.51 tsp9D2028Spices, paprika2.11 tsp1D2029Spices, parsley, dried1.31 tbsp17				1 tsp	0.0
D2028Spices, paprika2.11 tsp1D2029Spices, parsley, dried1.31 tbsp17				*	0.1
D2029Spices, parsley, dried1.31 tbsp17				1 tsp	9.3
				*	1.7
02030Spices, pepper, black2.11 tsp3		Spices, parsley, dried	1.3	1 tbsp	17.7
	02030	Spices, pepper, black	2.1	1 tsp	3.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11658	Spinach souffle	136	1 cup	172.0
11461	Spinach, canned, drained solids	214	1 cup	987.8
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.5
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.3
11457	Spinach, raw	30	1 cup	144.9
11457	Spinach, raw	10	1 leaf	48.3
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	6.3
11641	Squash, summer, all varieties, raw	113	1 cup	3.4
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.3
09316	Strawberries, raw	166	1 cup	3.7
09316	Strawberries, raw	18	1 strawberry	0.4
09316	Strawberries, raw	12	1 strawberry	0.3
19334	Sugars, brown	3.2	1 tsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	5.1
11512	Sweet potato, canned, vacuum pack	255	1 cup	5.6
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	3.4
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	3.3
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.6
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.4
19350	Syrups, corn, light	20	1 tbsp	0.0
19353	Syrups, maple	20	1 tbsp	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
18360	Taco shells, baked	13.3	1 medium	0.7
09223	Tangerine juice, canned, sweetened	249	1 cup	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.1
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.4
11954	Tomatillos, raw	34	1 medium	3.3
11540	Tomato juice, canned, with salt added	243	1 cup	5.6
11546	Tomato products, canned, paste, without salt added	262	1 cup	29.9
11547	Tomato products, canned, puree, without salt added	250	l cup	8.5
11549 11533	Tomato products, canned, sauce	245	1 cup	6.9
	Tomatoes, red, ripe, canned, stewed	255	1 cup	6.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1.6
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	14.2
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	9.7
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.3
11955	Tomatoes, sun-dried	2	1 piece	0.9
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.1
05292	Turkey patties, breaded, battered, fried	64	1 patty	13.4
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.6
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.3
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.9
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	5.2
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	5.6
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.3
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	851.0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.2
02050	Vanilla extract	4.2	1 tsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	6.0
11578	Vegetable juice cocktail, canned	242	1 cup	12.8
04582	Vegetable oil, canola	14	1 tbsp	17.1
11581	Vegetables, mixed, canned, drained solids	163	1 cup	20.2
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	29.1
02048	Vinegar, cider	15	1 tbsp	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.2
14429	Water, municipal	237	8 fl oz	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.3
09326	Watermelon, raw	286	1 wedge	0.3
09326	Watermelon, raw	152	1 cup	0.2
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.4
20083	Wheat flour, white, bread, enriched	137	1 cup	0.4
20084	Wheat flour, white, cake, enriched	137	1 cup	0.4
20080	Wheat flour, whole-grain	120	1 cup	2.3
20089	Wild rice, cooked	164	1 cup	0.8
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.2
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.5