NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09003	Apples, raw, with skin	138	1 apple	0
09004	Apples, raw, without skin	110	1 cup	0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
09021	Apricots, raw	35	1 apricot	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0
11015	Asparagus, canned, drained solids	72	4 spears	0
11012	Asparagus, cooked, boiled, drained	60	4 spears	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0
09038	Avocados, raw, California	28.35	1 oz	0
09039	Avocados, raw, Florida	28.35	1 oz	0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0
18005	Bagels, cinnamon-raisin	89	4" bagel	0
18003	Bagels, egg	89	4" bagel	21
18003	Bagels, egg	71	3-1/2" bagel	17
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
09040	Bananas, raw	118	1 banana	0
)9040	Bananas, raw	150	1 cup	0
20006	Barley, pearled, cooked	157	1 cup	0
20005	Barley, pearled, raw	200	1 cup	0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0

Content per NDB No Description Weight (g) **Common Measure** Measure 16008 Beans, baked, canned, with franks 16 259 1 cup 16010 Beans, baked, canned, with pork and sweet sauce 253 18 1 cup 18 16011 Beans, baked, canned, with pork and tomato sauce 253 1 cup 16015 172 Beans, black, mature seeds, cooked, boiled, without salt 1 cup 0 16025 Beans, great northern, mature seeds, cooked, boiled, without salt 177 1 cup 0 16034 Beans, kidney, red, mature seeds, canned 256 1 cup 0 16033 Beans, kidney, red, mature seeds, cooked, boiled, without salt 177 1 cup 0 16043 Beans, pinto, mature seeds, cooked, boiled, without salt 171 0 1 cup Beans, snap, green, canned, regular pack, drained solids 135 11056 1 cup 0 11053 Beans, snap, green, cooked, boiled, drained, without salt 125 1 cup 0 135 11061 Beans, snap, green, frozen, cooked, boiled, drained without salt 0 1 cup 11932 135 0 Beans, snap, yellow, canned, regular pack, drained solids 1 cup 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125 1 cup 0 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135 0 1 cup 16051 Beans, white, mature seeds, canned 262 1 cup 0 22905 Beef stew, canned entree 232 1 cup 37 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all 85 3 oz 90 grades, cooked, braised 85.05 3 oz 73 13348 Beef, cured, corned beef, canned 28.35 13350 Beef, cured, dried 1 oz 22 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 76 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 77 23573 3 oz 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 77 13073 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 85 3 oz 71 fat, all grades, cooked, roasted 13085 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, 85 3 oz 68 all grades, cooked, roasted 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, 85 3 oz 65 all grades, cooked, braised 87 23605 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all 85 3 oz grades, cooked, braised 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, 85 3 oz 53 all grades, cooked, roasted 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 53 grades, cooked, roasted 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, 85 3 oz 64 cooked, broiled 47 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, 85 3 oz 23610 cooked, broiled 324 13327 Beef, variety meats and by-products, liver, cooked, pan-fried 85 3 oz Beet greens, cooked, boiled, drained, without salt 144 11087 0 1 cup 11084 Beets, canned, drained solids 24 1 beet 0 11084 Beets, canned, drained solids 170 0 1 cup 11081 Beets, cooked, boiled, drained 50 1 beet 0 11081 Beets, cooked, boiled, drained 170 1 cup 0 18016 Biscuits, plain or buttermilk, prepared from recipe 60 2-1/2" biscuit 2 18016 Biscuits, plain or buttermilk, prepared from recipe 101 4" biscuit 3 2-1/2" biscuit 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 27 0 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 21 2-1/4" biscuit 0 09042 Blackberries raw 144 1 cup 0 09055 Blueberries, frozen, sweetened 0 230 1 cup

145

1 cup

09050

Blueberries, raw

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

0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07008	Bologna, beef and pork	56.7	2 slices	34
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	102
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	26
18023	Bread, cornbread, dry mix, prepared	60	1 piece	37
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	26
18025	Bread, cracked-wheat	25	1 slice	0
18027	Bread, egg	40	1/2" slice	20
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	11
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	6
18033	Bread, italian	20	1 slice	0
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0
18039	Bread, oatmeal	27	1 slice	0
18040	Bread, oatmeal, toasted	25	1 slice	0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0
18041	Bread, pita, white, enriched	28	4" pita	0
18044	Bread, pumpernickel	32	1 slice	0
18045	Bread, pumpernickel, toasted	29	1 slice	0
18047	Bread, raisin, enriched	26	1 slice	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
18055	Bread, reduced-calorie, wheat	23	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	0
18060	Bread, rye	32	1 slice	0
18061	Bread, rye, toasted	24	1 slice	0
18064	Bread, wheat (includes wheat berry)	25	1 slice	0
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
18070	Bread, white, commercially prepared (toasted	22	1 slice	0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0
21023	Breakfast items, french toast with butter	135	2 slices	116
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
11740	Broccoli, flower clusters, raw	11	1 floweret	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0
11090	Broccoli, raw	31	1 spear	0
11090	Broccoli, raw	88	1 cup	0
11090	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
20011	Buckwheat groats, roasted, cooked	168	1 cup	0
20010	Bulgur, cooked	182	1 cup	0

01145Butter, without salt14.2I fisp11117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup11120Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt1191 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11110Cabbage, raw701 cup11112Cabbage, raw701 cup11112Cabbage, raw, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18086Cake, angelfood, dry mix, prepared501 piece18090Cake, boston cream pie, commercially prepared951 piece18010Cake, chocolate, prepared from recipe without fosting951 piece18110Cake, pineapple upside-down, prepared from recipe1151 piece18119Cake, pound, commercially prepared, flut-free281 slice18110Cake, pound, commercially prepared, flut-free281 piece18110Cake, pound, commercially prepared, flut-free431 piece18119Cake, pound, commercially prepared, flut-free281 slice18126Cake, pound, commercially prepared, flut-free281 slice18126Cake, pound, commercially prepared, flut-free281 slice18126Cake, pound, commercially prepared, flut-free281 slice18127Cake, soncak cakes, creme-filled, sponge42.5<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
0145Buter, without salt14.211Cabbage, chanser (pack-ban), cooked, boiled, drained, without salt1701 cup11100Cabbage, chanser, (pack-ban), cooked, boiled, drained, without salt1501 cup111101Cabbage, cava701 cup111102Cabbage, cava701 cup111104Cabbage, cava, raw701 cup111144Cabbage, cava, raw701 cup111145Cabbage, cava, raw701 cup111146Cabbage, cava, raw701 cup111146Cabbage, cava, raw701 cup11146Cabbage, cava, raw701 cup11147Cabbage, cava, raw701 cup11148Cabe, cup contractully prepared281 pice11800Cabe, choocatae, commercially prepared431 pice11810Cabe, functake, commercially prepared741 pice11810Cabe, pound, commercially prepared, form recipe1151 cup11812Cabe, pound, commercially prepared, form recipe281 pice11812Cabe, spound, commercially prepared, form recipe201 cup11812Cabe, s	20012	Bulgur, dry	140	1 cup	0
11111Cabbage, chinese (pak-aho), cooked, boiled, drained, without salt1701 cup111120Cabbage, cooked, boiled, drained, without salt1901 cup11110Cabbage, cooked, boiled, drained, without salt1901 cup11110Cabbage, cooked, boiled, drained, without salt701 cup11112Cabbage, and, raw701 cup11112Cabbage, and, raw701 cup11112Cabbage, and, raw701 cup11112Cabbage, and, raw701 cup111806Cake, angelfood, commercially prepared281 price11800Cake, choolate, commercially prepared921 price118010Cake, choolate, commercially prepared441 price118116Cake, choolate, commercially prepared741 price118116Cake, princephe uside down, repared from recipe141 price11812Cake, pound, commercially prepared, from recipe281 storcake11812Cake, pound, commercially prepared, from recipe631 storcake11812Cake, pound, commercially prepared, from recipe631 storcake11812Cake, snack caker, curen-filled, choolate with frosting901 cupcake11812Cake, snack caker, curen-filled, choolate with frosting11 cup11813Cake, snack caker, curen-filled, snopared101 storcake11814Cake, snack caker, curen-filled, snopared11 cup11815Cake, snack caker, curent-filled, snopared11	01001	Butter, salted	14.2	1 tbsp	31
11110Cabbage, chaines (pc-bai), cooked, boiled, drained, without salt19I cup11110Cabbage, cooked, boiled, drained, without salt150I cup11112Cabbage, row, raw70I cup11114Cabbage, row, raw70I cup11114Cabbage, anyo, raw70I cup11114Cabbage, anyo, raw70I pice11114Cabbage, anyo, raw70I pice11180Cake, angellood, commercially prepared50I pice11180Cake, chocolate, commercially prepared with chocolate frosting64I pice11810Cake, chocolate, commercially prepared with chocolate frosting10I pice11810Cake, chocolate, commercially prepared with chocolate frosting10I pice11810Cake, chocolate, commercially prepared from recipe74I pice118110Cake, pincapile upide-down, prepared from recipe15I pice11812Cake, pond, commercially prepared from recipe65I shortack11812Cake, spond, commercially prepared, from recipe63I shortack11812Cake, spond, commercially prepared, with frosting74I pice11813Cake, spond, commercially prepared, with frosting10I pice11814Cake, sponde, commercially prepared, with colorate10I pice11812Cake, shortack-acker, corean-filled, shortach10I pice11814Cake, sponde, commercially prepared63I pice11814Cake, spond	01145	Butter, without salt	14.2	1 tbsp	31
11110Cabhage, cooked, hoiled, dnined, without sult1501 cup11112Cabhage, row701 cup11114Cabhage, savoy, raw701 cup11114Cabhage, savoy, raw701 cup11114Cabhage, savoy, raw701 pice11114Cabhage, savoy, raw701 pice11140Cabe, angelfoid, ontmerially prepared281 pice11800Cake, honeliae, commercially prepared921 pice11810Cake, chocolate, commercially prepared841 pice118116Cake, injengelve unide, down, prepared from recipe without footing951 pice118116Cake, injengelve unide, down, prepared from recipe741 pice11812Cake, injengelve unide, down, prepared, florr free281 pice11812Cake, sonade, consenerially prepared, flor free281 siloc11812Cake, sonade, scokes, creme-filled, chocolate with fosting501 cupcake11812Cake, sonade, scokes, creme-filled, sonade251 cake11812Cake, sonade, prepared from recipe without fosting101 cupcake11813Cake, sonade, prepared from recipe without fosting101 pice11814Cake, sonage, normerially prepared, with c	11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0
11109Cabbage, raw701 cup11112Cabbage, raw701 cup11114Cabbage, story, raw701 cup11180Cabce, angelfood, commercially prepared281 piece11808Cabce, angelfood, dry mix, prepared501 piece11809Cabce, boston cram precise without fuocints921 piece11801Cabce, choolate, commercially prepared with chocolate frosting641 piece11801Cabce, choolate, prepared form recipe431 piece118116Cabce, funciale, commercially prepared, four recipe741 piece118116Cabce, pineapple upide-down, prepared form recipe1151 piece118126Cabce, pond, commercially prepared, futur281 silee118126Cabce, shortcabe, biscuit-type, prepared from recipe501 soleeta118126Cabce, snake cabes, creme-filled, shortcabe1121 piece118126Cabce, snake cabes, creme-filled, shortcabte301 shortcabte118128Cabce, snake cabes, creme-filled, shortfating501 cupcabte118128Cabce, snake cabes, creme-filled, shortfating1121 piece118138Cabce, sponge, prepared from recipe631 piece118134Cabce, sponge, prepared from recipe without frosting641 piece118141Cabce, spoleg, commercially prepared, with choolate firsting641 piece118141Cabce, spoleg, commercially prepared, with choolate firsting641 piece <tr< td=""><td>11120</td><td>Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt</td><td>119</td><td>1 cup</td><td>0</td></tr<>	11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0
11112Cabbage, red, raw70l eup11114Cabbage, sinor, raw70cup11114Cabbage, sinor, raw pie, commercially prepared281 piece18080Cake, angelfood, commercially prepared921 piece18090Cake, chocolar, commercially prepared with chocolate forsting641 piece18110Cake, chocolar, commercially prepared with chocolate forsting951 piece18110Cake, finitake, commercially prepared with chocolate forsting941 piece18111Cake, singerborden precipe741 piece18112Cake, singerborden form recipe151 piece181130Cake, singerborden form recipe851 shortake18124Cake, sonatc akes, creme-filled, chocolate with frosting901 cupcake18125Cake, snack cakes, creme-filled, chocolate with frosting911 cupcake18126Cake, snack cakes, cupcakes, chocolate, with frosting921 piece18133Cake, snack cakes, cupcakes, chocolate, with frosting911 piece18144Cake, snack cakes, cupcake, chocolate, with frosting741 piece18134Cake, spone, prepared from recipe without frosting911 piece18145Cake, white, prepared from recipe without frosting911 piece18146Cake, spone, prepared from recipe1011 piece18135Cake, spone, prepared from recipe121 piece18140Cake, spone, prepared from recipe1011 piece<	11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0
11114Cabbage, savoy, raw701 cap18086Cake, angelfood, commercially prepared281 piece18090Cake, angelfood, dy mix, prepared921 piece18090Cake, chocolate, prepared from recipe without frosting641 piece18101Cake, chocolate, prepared from recipe without frosting431 piece181101Cake, finiteake, commercially prepared, from recipe741 piece181102Cake, pineapple upside-down, prepared from recipe741 piece181103Cake, sond cake, sond cake, prepared, from recipe741 piece181104Cake, sond cake, commercially prepared, fourter281 piece181125Cake, sond cake, comencially prepared, fourter281 piece18126Cake, sond cake, comencially prepared, fourter281 size18127Cake, snack cake, scenes-filled, obsonge301 supcake18128Cake, snack cake, scenes-filled, obsonge301 piece18139Cake, snack cake, scenes-filled, shorting, low-fat311 piece18140Cake, songe acces, sonchake, chocolate, with forsting741 piece18141Cake, white, prepared from recipe631 piece18142Cake, white, prepared from recipe311 piece18143Cake, white, prepared from recipe311 piece18144Cake, white, prepared from recipe321 piece18145Cake, white, prepared from recipe321 piece18146 <t< td=""><td>11109</td><td>Cabbage, raw</td><td>70</td><td>1 cup</td><td>0</td></t<>	11109	Cabbage, raw	70	1 cup	0
18886Cake, angelfood, commercially prepared281 piece18088Cake, angelfood, tymix, prepared501 piece18096Cake, absotin cream pie, commercially prepared541 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chinicake, commercially prepared from recipe741 piece18112Cake, pincapple upside-down, prepared from recipe741 piece18114Cake, pincapple upside-down, prepared from recipe741 piece18115Cake, sond, commercially prepared, fint-free281 silec18126Cake, sond, commercially prepared, fint-free281 silec18127Cake, snack cakes, creme-filled, chocolate with frosting42.51 capcale18128Cake, snack cakes, creme-filled, songe42.51 cake18133Cake, songer, greaned from recipe631 piece118144Cake, songer, greaned from recipe with cocoult frosting121 piece118139Cake, songer, prepared from recipe with cocoult frosting641 piece118141Cake, songer, prepared from recipe10.11 piece118142Cake, songer, prepared from recipe10.11 piece118143Cake, songer, prepared from recipe641 piece118144Cake, songer, prepared from recipe10.11 piece118145Cake, sonder, scaramels10.11 piece118146	11112	Cabbage, red, raw	70	1 cup	0
18088Cake, angelfood, dy mix, prepared50I piece18090Cake, bosolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, chocolate, prepared from recipe741 piece18110Cake, pineaphe upside-down, prepared from recipe741 piece18120Cake, pineaphe upside-down, prepared from recipe1151 piece18121Cake, pound, commercially prepared, fui-free281 silore18122Cake, shortake, bicnit-type, prepared from recipe651 shortaake18125Cake, shortake, bicnit-type, prepared from recipe631 cupcake18126Cake, snack cakes, creme-filled, chocolate with frosting501 cupcake18127Cake, snack cakes, creme-filled, sponge42.51 cupcake18128Cake, snack cakes, creme-filled, sponge42.51 cupcake18133Cake, sponge, prepared from recipe631 piece18144Cake, sponge, commercially prepared, with frosting741 piece18145Cake, white, prepared from recipe without frosting741 piece18140Cake, white, nerpared from recipe10.11 piece18141Cake, sponge, commercially prepared, with anilla frosting641 piece18141Cake, sponge, chocolate, futor trosting641 piece18142Cake, sponde, chocolate, prepared from recipe10.11 piece19074Candies,	11114	Cabbage, savoy, raw	70	1 cup	0
18090Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, propared from recipe without fosting951 piece18101Cake, chocolate, prepared from recipe951 piece18116Cake, pinetade, commercially prepared431 piece18118Cake, pinetade, prepared from recipe1151 piece18119Cake, pound, commercially prepared, future281 piece18120Cake, pound, commercially prepared, future281 slice18121Cake, shout-cake, biscuit-type, prepared from recipe651 shotrake18122Cake, snack cakes, creme-filled, chocolate with frosting501 cupeake18123Cake, snack cakes, creme-filled, sponge42.51 cake18132Cake, sponge, prepared from recipe631 piece118133Cake, sponge, prepared from recipe641 piece118144Cake, sponge, prepared from recipe with cotonal frosting1121 piece118134Cake, sponge, prepared from recipe with cotonal frosting641 piece119074Candies, caramels10.11 piece119074Candies, caramels151 piece119074Candies, fundge, vanital, int prepared-from-recipe161 piece119074Candies, fundge, vanital, int prepared-from-recipe161 piece119074Candies, fundge, vanital, int prepared-from-recipe161 piece119074<	18086	Cake, angelfood, commercially prepared	28	1 piece	0
18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18100Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, gingerbread, prepared from recipe741 piece18110Cake, pound, commercially prepared, futtrecipe151 piece18120Cake, pound, commercially prepared, futtrecipe281 sloce18120Cake, pound, commercially prepared, futtrecipe651 sloce18124Cake, snack cake, creme-filled, chocolate with frosting901 cupeake18125Cake, snack cake, creme-filled, popag22.51 cupeake18134Cake, snack cake, creme-filled, popag301 slore18134Cake, snack cake, creme-filled, popag121 cupeake18134Cake, snack cake, creme-filled, popag121 cupeake18134Cake, snack cake, creme-filled, popag121 cupeake18134Cake, snack cake, creme-filled, popag121 piece18134Cake, snack cake, cupeake, thocolate frosting121 piece18134Cake, snack cake, cupeake, thocolate frosting121 piece18134Cake, spoing, prepared from recipe withouc frosting101 piece18140Cake, subite, merpared from recipe28.351 piece18141Cake, subite, merpared from recipe28.351 piece18141Cake, subite, shocolate, frosting641 piece18142Cake, subite, shocolate, frosting101 piece	18088	Cake, angelfood, dry mix, prepared	50	1 piece	0
18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, functive, commercially prepared431 piece18116Cake, pinapel pusite-down, prepared from recipe741 piece18120Cake, pound, commercially prepared, fut-free281 slice18121Cake, pound, commercially prepared, fut-free281 slice18122Cake, shortake, biscuit-type, prepared from recipe651 shortake18123Cake, sanek cakes, creme-filled, chocolate with frosting501 cupcake18124Cake, sanek cakes, creme-filled, shortake, sho	18090	Cake, boston cream pie, commercially prepared	92	1 piece	34
18110Cake, fruiteake, commercially prepared431 piece18116Cake, gingerphreid, prepared from recipe741 piece18119Cake, pound, commercially prepared, four recipe1151 piece18120Cake, pound, commercially prepared, fut-free281 slice18121Cake, sound, commercially prepared, fut-free281 slice18125Cake, snack cakes, creme-filled, chocolate with fosting501 eupcake18127Cake, snack cakes, creme-filled, sponge42.51 cake18138Cake, snack cakes, creme-filled, sponge301 shortcake18134Cake, songe, commercially prepared301 shortcake18135Cake, sponge, prepared from recipe with coconut frosting1121 piece18140Cake, white, prepared from recipe with coconut frosting1 piece118141Cake, white, prepared from recipe with coconut frosting10.11 piece18142Cake, white, prepared from recipe with coconut frosting10.11 piece18141Cake, vellow, commercially prepared, with chocolate frosting641 piece19074Candies, caramels, chocolate, futor roll71 piece19075Candies, caramels, chocolate, prepared-from-recipe101 piece19076Candies, fudge, chocolate, prepared-from-recipe161 piece19101Candies, fudge, chocolate, mith unts, prepared-from-recipe161 piece19103Candies, fudge, vanilla with nuts151 piece19104	18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	27
18116Cake, gingerbread, prepared from recipe741 piece18119Cake, pinenpple upside-down, prepared from recipe1151 piece18120Cake, pound, commercially prepared, flat-free281 sloce18121Cake, pound, commercially prepared, flat-free281 sloce18122Cake, snot cakes, creme-filled, chocolate with frosting501 cupcake18123Cake, snack cakes, creme-filled, sponge42.51 cake18124Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake18133Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat301 shortcake18134Cake, sponge, prepared from recipe631 piece118135Cake, shortcake, uprepared from recipe with cocolate frosting741 piece118140Cake, white, prepared from recipe with cocolate frosting641 piece118141Cake, vellow, commercially prepared, with chocolate frosting641 piece119074Candies, caramels, chocolate-flavor roll71 piece119075Candies, caramels, chocolate-flavor roll71 piece119104Candies, fudge, chocolate, repared-from-recipe191 piece119105Candies, fudge, chocolate, prepared-from-recipe161 piece119104Candies, fudge, chocolate, prepared-from-recipe161 piece119105Candies, fudge, chocolate, prepared-from-recipe28.351 owrms1<	18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	55
18119Cake, pincapple unded-down, prepared from recipe1151 piece18120Cake, pound, commercially prepared, butter281 piece18451Cake, pound, commercially prepared, fat-free281 slore18126Cake, shortcake, biscuit-type, prepared from recipe651 shortcake18127Cake, snack cakes, creme-filled, chocolate with frosting501 cupcake18128Cake, snack cakes, creme-filled, chocolate with frosting, low-fat431 cupcake18133Cake, sponge, commercially prepared301 shortcake18134Cake, sponge, prepared from recipe631 piece118134Cake, sponge, prepared from recipe with occonut frosting1121 piece118140Cake, white, prepared from recipe with occonut frosting641 piece118141Cake, yellow, commercially prepared, with vanilla frosting641 piece119074Candies, caramels10.11 piece119075Candies, caramels10.11 piece119007Candies, fudge, chocolate, from-recipe171 piece119101Candies, fudge, chocolate, meta-from-recipe161 piece119103Candies, fudge, chocolate, with nuts151 piece19104Candies, fudge, chocolate, prepared-from-recipe2210 worms19105Candies, fudge, chocolate, with nuts221 wedium19106Candies, fudge, chocolate, with nuts221 wedium <t< td=""><td>18110</td><td>Cake, fruitcake, commercially prepared</td><td>43</td><td>1 piece</td><td>2</td></t<>	18110	Cake, fruitcake, commercially prepared	43	1 piece	2
18120Cake, pound, commercially prepared, butter281 piece18451Cake, pound, commercially prepared, fat-free281 slice18451Cake, shortake, biscuit-type, prepared from recipe651 shortake18127Cake, snack cakes, creme-filled, sponge42.51 cake18128Cake, snack cakes, creme-filled, sponge42.51 cake18133Cake, sponge, commercially prepared301 shortcake18134Cake, sponge, commercially prepared631 piece18135Cake, white, prepared from recipe with coconut frosting741 piece18140Cake, white, prepared from recipe with coconut frosting741 piece18141Cake, yellow, commercially prepared, with chocolate frosting641 piece18144Cake, yellow, commercially prepared, with vanilla frosting641 piece18144Cake, yellow, commercially prepared, with vanilla frosting641 piece18144Cake, sellow, commercially prepared, with vanilla frosting71 piece18145Candies, caramels10.11 piece19076Candies, caramels, chocolate-flavor roll71 piece19101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece19103Candies, fudge, vanilla, prepared-from-recipe191 piece19104Candies, fudge, vanilla, prepared-from-recipe221 bears19105Candies, gundrops, starch jelly pieces241 covrms <trr>19106Candies, gund</trr>	18116	Cake, gingerbread, prepared from recipe	74	1 piece	24
18451Cake, pound, commercially prepared, fat-free281 slice18126Cake, shortcake, biscuit-type, prepared from recipe651 shortcake18127Cake, snack cakes, creme-filled, chocolate with fosting501 cupcake18128Cake, snack cakes, creme-filled, sponge42.51 cake18132Cake, snack cakes, cupcakes, chocolate, with fosting, low-fat431 cupcake18133Cake, sponge, commercially prepared631 piece118144Cake, white, prepared from recipe631 piece118135Cake, white, prepared from recipe without fosting741 piece118140Cake, white, prepared from recipe without fosting641 piece118141Cake, vellow, commercially prepared, with vanilla frosting641 piece119074Candies, caramels10.11 piece119075Candies, caramels, chocolate-flavor roll71 piece119071Candies, fudge, chocolate, prepared-from-recipe171 piece119104Candies, fudge, vanilla with nuts, prepared-from-recipe191 piece119105Candies, fudge, vanilla with nuts151 piece119106Candies, fudge, vanilla with nuts2210 bears119105Candies, gundrops, starch jelly pieces7410 worms119106Candies, gundrops, starch jelly pieces2210 bears119107Candies, and31 sma	18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	25
18126Cake, shortcake, biscuit-type, pepared from recipe651 shortcake18127Cake, snack cakes, creme-filled, chocolate with frosting501 cupcake18128Cake, snack cakes, creme-filled, sponge42.51 cake18133Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake18133Cake, sponge, commercially prepared631 bioce118144Cake, sponge, prepared from recipe631 piece118139Cake, white, prepared from recipe with coconut frosting741 piece118140Cake, yellow, commercially prepared, with chocolate frosting641 piece118141Cake, yellow, commercially prepared, with vanilla frosting641 piece119074Candies, caramels10.11 piece119074Candies, caramels, chocolate-flavor roll71 piece119071Candies, fudge, chocolate, prepared-from-recipe101 piece119101Candies, fudge, chocolate, metard-from-recipe161 piece119103Candies, fudge, vanilla, with nuts, prepared-from-recipe161 piece119104Candies, gundrops, starch jelly pieces2210 bears119105Candies, gundrops, starch jelly pieces23.510 arg119104Candies, gundrops, starch jelly pieces23.510 large119105Candies, gundrops, starch jelly pieces23.510 large11910	18120	Cake, pound, commercially prepared, butter	28	1 piece	62
18127Cake, snack cakes, creme-filled, sponge501 cupcake18128Cake, snack cakes, creme-filled, sponge42.51 cake18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake18133Cake, sponge, commercially prepared301 shortake18134Cake, sponge, prepared from recipe631 piece18134Cake, white, prepared from recipe with coconut frosting1121 piece18140Cake, yellow, commercially prepared, with chocolate frosting641 piece18141Cake, yellow, commercially prepared, with cocolate frosting641 piece19074Candies, caramels, chocolate-flavor roll71 piece19075Candies, caramels, chocolate-flavor roll71 piece19076Candies, caramels, chocolate, prepared-from-recipe10.11 piece19101Candies, fudge, chocolate, prepared-from-recipe171 piece19102Candies, fudge, chocolate, with nuts, prepared-from-recipe161 piece19103Candies, fudge, vanilla with nuts151 piece19104Candies, fudge, vanilla, with nuts2210 bears19105Candies, gumdrops, starch jelly pieces2210 bears19106Candies, gumdrops, starch jelly pieces23.5510 large19107Candies, gumdrops, starch jelly pieces23.5510 large19107Candies, Mard31 small piece19107Candies, Mard61 piece19	18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0
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18128Cake, snack cakes, creme-filled, sponge42.51 cake18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake18133Cake, sponge, commercially prepared301 shortcake18134Cake, sponge, prepared from recipe631 piece18135Cake, white, prepared from recipe with coconut frosting741 piece18139Cake, white, prepared from recipe with chocolate frosting641 piece18140Cake, yellow, commercially prepared, with chocolate frosting641 piece18141Cake, seramels10.11 piece19074Candies, caramels10.11 piece19075Candies, caramels, chocolate-flavor roll71 piece19070Candies, fudge, chocolate, prepared-from-recipe171 piece19101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece19103Candies, fudge, vanilla with nuts151 piece19104Candies, gundrops, starch jelly pieces7410 worms19105Candies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces23.510 large19107Candies, hard31 small piece19108Candies, jellybeans28.3510 large19109Candies, hard31 small piece19109Candies, kIT KAT Wafer Bar421 bor(1.5 oz)19119Candies, M&M MARS, "M&M's "Nalk Chocolate Candies7<	18127		50	1 cupcake	9
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18139Cake, white, prepared from recipe without frosting741 piece18140Cake, yellow, commercially prepared, with chocolate frosting641 piece18141Cake, yellow, commercially prepared, with vanilla frosting641 piece18074Candies, caramels10.11 piece19074Candies, caramels, chocolate-flavor roll71 piece19071Candies, caramels, chocolate, prepared-from-recipe28.351 oz19100Candies, fudge, chocolate, prepared-from-recipe191 piece19101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece19104Candies, fudge, vanilla with nuts151 piece19105Candies, fudge, vanilla, prepared-from-recipe161 piece19106Candies, gundrops, starch jelly pieces7410 worms19106Candies, gundrops, starch jelly pieces2210 bears19107Candies, gundrops, starch jelly pieces4.21 medium19107Candies, hard31 small piece19108Candies, hard28.3510 large19109Candies, jellybeans28.3510 large19109Candies, khtt KAT Wafer Bar421 bar (1.5 oz)19110Candies, M&M MARS, "M&M's" Milk Chocolate Candies710 pieces19135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)					1
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19108Candies, jellybeans28.3510 large19109Candies, KIT KAT Wafer Bar421 bar (1.5 oz)19141Candies, M&M MARS, "M&M's" Milk Chocolate Candies710 pieces19140Candies, M&M MARS, "M&M's" Peanut Chocolate Candies2010 pieces19135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)				-	
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19141Candies, M&M MARS, "M&M's" Milk Chocolate Candies710 pieces19140Candies, M&M MARS, "M&M's" Peanut Chocolate Candies2010 pieces19135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)				-	5
19140Candies, M&M MARS, "M&M's" Peanut Chocolate Candies2010 pieces19135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)					5
19135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)				*	1
19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)				-	2
					3
19155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)					9
	19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	10
19126	Candies, milk chocolate coated peanuts	40	10 pieces	4
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	8
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	6
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	3
19080	Candies, semisweet chocolate	168	1 cup	0
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0
19087	Candies, white chocolate	170	1 cup	24
09060	Carambola, (starfruit), raw	91	1 fruit	0
09060	Carambola, (starfruit), raw	108	1 cup	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14142	Carbonated beverage, grape soda	372	12 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14150	Carbonated beverage, orange	372	12 fl oz	0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0
16055	Carob flour	8	1 tbsp	0
11655	Carrot juice, canned	236	1 cup	0
11960	Carrots, baby, raw	10	1 medium	0
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0
11124	Carrots, raw	110	1 cup	0
11124	Carrots, raw	72	1 carrot	0
11935	Catsup	6	1 packet	0
11935	Catsup	15	1 tbsp	0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0
11135	Cauliflower, raw	13	1 floweret	0
11135	Cauliflower, raw	100	1 cup	0
11133	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0
11144	Celery, cooked, boiled, drained, without salt	150	1 stark 1 cup	0
11144	Celery, raw	120	•	0
	Celery, raw	40	1 cup	
11143 08263	Celery, raw Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	40 30	1 stalk 3/4 cup	0 0
08262	Creeals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	0
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0
)1046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	23
01164	Cheese sauce, prepared from recipe	243	1 cup	92
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	l oz	16
01004	Cheese, blue	28.35	1 oz	21
01007	Cheese, camembert	38	1 wedge	27
01009	Cheese, cheddar	28.35	1 oz	30
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	32
01013	Cheese, cottage, creamed, with fruit	226	1 cup	29
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	9
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	18
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	10
01017	Cheese, cream	14.5	1 tbsp	16
01186	Cheese, cream, fat free	15.6	1 tbsp	1
01019	Cheese, feta	28.35	l oz	25
01168	Cheese, low fat, cheddar or colby	28.35	l oz	6
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	l oz	15
01026	Cheese, mozzarella, whole milk	28.35	l oz	22
01030	Cheese, muenster	28.35	l oz	27
01031	Cheese, neufchatel	28.35	1 oz	22
01032	Cheese, parmesan, grated	5	1 tbsp	4
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	l oz	27
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	24
01035	Cheese, provolone	28.35	1 oz	20
01037	Cheese, ricotta, part skim milk	246	1 cup	76

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	125
01040	Cheese, swiss	28.35	1 oz	26
18147	Cheesecake commercially prepared	80	1 piece	44
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0
09070	Cherries, sweet, raw	68	10 cherries	0
22906	Chicken pot pie, frozen entree	217	1 small pie	41
07017	Chicken roll, light meat	56.7	2 slices	28
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	119
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	87
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	73
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	62
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	41
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	641
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	76
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	14
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	80
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	49
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	39
05277	Chicken, canned, meat only, with broth	142	5 oz	88
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	110
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	116
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0
22904	Chili con carne with beans, canned entree	222	1 cup	29
11156	Chives, raw	3	1 tbsp	0
14181	Chocolate syrup	18.75	1 tbsp	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	24
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0
14192	Cocoa mix, powder	28.35	3 heaping tsp	0
14194	Cocoa mix, powder, prepared with water	206	1 serving	2
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	20
11159	Coleslaw, home-prepared	120	1 cup	10
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0
18151	Cookies, brownies, commercially prepared	56	1 brownie	10
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	5
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18170	Cookies, fig bars	16	1 cookie	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	5
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	6
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	5
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	2
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	8
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	5
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0
20020	Cornmeal, whole-grain, yellow	122	1 cup	0
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	0
20028	Couscous, dry	173	1 cup	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0
18214	Crackers, cheese, regular	10	10 crackers	1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
18232	Crackers, wheat, regular	8	4 crackers	0
18235	Crackers, whole-wheat	16	4 crackers	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01049	Cream, fluid, half and half	15	1 tbsp	6
01053	Cream, fluid, heavy whipping	15	1 tbsp	21
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	10
01052	Cream, fluid, light whipping	15	1 tbsp	17
01056	Cream, sour, cultured	12	1 tbsp	5
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	6
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	2
18239	Croissants, butter	57	1 croissant	38
18243	Croutons, seasoned	40	1 cup	3
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	45
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17
15141	Crustaceans, crab, blue, canned	135	1 cup	120
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	85
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	90
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	61
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	214
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	80
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	150
11206	Cucumber, peeled, raw	119	1 cup	0
11206	Cucumber, peeled, raw	280	1 large	0
11205	Cucumber, with peel, raw	104	1 cup	0
11205	Cucumber, with peel, raw	301	1 large	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0
18245	Danish pastry, cheese	71	1 danish	11
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	81
09087	Dates, deglet noor	178	1 cup	0
09087	Dates, deglet noor	41.5	5 dates	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
02045	Dill weed, fresh	1	5 sprigs	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	17
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	4
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	197
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	127

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	1
01124	Egg, white, raw, fresh	33.4	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	210
01129	Egg, whole, cooked, hard-boiled	50	1 large	212
01131	Egg, whole, cooked, poached	50	1 large	211
01132	Egg, whole, cooked, scrambled	61	1 large	215
01123	Egg, whole, raw, fresh	58	1 extra large	245
01123	Egg, whole, raw, fresh	50	1 large	212
01123	Egg, whole, raw, fresh	44	1 medium	186
01125	Egg, yolk, raw, fresh	16.6	1 large	205
01057	Eggnog	254	1 cup	150
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
11213	Endive, raw	50	1 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	31
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	29
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	302
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	14
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	24
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	88
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	80
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	110
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	60
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	37
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	60
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	58
21042	Fast foods, chili con carne	253	1 cup	134
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	9
21043	Fast foods, clams, breaded and fried	115	3/4 cup	87
21127	Fast foods, coleslaw	99	3/4 cup	5
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	215
21015	Fast foods, danish pastry, cheese	91	1 pastry	20
21017	Fast foods, danish pastry, fruit	94	1 pastry	19
21074	Fast foods, enchilada, with cheese	163	1 enchilada	44
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	234
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	68
21024	Fast foods, french toast sticks	141	5 sticks	75
21077	Fast foods, frijoles with cheese	167	1 cup	37
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	122
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	103
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	30
21118	Fast foods, hotdog, plain	98	1 sandwich	44
21119	Fast foods, hotdog, with chili	114	1 sandwich	51
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	79
21129	Fast foods, hush puppies	78	5 pieces	135

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	28
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	14
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	58
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21139	Fast foods, potato, mashed	80	1/3 cup	2
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	9
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	51
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	98
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	72
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	200
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	36
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	73
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	49
21033	Fast foods, sundae, hot fudge	158	1 sundae	21
21082	Fast foods, taco	263	1 large	87
21082	Fast foods, taco	171	1 small	56
21083	Fast foods, taco salad	198	1-1/2 cups	44
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	74
09094	Figs, dried, uncooked	38	2 figs	0
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	69
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	47
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	40
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	18
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	9
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	86
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	58
15034	Fish, haddock, cooked, dry heat	85	3 oz	63
15034	Fish, haddock, cooked, dry heat	150	1 fillet	111
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	65
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	35
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	11
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	46
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	27
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	58
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	82
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	37
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	66
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	68
15077	Fish, salmon, chinook, smoked	85.05	3 oz	20
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	47
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	135
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	74
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	121
15111	Fish, swordfish, cooked, dry heat	106	1 piece	53
15111	Fish, swordfish, cooked, dry heat	85	3 oz	43

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	58
15128	Fish, tuna salad	205	1 cup	27
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	15
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	26
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	36
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	49
07022	Frankfurter, beef	45	1 frank	24
07023	Frankfurter, beef and pork	45	1 frank	23
07024	Frankfurter, chicken	45	1 frank	45
18268	French toast, frozen, ready-to-heat	59	1 slice	48
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	75
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1
19294	Fruit butters, apple	17	1 tbsp	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0
11215	Garlic, raw	3	1 clove	0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
14277	Grape drink, canned	250	8 fl oz	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0
09404	Grapefruit juice, pink, raw	247	l cup	0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	l cup l cup	0 0
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0
09123	Grapefruit juice, white, raw	207 247	1 cup	0
09128	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
09112	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09121	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0
06116	Gravy, beef, canned	58.25	1/4 cup	2
06119	Gravy, chicken, canned	59.5	1/4 cup	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06121	Gravy, mushroom, canned	59.6	1/4 cup	0
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	13
06125	Gravy, turkey, canned	59.6	1/4 cup	1
07027	Ham, chopped, not canned	21	2 slices	12
07028	Ham, sliced, extra lean	56.7	2 slices	27
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	32
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	14
11961	Hearts of palm, canned	33	1 piece	0
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	0
16158	Hummus, commercial	14	1 tbsp	0
19270	Ice creams, chocolate	66	1/2 cup	22
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	78
19095	Ice creams, vanilla	66	1/2 cup	29
19088	Ice creams, vanilla, light	66	1/2 cup	18
19089	Ice creams, vanilla, rich	74	1/2 cup	68
19297	Jams and preserves	20	1 tbsp	0
19300	Jellies	19	1 tbsp	0
11226	Jerusalem-artichokes, raw	150	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	9
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	79
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	76
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	85
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	81
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	82
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	75
17044 17048	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85 85	3 oz 3 oz	102 103
17040	fat, choice, cooked, braised	05	5.02	105
04002	Lard	12.8	1 tbsp	12
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	l tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0

Content per NDB No Description Weight (g) **Common Measure** Measure 09153 Lemon juice, canned or bottled 244 0 1 cup 09153 15.2 1 tbsp 0 Lemon juice, canned or bottled 47 0 09152 Lemon juice, raw juice of 1 lemon 14293 248 8 fl oz Lemonade, frozen concentrate, white, prepared with water 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 0 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 0 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 0 1 head 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 0 11251 Lettuce, cos or romaine, raw 56 1 cup 11251 10 1 leaf Lettuce, cos or romaine, raw 0 11253 Lettuce, green leaf, raw 56 1 cup 0 11253 Lettuce, green leaf, raw 10 1 leaf 0 11252 Lettuce, iceberg (includes crisphead types), raw 8 1 medium 0 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 0 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 0 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 180 1 cup 0 without salt 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, 170 1 cup 0 drained, without salt 16073 Lima beans, large, mature seeds, canned 241 1 cup 0 Lima beans, large, mature seeds, cooked, boiled, without salt 188 16072 1 cup 0 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 0 09161 Lime juice, canned or bottled, unsweetened 246 0 1 cup 09160 Lime juice, raw 38 juice of 1 lime 0 22247 Macaroni and Cheese, canned entree 2.52 15 1 cup 20100 Macaroni, cooked, enriched 140 0 1 cup 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 0 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 27 with whole milk 4-5 heaping tsp 0 14309 Malted drink mix, natural, with added nutrients, powder 21 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 29 whole milk 09176 207 0 Mangos, raw 1 mango 09176 165 Mangos, raw 1 cup 0 04611 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 0 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 0 1 tsp Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 12 04585 1 tbsp Margarine-like spread, (approximately 40% fat), unspecified oils 04128 4.8 1 tsp 0 09181 0 Melons, cantaloupe, raw 160 1 cup 09181 69 1/8 melon 0 Melons, cantaloupe, raw 09184 Melons, honeydew, raw 160 1/8 melon 0 09184 Melons, honeydew, raw 170 1 cup 0 01110 Milk shakes, thick chocolate 300 10.6 fl oz 33 Milk shakes, thick vanilla 313 11 fl oz 38 01111 01094 Milk, buttermilk, dried 6.5 1 tbsp 4

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nuts)</td><td>0</td></tr> <tr><td>12167 Nuts, chestnuts, european, roasted 143 1 cup</td><td>0</td></tr> <tr><td>12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup</td><td>0</td></tr> <tr><td>12104 Nuts, coconut meat, raw 45 1 piece</td><td>0</td></tr> <tr><td>12120 Nuts, hazelnuts or filberts 28.35 1 oz</td><td>0</td></tr> <tr><td>12632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)</td><td>0</td></tr>	5	16112Miso68.751 cm15160Mollusks, clam, mixed species, canned, drained solids853 oz15157Mollusks, clam, mixed species, raw853 oz15168Mollusks, oyster, eastern, cooked, breaded and fried853 oz15167Mollusks, oyster, eastern, wild, raw846 medium15173Mollusks, scallop, mixed species, cooked, breaded and fried936 large15174Muffins, blueberry, commercially prepared571 muffin18274Muffins, blueberry, prepared from recipe, made with low fat (2%) milk571 muffin18279Muffins, corn, commercially prepared571 muffin18280Muffins, corn, dry mix, 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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
12147	Nuts, pine nuts, dried	28.35	1 oz	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0
20034	Oat bran, cooked	219	1 cup	0
20033	Oat bran, raw	94	1 cup	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
11284	Onions, dehydrated flakes	5	1 tbsp	0
11282	Onions, raw	14	1 slice	0
11282	Onions, raw	110	1 whole	0
11282	Onions, raw	160	1 cup	0
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0
09207	Orange juice, canned, unsweetened	249	1 cup	0
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0
09206	Orange juice, raw	86	juice from 1 orange	0
09206	Orange juice, raw	248	1 cup	0
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	6
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	5
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	27
09226	Papayas, raw	304	1 papaya	0
09226	Papayas, raw	140	1 cup	0
11297	Parsley, raw	10	10 sprigs	0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	20
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	l half	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0
09236	Peaches, raw	98	1 peach	0
09236	Peaches, raw	170	1 cup	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
09340	Pears, asian, raw	275	1 pear	0
09340	Pears, asian, raw	122	1 pear	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0
09252	Pears, raw	166	1 pear	0
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0
1303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0
1308	Peas, green, canned, regular pack, drained solids	170	1 cup	0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
11670	Peppers, hot chili, green, raw	45	1 pepper	0
1819	Peppers, hot chili, red, raw	45	1 pepper	0
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0
11333	Peppers, sweet, green, raw	10	1 ring	0
11333	Peppers, sweet, green, raw	119	1 pepper	0
11333	Peppers, sweet, green, raw	149	1 cup	0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0
11821	Peppers, sweet, red, raw	119	1 pepper	0
11821	Peppers, sweet, red, raw	149	1 cup	0
11945	Pickle relish, sweet	15	1 tbsp	0
1937	Pickles, cucumber, dill	65	1 pickle	0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0
8302	Pie, apple, prepared from recipe	155	1 piece	0
8305	Pie, blueberry, commercially prepared	117	1 piece	0
18306	Pie, blueberry, prepared from recipe	147	1 piece	0
18308	Pie, cherry, commercially prepared	117	1 piece	0
8309	Pie, cherry, prepared from recipe	180	1 piece	0
8310	Pie, chocolate creme, commercially prepared	113	1 piece	6
	, erenie, commercianty propured	104	- P	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	0
18319	Pie, fried pies, fruit	128	1 pie	0
18320	Pie, lemon meringue, commercially prepared	113	1 piece	51
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	67
18324	Pie, pecan, commercially prepared	113	1 piece	36
18325	Pie, pecan, prepared from recipe	122	1 piece	106
18326	Pie, pumpkin, commercially prepared	109	1 piece	22
18327	Pie, pumpkin, prepared from recipe	155	1 piece	65
11943	Pimento, canned	12	1 tbsp	0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09266	Pineapple, raw, all varieties	155	1 cup	0
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	9
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	13
09278	Plantains, cooked	154	1 cup	0
09277	Plantains, raw	179	1 medium	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0
09291	Plums, dried (prunes), uncooked	42	5 prunes	0
09279	Plums, raw	66	1 plum	0
07065	Pork and beef sausage, fresh, cooked	26	2 links	18
07064	Pork Sausage, Fresh, Cooked	26	2 links	22
07064	Pork Sausage, Fresh, Cooked	27	1 patty	23
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	21
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	27
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	35
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	53
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	47
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	100
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	80
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	80
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	70
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	78
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	70
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	78
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	62
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	60

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	74
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	93
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	97
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	103
11672	Potato pancakes	76	1 pancake	72
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0
11414	Potato salad, home-prepared	250	1 cup	170
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	l cup	37
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	56
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	29
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	27
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	29
05306	Poultry food products, ground turkey, cooked	82	1 patty	84
09294	Prune juice, canned	256	1 cup	0
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	9
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	10
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3
19193	Puddings, rice, ready-to-eat	113.4	4 oz	1
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	10
19201	Puddings, vanilla, ready-to-eat	113	4 oz	8
11424	Pumpkin, canned, without salt	245	1 cup	0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0
11429	Radishes, raw	4.5	1 radish	0
09298	Raisins, seedless	145	1 cup	0
09298	Raisins, seedless	14	1 packet	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	0
09302	Raspberries, raw	123	1 cup	0
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	20
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0

20045 Rice, white, long grin, regular, cooked 158 1 op 20044 Rice, white, long grin, regular, cooked 185 1 op 20045 Rice, white, long grin, regular, resolut, reso, writehed 185 1 op 18320 Rolls, hand grine polin, commercial, regular 57 1 roll 18330 Rolls, hand (methodes kaser) 57 1 roll 18430 Salad dessing, french, dressing, commercial, regular 15.3 1 flssp 104120 Salad dessing, french, dressing, reduced fut 16.3 1 flssp 104133 Salad dessing, french, dressing, reduced fut 15.6 1 flssp 104134 Salad dessing, infain dussing, roummercial, regular 14.7 1 flssp 104145 Salad dessing, infain dussing, roummercial, regular 14.7 1 flssp 104135 Salad dessing, infain dussing, roummercial, regular 13.8 1 flssp 10412 Salad dessing, infain dussing, roumercial, regular 15.3 1 flssp 10412 Salad dessing, insian dussing, roumercial, regular 15.3 1 flssp 10422 Salad dessing, insian d	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
2004Kick white, long sprin, regular, ruw, enriched1851 cup18442Rolls, danner, plain, commercial, prepared (includes brown-and serve)281 roll18505Rolls, hardwiger of holes of ducined, whithout salt71 roll18535Rolls, hardwiger of holes of ducined, whithout salt751 disp18536Salad dessing, field ducined, whithout salt15.31 disp04120Salad dessing, field dissing, conducting, regular15.41 disp04133Salad dessing, field dissing, rolls, commercial, regular15.61 disp04134Salad dessing, field dissing, rolls, commercial, regular141 disp04135Salad dessing, field dissing, rolls, commercial, regular14.11 disp04134Salad dessing, induced field15.31 disp104135Salad dessing, rolls, commercial, regular15.31 disp104014Salad dessing, rolls, commercial, regular15.31 disp104015Salad dessing, rolls, commercial, regular15.61 disp104017Salad dessing, rolls, commercial, regular15.61 disp104017Salad dissing, dispand siland, commercial, regular play, while1951 disp104017Salad dissing, dispand siland, commercial, regular play, play11104017Salad dissing, dispand siland, commercial, regular play, play11104017Salad dissing, dispand siland, commercial, regular play, play111<	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
18422Rolls, dinner, plain, commercially prepared (includes brown-and-serv)281 roll18550Rolls, hand/medde skaiser)571 roll18540Rotabaga, cooked, boiled, driend, without salt701 cup11454Rutabaga, cooked, boiled, driend, without salt701 dup10539Salad dressing, french dressing, commercial, regular15.61 dup10410Salad dressing, french dressing, ronduced fat16.31 dup104133Salad dressing, french dressing, ronduced fat16.31 dup104144Salad dressing, home recipe, cooked161 dup104145Salad dressing, induced fat15.61 dup104146Salad dressing, induced fat15.31 dup104145Salad dressing, induced fat15.31 dup104145Salad dressing, induced fat15.31 dup104126Salad dressing, induced fat15.31 dup104125Salad dressing, induced fat15.31 dup104126Salad dressing, induced fat15.61 dup104127Salad dressing, induced fat15.61 dup104138Salad dressing, induced fat15.31 dup104128Salad dressing, induced fat15.31 dup104293Salad dressing, induced fat15.61 dup104138Salad dressing, induced fat15.61 dup104204Salad dressing, induced fat15.61 dup104139Salad dressing, indup15.61 dup<	20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
18350Rolls, hand (includes kniner)431 rell18353Rolls, hand (includes kniner)771 rell18354Rolls, hand (includes kniner)771 rell18355Salad dessing, rehelder, darined, without salt1701 components04539Salad dessing, reheld exissing, croueder fait15.31 thop05310Salad dessing, reheld exissing, renced fait16.31 thop04134Salad dessing, frehd, home recipe, cooked161 thop04134Salad dessing, include dessing, croueder fait15.61 thop04134Salad dessing, include dessing, croueder fait15.31 thop04021Salad dessing, rensing dessing, rotoced fait15.31 thop04022Salad dessing, instain dessing, conserved in, regular16.31 thop04023Salad dessing, instain dessing, rotoced fait15.31 thop04024Salad dessing, instain dessing, rotoced fait15.31 thop04025Salad dessing, indonard inland, commercial, regular15.61 thop04026Salad dessing, indonard inland, commercial, regular15.61 thop04027Salad dessing, indonard inland, commercial, regular15.61 thop04038Salad dessing, indonard inland, commercial, regular15.61 thop04047Salad dessing, indonard inland, commercial, regular15.61 thop04059Salad dessing, indonard inland, commercial, regular15.61 thop040615Salad dessing, indonard inland, com	20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
1833Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without sait1701 cup11436Rutabagas, cooked, boiled, drained, without sait1701 cup11430Salad dressing, french dressing, commercial, regular15.61 thsp11431Salad dressing, french dressing, renduced fat16.31 thsp11431Salad dressing, home recipe, cooked161 thsp11413Salad dressing, indina dressing, renduced fat15.61 thsp11414Salad dressing, indina dressing, renduced fat15.61 thsp11415Salad dressing, indina dressing, reduced fat15.31 thsp11416Salad dressing, indina dressing, reduced fat15.31 thsp11522Salad dressing, insian dressing, ordenee fat15.31 thsp1153Salad dressing, insian dressing, low calorie16.31 thsp11643Salad dressing, insian dressing, reduced fat15.61 thsp1173Salad dressing, insian disadi, commercial, regular15.61 thsp11743Salad dressing, insian disadi, commercial, regular15.61 thsp11744Salad dressing, insian disadi, commercial, regular insiand, commercial, regular ins	18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0
11456Rutabaga, cooked, boiled, drained, without salt170I eup0530Saltad dressing, the dressing, concorrectial, regular15.61 bbp05400Saltad dressing, french dressing, reduced fat16.31 bbp04013Saltad dressing, french dressing, reduced fat16.31 bbp04134Saltad dressing, incer ecipe, ecoked161 bbp04135Saltad dressing, incer ecipe, ecoked15.61 bbp04135Saltad dressing, inclue dressing, contractial, regular14.71 bbp04134Saltad dressing, inclue dressing, ecoked13.81 bbp04135Saltad dressing, inclue dressing, reduced fat15.31 bbp04025Saltad dressing, indiversing, concoler fat15.31 bbp04025Saltad dressing, indiversing, reduced fat15.31 bbp04037Saltad dressing, indousand island, conmercial, regular15.61 bbp04047Salta dressing, indousand island, conmercial, regular15.61 bbp04073Saltad dressing, indousand island, conmercial, regular15.61 bbp04074Salta, table61 bbp04075Salta, dressing, dresso drug, ingle meat patty, vith15.61 bbp04074Salta, table1104075Sandwiches and burgers, cheschurger, large, single meat patty, vith121 sandwiche04076Salta, table11104077Sandwiches and burgers, cheschurger, large, single meat patty, vith121 sandwich	18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
9439Salad dressing, blue or roquecfort cheese dressing, commercial, regular15.31 dop94120Salad dressing, french dressing, commercial, regular15.61 thsp94133Salad dressing, french, hom recipe, cooked141 thsp94134Salad dressing, inter ecipe, cooked15.61 thsp94134Salad dressing, intil an dressing, commercial, regular14.71 thsp94144Salad dressing, intil an dressing, contexed fat15.61 thsp94145Salad dressing, maxim dressing15.31 thsp94025Salad dressing, maxim dressing, contexed fat15.31 thsp94023Salad dressing, instain dressing, contexed fat15.31 thsp94023Salad dressing, thue alore15.61 thsp94024Salad dressing, thoused island dressing, reduced fat15.61 thsp94025Salad dressing, thoused island dressing, reduced fat15.61 thsp94026Salad ressing, thoused island dressing, reduced fat15.61 thsp94027Salad dressing, thoused island dressing, reduced fat15.61 thsp94047Salad ressing, thoused island dressing, reduced fat15.61 thsp94047Salad dressing, not heef101 sandwich194047Salad dressing, not heef101 thsp194047Salad dressing, not heef101 thsp194047Salad dressing, not heef101 thsp194047Salad dressing, not heef1	18353	Rolls, hard (includes kaiser)	57	1 roll	0
D4120Salad dressing, french dressing, reduced fat15.61 dspD4020Salad dressing, french dressing, reduced fat16.31 dspD4133Salad dressing, french, home recipe, colocd161 dspD4134Salad dressing, home recipe, colocd161 dspD4135Salad dressing, italian dressing, commercial, regular14.71 dspD4141Salad dressing, italian dressing, commercial, regular15.61 dspD4121Salad dressing, italian dressing, commercial, regular15.81 dspD4022Salad dressing, myonnaise, soybean oil, with salt13.81 dspD4023Salad dressing, musian dressing, we alorie16.31 dspD4024Salad dressing, thousand island dressing, reduced fat15.31 dspD4025Salad dressing, thousand island, commercial, regular56.72 slices2D4076Salan, colock, beer and pork56.72 slices2D7072Salad vicks and bargers, chesseburger, large, single meat patty, with bacon and condiments151 dspD108Sandvickes and bargers, chesseburger, large, single meat patty, with bacon and condiments2181 sandwichD6150Sauce, chest, ready-to-serve631 dcup1D6166Sauce, host, ready-to-serve631 dcup1D6175Sauce, chost, neady-to-serve631 dcup2D6166Sauce, neady-to-serve631 dcup1D6166Sauce, neady-to-serve631 dcup <td< td=""><td>11436</td><td>Rutabagas, cooked, boiled, drained, without salt</td><td>170</td><td>1 cup</td><td>0</td></td<>	11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
94020 Salad dressing, french dressing, reduced fat 16.3 1 tbsp 94133 Salad dressing, home recipe, cocked 16 1 bsp 94134 Salad dressing, home recipe, cocked 16 1 bsp 94134 Salad dressing, home recipe, concertal, regular 14.7 1 bsp 94021 Salad dressing, russina dressing, commercial, regular 15.8 1 bsp 940225 Salad dressing, russina dressing, rousan dressing, low calorie 16.3 1 bsp 940225 Salad dressing, russina dressing, low calorie 15.3 1 bsp 940225 Salad dressing, russina dressing, low calorie 15.6 1 bsp 940225 Salad dressing, russina dressing, low calorie 15.6 1 bsp 94027 Salad dressing, russina dressing, reduced fat 15.6 1 bsp 940428 Salad dressing, russina dressing, reduced fat 15.6 1 bsp 94047 Salad dressing, russina dressing, reduced fat 15.6 1 bsp 94047 Salad dressing, russina dressing, reduced fat 15.6 1 bsp 94047 Salad dressing, russina dressing, reduced	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	3
94133Salad dressing, home recipe, cooked141 thsp94134Salad dressing, home recipe, cooked161 thsp94135Salad dressing, home recipe, cooked16.61 thsp94136Salad dressing, italian dressing, commercial, regular14.71 thsp94021Salad dressing, russian dressing15.31 thsp94022Salad dressing, russian dressing, commercial, regular15.31 thsp94023Salad dressing, russian dressing, commercial, regular15.31 thsp94024Salad dressing, russian dressing, concel of it15.31 thsp94025Salad dressing, housand island, commercial, regular15.61 thsp94026Salad dressing, housand island, commercial, regular15.61 thsp97076Salami, cooked, beef and pork56.72 slices297077Salami, dor or hard, pork, beef151 thsp197078Sandwich sprad, pork, beef151 thsp197079Sandwich sprad, pork, beef151 thsp197070Sandwich sprad, pork, beef151 thsp197071Sandwich sprad, there, t	04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
94134Salad dressing, home recipe, cooked161 thsp94135Salad dressing, italian dressing, commercial, regular14.71 thsp94040Salad dressing, italian dressing, commercial, regular15.41 thsp940421Salad dressing, russian dressing15.31 thsp940425Salad dressing, russian dressing, or cloce d fat15.31 thsp940426Salad dressing, russian dressing, or cloce d fat15.31 thsp940427Salad dressing, russian dressing, or cloce d fat15.31 thsp940428Salad dressing, russian dressing, reduced fat5.6.72 slices2940497Salad dressing, russian dressing, reduced fat5.6.72 slices2940497Salad dressing, thousand island, commercial, regular5.6.72 slices2940497Salad dressing, russian dressing, reduced fat15.61 thsp1940497Salad dressing, russian dressing, regular, single meat patty, with bocon and condiments151 thsp1940497Salad wiches and burgers, chesseburger, targe, single meat patty, with bocon and condiments121 sandwiche5940498Sandwiches and burgers, chesseburger, regular, single meat patty, with bocon and condiments121 sandwich194049Sauce, horiser, cady-to-serve161 thsp194049Sauce, horiser, cady-to-serve161 thsp194049Sauce, horiser, cady-to-serve161 thsp194049Sauce, ho	04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0
94135Salad dressing, home recipe, vinegar and oil15.6I bep94114Salad dressing, italian dressing, commercial, regular14.71 bep94021Salad dressing, mayonanise, soybean oil, with sult13.81 bep94025Salad dressing, mayonanise, soybean oil, with sult13.81 bep94022Salad dressing, nussian dressing, roduced fat15.31 bep94023Salad dressing, housand island dressing, roduced fat15.61 bep94024Salad dressing, housand island dressing, roduced fat15.61 bep94017Salad dressing, housand island dressing, roduced fat2 slices294017Salad dressing, housand island dressing, roduced fat2 slices294017Salad dressing, housand island dressing, roduced fat15.61 bep94018Salad vish spread, pork, beef2 slices294017Salad vish spread, pork, beef151 bep94017Sandwichs and burgers, checesburger, large, single meat patty, with1951 sandwich9418Sandwiches and burgers, handpurger, large, single meat patty, with1951 sandwich9419Sandwiches and burgers, handpurger, large, single meat patty, with1021 sandwich9419Sauce, cheese ready-to-serve631 4c up194114Sauce, hoisin, ready-to-serve631 4c up194114Sauce, hoisin, ready-to-serve631 cup194145Sauce, hoisin, ready-to-serve161 bep1	04133	Salad dressing, french, home recipe	14	1 tbsp	0
04114Salad dressing, italian dressing, commercial, regular14.71 thsp04021Salad dressing, italian dressing, reduced fat151 thsp04022Salad dressing, russian dressing13.81 thsp04023Salad dressing, russian dressing, reduced fat15.31 thsp04024Salad dressing, russian dressing, reduced fat15.31 thsp04025Salad dressing, thousand island, commercial, regular15.61 thsp04027Salad dressing, thousand island, commercial, regular15.61 thsp04017Salad dressing, thousand island, commercial, regular56.72 slices207072Salami, cooked, beef and pork.66.72 slices207073Sandwich spread, pork, beef151 thsp1112097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1021 sandwich1112098Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables15.751 thsp1006105Sauce, herese, ready-to-serve161 thsp1006175Sauce, horisin, rady-to-serve161 thsp1006166Sauce, horisin, rady-to-serve161 thsp1006175Sauce, horisin, rady-to-serve161 thsp1006166Sauce, horisin, rady-to-serve161 thsp1006166Sauce, horisin, rady-to-serve161 thsp1106171Sauce, horisin, rady-to-serve<	04134	Salad dressing, home recipe, cooked	16	1 tbsp	9
94021Salad dressing, inclian dressing, reduced fat151 bsp94025Salad dressing, russian dressing, low calorie15.81 thsp94023Salad dressing, russian dressing, low calorie16.31 thsp94023Salad dressing, russian dressing, reduced fat15.31 thsp94024Salad dressing, nussan disland, commercial, regular15.61 thsp94025Salad dressing, thousand island, commercial, regular15.61 thsp94027Salad dressing, thousand island, commercial, regular5.6.72 slices297072Salami, cocked, beef and pork61 tsp197073Sandwichs pread, pork, beef151 shandwich197074Sandwichs pread, pork, beef151 sandwich197075Sandwiches and burgers, cheeseburger, large, single meat patty, with condiments1021 sandwich597076Sandwiches and burgers, hamburger, targe, single meat patty, with condiments and vegetables15.751 thsp97075Sauce, choise, ready-to-serve631 /4 cup197075Sauce, choisin, ready-to-serve631 /4 cup197075Sauce, hower weight Nach Cheese Sauce, ready-to-serve631 /4 cup197075Sauce, hower weight Nach Cheese Sauce, ready-to-serve161 tsp197076Sauce, chore weight Nach Cheese Sauce, ready-to-serve, salsa161 tsp197077Sauce, hower weight Nach Cheese Sauce, ready-to-serve, salsa16	04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04025Salad dressing, mayonnaise, soybean oil, with salt13.81 thsp04015Salad dressing, russian dressing15.31 thsp04022Salad dressing, trussian dressing, reduced fat15.31 thsp04017Salad dressing, thousand island, commercial, regular15.61 thsp04017Salad dressing, thousand island, commercial, regular15.61 thsp07079Salami, cooked, beef and pork56.72 slices207071Salad vicesing, thousand island, commercial, regular15.61 thsp107072Salami, dry or hard, pork, beef61 tsp1107073Sandwich spread, pork, beef151 thsp1107074Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich521089Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich506150Sauce, hotisn, ready-to-serve631 /4 cup106165Sauce, hotisn, ready-to-serve631 cup106166Sauce, notisn, ready-to-serve161 thsp106168Sauce, ready-to-serve, salsa161 thsp106164Sauce, ready-to-serve, salsa161 thsp106168Sauce, ready-to-serve, salsa161 thsp106168Sauce, ready-to-serve, salsa161 thsp106164Sauce, ready-to-serve, salsa161 thsp106175Sauce, read	04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
04015Salad dressing, russian dressing, low calorie15.31 bbp04022Salad dressing, thousand island dressing, reduced fat15.31 bbp04017Salad dressing, thousand island, commercial, regular15.61 bbp07076Salami, cooked, beef and pork56.72 slices207072Salami, drosked, beef and pork61 bsp207073Sandwichs spread, pork, beef01107073Sandwichs gread, pork, beef151 bsp107073Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments151 sandwich521089Sandwiches and burgers, harebeurger, regular, single meat patty, with condiments and vegetables1021 sandwich52113Sandwiches and burgers, hareburger, regular, single meat patty, with condiments and vegetables161 bsp106150Sauce, horescue631 /4 cup1106151Sauce, horescue161 bsp106162Sauce, needy-to-serve631 /4 cup106163Sauce, patty-to-serve161 bsp106164Sauce, ready-to-serve161 bsp106175Sauce, ready-to-serve, salsa161 bsp106164Sauce, ready-to-serve, salsa161 bsp106176Sauce, ready-to-serve, salsa161 sausge106180Sauce, ready-to-serve, salsa161 sausge1 <td>04021</td> <td>Salad dressing, italian dressing, reduced fat</td> <td>15</td> <td>1 tbsp</td> <td>1</td>	04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1
04022Salad dressing, russian dressing, low calorie16.31 thsp04023Salad dressing, thousand island, commercial, regular15.61 thsp04017Salad dressing, thousand island, commercial, regular15.61 thsp07069Salami, cocked, beef and pork56.72 slices207072Salathi, dry or hard, pork, beef02 slices202047Salt, table61 tsp107073Sandwichs apread, pork, beef151 thsp121097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich521113Sandwiches and burgers, cheeseburger, large, single meat patty, plain1021 sandwich521113Sandwiches and burgers, cheeseburger, large, single meat patty, with condiments and vegetables15.751 thsp506150Sauce, horser, ready-to-serve631 /4 cup106166Sauce, horser, ready-to-serve161 thsp206166Sauce, patt, ready-to-serve2501 cup106168Sauce, ready-to-serve, salsa161 thsp106164Sauce, ready-to-serve, salsa161 sausage111425Seaweed, kelp, raw102 thsp11145Seaweed, kelp, raw102 thsp11145Seaweed, spinulina, fried0.931 thsp11145Seaweed, kelp, raw102 thsp11145	04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5
04023 Salad dressing, thousand island, commercial, regular 15.3 1 tbsp 04017 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 07069 Salami, dry or hard, pork, beef 20 2 slices 2 07072 Salami, dry or hard, pork, beef 20 2 slices 2 07073 Sandwich spread, pork, beef 15 1 tbsp 07074 Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments 195 1 sandwich 5 21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, with bacon diments 102 1 sandwich 5 21113 Sandwiches and burgers, hamburger, large, single meat patty, with condiments 15.75 1 bsp 5 06150 Sauce, hosin, ready-to-serve 63 1/4 cup 1 06166 Sauce, notarce sauce 12 12 14 14 06175 Sauce, hosin, ready-to-serve 63 1/4 cup 1 06166 Sauce, nostrate, white, medium 250 1 cup 1 06168	04015	Salad dressing, russian dressing	15.3	1 tbsp	0
04017Salad dressing, thousand island, commercial, regular15.61 thsp07069Salami, cooked, beef and pork56.72 slices207072Salami, dry or hard, pork, beef202 slices202047Salt, table61 tsp07073Sandwich spread, pork, beef151 thsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich1121089Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables1021 sandwich521113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables15.751 thsp506150Sauce, horese, ready-to-serve631/4 cup1106166Sauce, horeser, eady-to-serve161 thsp206166Sauce, nomenade, white, medium2501 cup106168Sauce, noresrve, pepper or hot4.71 tsp106140Sauce, terdy-to-serve161 tbsp106141Sauce, terdy-to-serve, salsa161 tusp107083Sausege, Vienna, canned, chicken, beef, pork161 sausage10714Sauce, terdy-to-serve, salsa161 sausage10714Sauce, terdy-to-serve, salsa2361 cup10714Sauce, terdy-to-serve, salsa161 sausage107145Sauce, kelp, raw102 sausage <t< td=""><td>04022</td><td>Salad dressing, russian dressing, low calorie</td><td>16.3</td><td>1 tbsp</td><td>1</td></t<>	04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1
07069Salami, cooked, beef and pork56.72 slices307072Salami, dry or hard, pork, beef202 slices202047Salt, table61 tsp07073Sandwichs spread, pork, beef151 tbsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich1121089Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables1021 sandwich521113Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables15.751 tbsp506150Sauce, cheese, ready-to-serve631/4 cup106166Sauce, horsin, ready-to-serve161 bsp106168Sauce, nosini, ready-to-serve631/4 cup206169Sauce, nosini, ready-to-serve631/4 cup206168Sauce, nosini, ready-to-serve631/4 cup206169Sauce, nosini, ready-to-serve161 tbsp106164Sauce, ready-to-serve, salsa161 bsp106175Sauce, neady-to-serve, salsa161 bsp106164Sauce, ready-to-serve181 bsp106164Sauce, ready-to-serve181 bsp107073Sause, keiny ki, ready-to-serve181 bsp107083Sause, keiny ki, ready-to-serve181 bsp107084Sau	04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0
Y0772Salami, dry or hard, pork, beef202 slices202047Salt, table61 tsp07073Sandwich spread, pork, beef151 tbsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich1121089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain condiments and vegetables1021 sandwich521113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables15,751 tbsp106150Sauce, babceue sauce15,751 tbsp1106164Sauce, hoesehvere631/4 cup106175Sauce, hoemade, white, medium2501 cup106166Sauce, pasta, spaghetti/marinara, ready-to-serve631/4 cup206168Sauce, ready-to-serve, epper or hot4.71 tsp206164Sauce, ready-to-serve, salsa161 tbsp106112Sauce, teriyaki, ready-to-serve181 tbsp106143Sauce, treidy-to-serve181 tbsp1070733Sausage, Vienna, canned, chicken, beef, pork161 sausage107083Sause, kelp, raw102 tbsp111459Seaweed, kelp, raw102 tbsp112160Seeds, seame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12161Seeds, seame butter, tahini, from roast	04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	4
20247Salt, table6I tsp07073Sandwich spread, pork, beef151 tbsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments195I sandwich21089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain condiments and vegetables102I sandwich21131Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables15.75I tbsp06150Sauce, barbecue sauce15.75I tbsp06166Sauce, horemade, white, medium250I cup106167Sauce, pottered, orserve631/4 cup206168Sauce, predy-to-serve631/4 cup206164Sauce, predy-to-serve2501 cup106164Sauce, ready-to-serve2501 cup106164Sauce, ready-to-serve181 tbsp106175Sauce, tredy-to-serve, peper or hot4.71 tsp106184Sauce, ready-to-serve181 tbsp106185Sauce, tredy-to-serve181 tbsp106184Sauce, ready-to-serve181 tbsp106185Sauce, tredy-to-serve181 tbsp106186Sauce, ready-to-serve181 tbsp106187Sausee, tenel, solids and liquids2361 cup107083Sausege, Viema, canned, chicken, beef, pork161 sausage10718	07069	Salami, cooked, beef and pork	56.7	2 slices	37
AdvicitSandwichSpread, pork, beef151 bsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich1121089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich5521131Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables15.751 tbsp666150Sauce, barbecue sauce15.751 tbsp1001006150Sauce, cheese, ready-to-serve631/4 cup1061616Sauce, hoisin, ready-to-serve161 tbsp1006166Sauce, noisin, ready-to-serve2501 cup1006168Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup1006164Sauce, crady-to-serve, salsa161 tbsp10006165Sauce, trigki, ready-to-serve181 tbsp1111306164Sauce, trigki, ready-to-serve181 tbsp11143906165Sauce, trigki, ready-to-serve181 tbsp11143906166Sauce, trigki, ready-to-serve181 tbsp11143906167Sauce, trigki, ready-to-serve181 tbsp11143906168Sauce, trigki, ready-to-serve181 tbsp11143906169Sauce, trigki, ready-to-serve181 tbsp11143906112Sauce, trigki, ready-to-serve161 sausage111143906112Saueer, te	07072	Salami, dry or hard, pork, beef	20	2 slices	20
21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich1121089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain condiments and vegetables1021 sandwich5521113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich5506150Sauce, cheese, ready-to-serve15.751 tbsp10006175Sauce, cheese, ready-to-serve161 tbsp06166Sauce, nemade, white, medium2501 cup106167Sauce, pasta, spaghetti/marinara, ready-to-serve631/4 cup206184Sauce, ready-to-serve, pepper or hot4.71 tsp106164Sauce, teriyaki, ready-to-serve181 thsp106164Sauce, teriyaki, ready-to-serve181 tbsp106165Sauce, teriyaki, ready-to-serve181 tbsp106164Sauce, teriyaki, ready-to-serve181 tbsp106164Sauce, teriyaki, ready-to-serve181 tbsp106175Sausage, Vienna, canned, chicken, beef, pork161 sausage111439Sauerkaut, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp111667Seaweed, kelp, raw102 tbsp11165Seeds, seame butter, tahini, from roasted and toasted kernels (most common type)1 oz (142 seeds)	02047	Salt, table	6	1 tsp	0
bacon and condiments21089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich521113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich506150Sauce, barbecue sauce15.751 tbsp106150Sauce, cheese, ready-to-serve631/4 cup106175Sauce, hoisin, ready-to-serve161 tbsp106166Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206930Sauce, neady-to-serve631/4 cup206931Sauce, pasta, spaghetti/marinara, ready-to-serve631/4 cup206931Sauce, ready-to-serve, pepper or hot4.71 tsp106164Sauce, ready-to-serve, salsa161 tbsp106142Sauce, trigaki, ready-to-serve181 tbsp106143Sauce, trigaki, ready-to-serve181 tbsp106144Sauce, trigaki, ready-to-serve181 tbsp107083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp112516Seeds, seame butter, tahin, from roasted and toasted kernels (most common type)1 bsp112010Seeds, seame seed kernels, dried (decorticated)81 tbsp12337Seeds, sunflower seed kernels, driy roasted, with salt added28.351 oz <td< td=""><td>07073</td><td>Sandwich spread, pork, beef</td><td>15</td><td>1 tbsp</td><td>6</td></td<>	07073	Sandwich spread, pork, beef	15	1 tbsp	6
21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich806150Sauce, barbecue sauce15.751 tbsp06030Sauce, cheese, ready-to-serve631/4 cup106175Sauce, hoisin, ready-to-serve161 tbsp106166Sauce, homemade, white, medium2501 cup106909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206931Sauce, neady-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06144Sauce, teriyaki, ready-to-serve181 tbsp06145Sauce, teriyaki, ready-to-serve181 tbsp06146Sauce, teriyaki, ready-to-serve161 sausage10112Sauce, teriyaki, ready-to-serve161 sausage10114Sause, Vienna, canned, chicken, beef, pork161 sausage101145Seaweed, kelp, raw102 tbsp101166Seaweed, spirulina, dried0.931 tbsp101216Seeds, spurpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)01216Seeds, seame seed kernels, dried (decorticated)81 tbsp01216Seeds, seame seed kernels, dried (decorticated)81 tbsp01217Seeds, sunflower seed kernels, drivated, with salt added321/4 cup0218Seeds, sunflower seed kernels,	21097		195	1 sandwich	111
condiments and vegetables06150Sauce, barbecue sauce15.751 tbsp06930Sauce, cheese, ready-to-serve631/4 cup106175Sauce, hoisin, ready-to-serve161 tbsp106166Sauce, homemade, white, medium2501 cup106990Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206931Sauce, neady-to-serve, pepper or hot4.71 tsp106164Sauce, ready-to-serve, pepper or hot4.71 tsp106175Sauce, trigaki, ready-to-serve181 tbsp106184Sauce, ready-to-serve, salsa161 tbsp106192Sauce, trigaki, ready-to-serve181 tbsp106112Sauce, trigaki, ready-to-serve161 sausage10612Sauce, trigaki, ready-to-serve161 sausage107083Sausage, Vienna, canned, solids and liquids2361 cup111450Seawed, kelp, raw102 tbsp111667Seawed, kelp, raw0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12516Seeds, sesame butter, tahini, from roasted and toasted kernels (most commot type)1 tbsp112517Seeds, sesame seed kernels, drigt (decorticated)81 tbsp112537Seeds, sunflower seed kernels, drigt added321 /4 cup1 <t< td=""><td>21089</td><td>Sandwiches and burgers, cheeseburger, regular, single meat patty, plain</td><td>102</td><td>1 sandwich</td><td>50</td></t<>	21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	50
6930Sauce, cheese, ready-to-serve631/4 cup106175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup106909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206901Sauce, pasta, spaghetti/marinara, ready-to-serve631 cup206188Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp0113Sauerkraut, canned, solids and liquids2361 cup07083Sauseg, Vienna, canned, chicken, beef, pork161 sausage1611445Seaweed, kelp, raw102 tbsp1111667Seaweed, spirulina, dried0.931 tbsp1251612516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12201Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)1 bsp125312537Seeds, sunflower seed kernels, driy roasted, with salt added28.351 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	21113		218	1 sandwich	87
NoteNoteNoteNote06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup106909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup106168Sauce, ready-to-serve, pepper or hot4.71 tsp106164Sauce, ready-to-serve, salsa161 tbsp106112Sauce, teriyaki, ready-to-serve181 tbsp106123Sauce, teriyaki, ready-to-serve181 tbsp106144Sauce, teriyaki, ready-to-serve181 tbsp106145Sauce, teriyaki, ready-to-serve181 tbsp106146Sauce, teriyaki, ready-to-serve181 tbsp106147Sauce, teriyaki, ready-to-serve181 tbsp106148Sauce, teriyaki, ready-to-serve181 tbsp101445Sauce, teriyaki, ready-to-serve161 sausage111445Seawed, kelp, raw102 tbsp111667Seawed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12516Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)1 tbsp112517Seeds, sunflower seed kernels, dried (decorticated)81 tbsp<	06150	Sauce, barbecue sauce	15.75	1 tbsp	0
06166Sauce, homemade, white, medium2501 cup106909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup206168Sauce, ready-to-serve, pepper or hot4.71 tsp206164Sauce, ready-to-serve, salsa161 tbsp206112Sauce, teriyaki, ready-to-serve181 tbsp206123Sauce, teriyaki, ready-to-serve181 tbsp206144Sauce, teriyaki, ready-to-serve161 sausage100612Sauce, teriyaki, ready-to-serve161 sausage1107083Sausage, Vienna, canned, chicken, beef, pork161 sausage110145Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1266Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12517Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added32.01 /4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06930	Sauce, cheese, ready-to-serve	63	1/4 cup	18
06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup206931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp06112Sauce, teriyaki, ready-to-serve181 cup07083Sausage, Vienna, canned, solids and liquids2361 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)11 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0
06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp06112Sauce, teriyaki, ready-to-serve181 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage107084Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1260Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)1 bsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06166	Sauce, homemade, white, medium	250	1 cup	18
06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)1266Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)1 tbsp112201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20
06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added32.351 oz12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0
06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
11439Sauerkraut, canned, solids and liquids2361 cup07083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp111667Seaweed, spirulina, dried0.931 tbsp112516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0
07083Sausage, Vienna, canned, chicken, beef, pork161 sausage111445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	11439	Sauerkraut, canned, solids and liquids	236	1 cup	0
11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	14
12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	11445	Seaweed, kelp, raw	10	2 tbsp	0
12166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
common type)8112201Seeds, sesame seed kernels, dried (decorticated)8112537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	12166		15	1 tbsp	0
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
14346Shake, fast food, chocolate33316 fl oz44	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
	14346	Shake, fast food, chocolate	333	16 fl oz	43

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14347	Shake, fast food, vanilla	333	16 fl oz	77
11677	Shallots, raw	10	1 tbsp	0
19097	Sherbet, orange	74	1/2 cup	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	10
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1
19013	Snacks, fruit leather, pieces	28.35	1 oz	0
19014	Snacks, fruit leather, rolls	21	1 large	0
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	3
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
19034	Snacks, popcorn, air-popped	8	1 cup	0
19036	Snacks, popcorn, cakes	10	1 cake	0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	2
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0
19041	Snacks, pork skins, plain	28.35	1 oz	27
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor	28.35	1 oz	1
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6
19061	Snacks, trail mix, tropical	140	1 cup	0
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	22
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	3
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	5
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	19

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
)6419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	7
)6528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	10
)6024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	17
)6423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	22
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	10
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	27
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	20
)6443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2
)6440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2
)6094	Soup, onion mix, dehydrated, dry form	39	1 packet	2
)6494	Soup, onion, dehydrated, prepared with water	246	1 cup	0
)6449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	19
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	17
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	5
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	5
06174	Soup, stock, fish, home-prepared	233	1 cup	2
)6359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	17
)6559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	5
)6067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0
)6468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
16120	Soy milk, fluid	245	1 cup	0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
1451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0
6109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	17
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0
02007	Spices, celery seed	2	1 tsp	0
2009	Spices, chili powder	2.6	1 tsp	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02015	Spices, curry powder	2	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02026	Spices, onion powder	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	0
02028	Spices, paprika	2.1	1 tsp	0
02029	Spices, parsley, dried	1.3	1 tbsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
11658	Spinach souffle	136	1 cup	160
11461	Spinach, canned, drained solids	214	1 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0
11457	Spinach, raw	30	1 cup	0
11457	Spinach, raw	10	1 leaf	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0
11641	Squash, summer, all varieties, raw	113	1 cup	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0
09316	Strawberries, raw	18	1 strawberry	0
09316	Strawberries, raw	166	1 cup	0
09316	Strawberries, raw	12	1 strawberry	0
19334	Sugars, brown	3.2	1 tsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0
11512	Sweet potato, canned, vacuum pack	255	1 cup	0
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	8
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	40
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	0
09223	Tangerine juice, canned, sweetened	249	1 cup	0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0
20068	Tapioca, pearl, dry	152	1 cup	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0
18361	Toaster pastries, brown-sugar-cinnamon Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	50 52	l pastry 1 pastry	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
11954	Tomatillos, raw	34	1 medium	0
11540	Tomato juice, canned, with salt added	243	1 cup	0
11546	Tomato products, canned, paste, without salt added	262	1 cup	0
11547	Tomato products, canned, puree, without salt added	250	1 cup	0
11549	Tomato products, canned, sauce	245	1 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0
1529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0
11955	Tomatoes, sun-dried	2	1 piece	0
1956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
21088	Tostada with guacamole	130.5	1 tostada	20
)5286	Turkey and gravy, frozen	142	5-oz package	26
)5292	Turkey patties, breaded, battered, fried	64	1 patty	40
)5296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	45
)5188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	71
)5172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	419
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	58
)5168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	106
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	185
1569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	114
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	94
11578	Vegetable juice cocktail, canned	242	1 cup	0
04582	Vegetable oil, canola	14	1 tbsp	0
1581	Vegetables, mixed, canned, drained solids	163	1 cup	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0
02048	Vinegar, cider	15	1 tbsp	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	5
8367	Waffles, plain, prepared from recipe	75	1 waffle	52
4429	Water, municipal	237	8 fl oz	0
1590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
)9326	Watermelon, raw	152	1 cup	0
)9326	Watermelon, raw	286	1 wedge	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20083	Wheat flour, white, bread, enriched	137	1 cup	0
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20080	Wheat flour, whole-grain	120	1 cup	0
20089	Wild rice, cooked	164	1 cup	0
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	9
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	14
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	30