NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	62.28
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.51
19087	Candies, white chocolate	170	1 cup	54.55
19080	Candies, semisweet chocolate	168	1 cup	50.40
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	46.57
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	41.33
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	38.70
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	36.76
01164	Cheese sauce, prepared from recipe	243	1 cup	36.26
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	33.01
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	32.94
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	32.47
01036	Cheese, ricotta, whole milk	246	1 cup	31.93
21082	Fast foods, taco	263	1 large	31.61
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	29.45
22906	Chicken pot pie, frozen entree	217	1 small pie	29.10
21024	Fast foods, french toast sticks	141	5 sticks	29.05
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	28.81
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	28.60
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	28.47
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	28.35
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	27.98
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	27.36
18325	Pie, pecan, prepared from recipe	122	1 piece	27.08
01095	Milk, canned, condensed, sweetened	306	1 cup	26.62
06166	Sauce, homemade, white, medium	250	1 cup	26.58
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	26.56
21043	Fast foods, clams, breaded and fried	115	3/4 cup	26.40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	25.76
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.35
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	25.14
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	24.90
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	24.75
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	24.66
21015	Fast foods, danish pastry, cheese	91	1 pastry	24.62
19061	Snacks, trail mix, tropical	140	1 cup	23.94
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	22.85
18309	Pie, cherry, prepared from recipe	180	1 piece	21.96
18310	Pie, chocolate creme, commercially prepared	113	1 piece	21.92
14347	Shake, fast food, vanilla	333	16 fl oz	21.71
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	21.62
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	21.57
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	21.08
18324	Pie, pecan, commercially prepared	113	1 piece	20.91
18319	Pie, fried pies, fruit	128	1 pie	20.61

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	20.61
21082	Fast foods, taco	171	1 small	20.55
11414	Potato salad, home-prepared	250	1 cup	20.50
12142	Nuts, pecans	28.35	1 oz (20 halves)	20.40
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	20.40
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	19.95
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	19.74
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	19.68
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	19.62
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	19.55
11370	Potatoes, hashed brown, home-prepared	156	1 cup	19.53
01037	Cheese, ricotta, part skim milk	246	1 cup	19.46
12147	Nuts, pine nuts, dried	28.35	1 oz	19.38
18302	Pie, apple, prepared from recipe	155	1 piece	19.38
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	19.05
01057	Eggnog	254	1 cup	19.00
15128	Fish, tuna salad	205	1 cup	18.98
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18.95
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	18.90
21074	Fast foods, enchilada, with cheese	163	1 enchilada	18.84
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	18.83
21023	Breakfast items, french toast with butter	135	2 slices	18.77
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	18.63
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	18.60
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	18.49
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	18.48
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	18.28
18147	Cheesecake commercially prepared	80	1 piece	18.00
11658	Spinach souffle	136	1 cup	17.61
18306	Pie, blueberry, prepared from recipe	147	1 piece	17.49
12120	Nuts, hazelnuts or filberts	28.35	1 oz	17.22
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	17.20
16008	Beans, baked, canned, with franks	259	1 cup	17.02
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	17.00
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	16.94
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	16.65
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	16.46
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	16.38
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	16.27
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	16.16
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	16.02
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	15.97
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	15.94
21017	Fast foods, danish pastry, fruit	94	1 pastry	15.93
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	15.93
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	15.70
18245	Danish pastry, cheese	71	1 danish	15.55

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	15.51
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	15.43
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	15.31
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	15.15
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	15.15
12104	Nuts, coconut meat, raw	45	1 piece	15.07
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	14.97
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	14.88
19078	Baking chocolate, unsweetened, squares	28.35	1 square	14.83
21083	Fast foods, taco salad	198	1-1/2 cups	14.77
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	14.68
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14.59
21118	Fast foods, hotdog, plain	98	1 sandwich	14.54
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	14.49
18327	Pie, pumpkin, prepared from recipe	155	1 piece	14.42
12061	Nuts, almonds	28.35	1 oz (24 nuts)	14.36
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	14.35
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	14.25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	14.22
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	14.15
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	14.12
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	14.10
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	14.08
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	14.08
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	14.08
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	14.01
04582	Vegetable oil, canola	14	1 tbsp	14.00
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	13.99
07008	Bologna, beef and pork	56.7	2 slices	13.94
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	13.92
20113	Noodles, chinese, chow mein	45	1 cup	13.84
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	13.76
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	13.74
18316	Pie, coconut custard, commercially prepared	104	1 piece	13.73
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	13.68
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	13.60
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	13.60
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	13.60
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	13.60
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	13.60
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	13.60
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	13.59
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	13.54
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	13.52
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	13.50
04053	Oil, olive, salad or cooking	13.5	1 tbsp	13.50

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.44
19126	Candies, milk chocolate coated peanuts	40	10 pieces	13.40
07022	Frankfurter, beef	45	1 frank	13.31
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	13.16
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	13.14
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	13.14
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	13.05
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	13.03
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	12.99
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	12.96
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	12.93
18308	Pie, cherry, commercially prepared	117	1 piece	12.87
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	12.87
04002	Lard	12.8	1 tbsp	12.80
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	12.80
13348	Beef, cured, corned beef, canned	85.05	3 oz	12.70
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	12.59
22905	Beef stew, canned entree	232	1 cup	12.48
07023	Frankfurter, beef and pork	45	1 frank	12.44
14346	Shake, fast food, chocolate	333	16 fl oz	12.32
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.14
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	12.10
19089	Ice creams, vanilla, rich	74	1/2 cup	11.99
18239	Croissants, butter	57	1 croissant	11.97
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	11.97
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	11.94
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	11.90
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11.87
18305	Pie, blueberry, commercially prepared	117	1 piece	11.70
22904	Chili con carne with beans, canned entree	222	1 cup	11.68
21088	Tostada with guacamole	130.5	1 tostada	11.63
21129	Fast foods, hush puppies	78	5 pieces	11.59
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	11.57
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	11.54
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	11.52
05292	Turkey patties, breaded, battered, fried	64	1 patty	11.52
01001	Butter, salted	14.2	1 tbsp	11.52
01145	Butter, without salt	14.2	1 tbsp	11.52
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	11.46
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	11.46
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	11.42
07069	Salami, cooked, beef and pork	56.7	2 slices	11.40
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	11.40
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	11.35
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	11.34

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	11.33
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	11.31
05277	Chicken, canned, meat only, with broth	142	5 oz	11.29
11672	Potato pancakes	76	1 pancake	11.21
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	11.18
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	11.18
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	11.14
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	11.14
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	11.10
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	11.04
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	11.00
21127	Fast foods, coleslaw	99	3/4 cup	10.97
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10.92
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	10.92
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	10.89
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	10.79
05306	Poultry food products, ground turkey, cooked	82	1 patty	10.78
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	10.76
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	10.75
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	10.69
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	10.69
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.63
19411	Snacks, potato chips, plain, salted	28.35	1 oz	10.62
18367	Waffles, plain, prepared from recipe	75	1 waffle	10.58
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	10.54
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	10.50
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	10.49
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	10.44
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	10.38
18326	Pie, pumpkin, commercially prepared	109	1 piece	10.36
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	10.28
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	10.17
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.14
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	10.12
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	10.09
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	10.09
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	9.84
18320	Pie, lemon meringue, commercially prepared	113	1 piece	9.83
04133	Salad dressing, french, home recipe	14	1 tbsp	9.83
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	9.82
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	9.81
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	9.78
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	9.77
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	9.76

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	9.74
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	9.61
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	9.49
01111	Milk shakes, thick vanilla	313	11 fl oz	9.48
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	9.47
07065	Pork and beef sausage, fresh, cooked	26	2 links	9.43
01009	Cheese, cheddar	28.35	1 oz	9.40
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	9.32
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	9.28
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	9.27
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	9.23
01007	Cheese, camembert	38	1 wedge	9.22
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	9.22
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.19
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.18
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	9.13
18151	Cookies, brownies, commercially prepared	56	1 brownie	9.13
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	9.02
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	8.98
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	8.91
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	8.90
19071	Candies, carob	28.35	1 oz	8.89
19041	Snacks, pork skins, plain	28.35	1 oz	8.87
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	8.86
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	8.82
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	8.80
07024	Frankfurter, chicken	45	1 frank	8.77
01013	Cheese, cottage, creamed, with fruit	226	1 cup	8.70
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	8.69
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.64
21033	Fast foods, sundae, hot fudge	158	1 sundae	8.63
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	8.62
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	8.60
01030	Cheese, muenster	28.35	1 oz	8.52
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	8.51
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	8.51
19193	Puddings, rice, ready-to-eat	113.4	4 oz	8.51
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.48
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	8.48
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	8.37
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	8.34
21042	Fast foods, chili con carne	253	1 cup	8.27
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.27
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	8.20

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01004	Cheese, blue	28.35	1 oz	8.15
01110	Milk shakes, thick chocolate	300	10.6 fl oz	8.10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	8.06
16098	Peanut butter, smooth style, with salt	16	1 tbsp	8.06
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	8.05
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	8.02
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	8.00
16097	Peanut butter, chunk style, with salt	16	1 tbsp	7.99
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	7.94
01077	Milk, whole, 3.25% milkfat	244	1 cup	7.93
01040	Cheese, swiss	28.35	l oz	7.88
18090	Cake, boston cream pie, commercially prepared	92	1 piece	7.82
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.82
21077	Fast foods, frijoles with cheese	167	1 cup	7.78
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	7.74
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	7.69
07064	Pork Sausage, Fresh, Cooked	27	1 patty	7.66
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	7.55
01035	Cheese, provolone	28.35	1 oz	7.55
01132	Egg, whole, cooked, scrambled	61	1 large	7.45
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	7.38
07064	Pork Sausage, Fresh, Cooked	26	2 links	7.37
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	7.37
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	7.34
18243	Croutons, seasoned	40	1 cup	7.32
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	7.29
19095	Ice creams, vanilla	66	1/2 cup	7.26
19270	Ice creams, chocolate	66	1/2 cup	7.26
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	7.25
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	7.25
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	7.17
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	7.14
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	7.10
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	7.09
01128	Egg, whole, cooked, fried	46	1 large	7.04
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	7.02
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	6.99
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	6.98
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	6.96
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	6.86
11399	Potato puffs, frozen, oven-heated	79	10 puffs	6.81
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	6.72
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.69
01031	Cheese, neufchatel	28.35	l oz	6.64
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	6.62
20033	Oat bran, raw	94	1 cup	6.61

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	6.60
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	6.58
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.58
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	6.57
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.53
01026	Cheese, mozzarella, whole milk	28.35	1 oz	6.34
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	6.30
22247	Macaroni and Cheese, canned entree	252	1 cup	6.20
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	6.17
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	6.16
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	6.12
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	6.12
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	6.06
01019	Cheese, feta	28.35	1 oz	6.03
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	6.02
07072	Salami, dry or hard, pork, beef	20	2 slices	6.01
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	6.00
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	6.00
18023	Bread, cornbread, dry mix, prepared	60	1 piece	6.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.95
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	5.95
19422	Snacks, potato chips, reduced fat	28.35	1 oz	5.90
12147	Nuts, pine nuts, dried	8.6	1 tbsp	5.88
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	5.88
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	5.85
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	5.79
01123	Egg, whole, raw, fresh	58	1 extra large	5.77
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	5.68
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	5.66
19015	Snacks, granola bars, hard, plain	28.35	1 bar	5.61
18120	Cake, pound, commercially prepared, butter	28	1 piece	5.57
01053	Cream, fluid, heavy whipping	15	1 tbsp	5.55
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.53
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	5.47
15111	Fish, swordfish, cooked, dry heat	106	1 piece	5.45
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	5.38
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.31
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	5.30
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	5.25
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	5.14
18280	Muffins, corn, dry mix, prepared	50	1 muffin	5.10
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	5.07
01017	Cheese, cream	14.5	1 tbsp	5.06
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	5.05
	Egg, whole, raw, fresh	50	1 large	4.97

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.96
01131	Egg, whole, cooked, poached	50	1 large	4.95
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.92
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.90
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4.90
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	4.88
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4.85
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	4.84
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	4.82
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	4.81
18279	Muffins, corn, commercially prepared	57	1 muffin	4.79
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	4.76
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	4.75
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	4.71
16120	Soy milk, fluid	245	1 cup	4.70
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.68
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	4.67
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	4.65
01052	Cream, fluid, light whipping	15	1 tbsp	4.64
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	4.62
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4.55
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	4.53
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	4.53
19183	Puddings, chocolate, ready-to-eat	113	4 oz	4.52
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	4.51
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.51
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	4.43
01125	Egg, yolk, raw, fresh	16.6	1 large	4.41
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	4.40
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.38
01123	Egg, whole, raw, fresh	44	1 medium	4.37
15111	Fish, swordfish, cooked, dry heat	85	3 oz	4.37
09038	Avocados, raw, California	28.35	1 oz	4.37
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	4.36
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4.32
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	4.31
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.25
18283	Muffins, oat bran	57	1 muffin	4.22
07017	Chicken roll, light meat	56.7	2 slices	4.18
19218	Puddings, tapioca, ready-to-eat	113	4 oz	4.18
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	4.17
16112	Miso	68.75	1 cup	4.13
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	
19201	Puddings, vanilla, ready-to-eat	113	4 oz	4.07
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4.03
04015	Salad dressing, russian dressing	15.3	1 tbsp	4.01

18358Sweet rolls, cinnamon, refrigerated dough with frosting, baked301 rc10131Pork, cured, canadian-style bacon, grilled46.52 sl18110Cake, fruitcake, commercially prepared431 pi	z /2" biscuit bll lices iece z package	4.00 3.98 3.97 3.96 3.92
18015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-118358Sweet rolls, cinnamon, refrigerated dough with frosting, baked301 rc10131Pork, cured, canadian-style bacon, grilled46.52 sl18110Cake, fruitcake, commercially prepared431 pi05286Turkey and gravy, frozen1425-or	/2" biscuit bll lices iece z package	3.97 3.96
18358Sweet rolls, cinnamon, refrigerated dough with frosting, baked301 rc10131Pork, cured, canadian-style bacon, grilled46.52 sl18110Cake, fruitcake, commercially prepared431 pi05286Turkey and gravy, frozen1425-or	oll lices iece z package	3.96
10131Pork, cured, canadian-style bacon, grilled46.52 sl18110Cake, fruitcake, commercially prepared431 pi05286Turkey and gravy, frozen1425-or	lices iece z package	
18110Cake, fruitcake, commercially prepared431 pi05286Turkey and gravy, frozen1425-or	iece z package	3.92
05286Turkey and gravy, frozen1425-or	z package	
		3.91
20011 Buckwheat flour, whole-groat 120 1 cu		3.73
	up	3.72
15027Fish, fish portions and sticks, frozen, preheated281 st	tick (4" x 1" x 1/2")	3.71
18274Muffins, blueberry, commercially prepared571 m	nuffin	3.71
06067Soup, vegetable, canned, chunky, ready-to-serve, commercial2401 cm	up	3.70
15077 Fish, salmon, chinook, smoked 85.05 3 oz	Z	3.67
08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven 49 1 cu	up	3.66
19040Snacks, popcorn, cheese-flavor111 cm	up	3.65
16010Beans, baked, canned, with pork and sweet sauce2531 cm	up	3.64
19035Snacks, popcorn, oil-popped, microwaved111 cm	up	3.63
18268French toast, frozen, ready-to-heat591 sl	lice	3.60
19101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 pi	iece	3.60
18185Cookies, peanut butter, commercially prepared, regular151 co	ookie	3.54
01117Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-or	z container	3.52
18206Cookies, sugar, refrigerated dough, baked151 co	ookie	3.47
11659Sweet potato, cooked, candied, home-prepared1051 pi	iece	3.41
06119 Gravy, chicken, canned 59.5 1/4	cup	3.40
(nigari)	block	3.38
11391Potatoes, hashed brown, frozen, plain, prepared291 page	atty	3.34
20110 Noodles, egg, cooked, enriched 160 1 cu	up	3.31
CRUNCH	cup	3.30
19038Snacks, popcorn, caramel-coated, with peanuts421 cr	1	3.28
······	ookie	3.28
18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)141 he		3.21
	nuffin	3.20
	cup	3.19
16103Refried beans, canned (includes USDA commodity)2521 cr	•	3.18
	affle	3.17
	ookie	3.17
12167Nuts, chestnuts, european, roasted1431 cu	*	3.15
11159Coleslaw, home-prepared1201 cu	*	3.13
	ausage	3.10
06409 Soup, beef noodle, canned, prepared with equal volume water, 244 1 cu commercial	•	3.07
	breast	3.07
	rackers	3.04
	nedium	3.01
	ookie	3.00
15071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fi		2.99
18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 he		2.96
18292Pancakes, plain, dry mix, incomplete, prepared381 pa	ancake	2.93

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.93
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	2.91
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	2.90
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	2.90
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	2.88
22401	Spaghetti with meat sauce, frozen entree	283	1 package	2.86
09039	Avocados, raw, Florida	28.35	1 oz	2.85
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	2.83
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	2.82
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	2.81
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	2.80
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	2.78
18235	Crackers, whole-wheat	16	4 crackers	2.75
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.73
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.73
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	2.72
18134	Cake, sponge, prepared from recipe	63	1 piece	2.71
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	2.70
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.70
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.65
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	2.61
07073	Sandwich spread, pork, beef	15	1 tbsp	2.60
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.54
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	2.53
18214	Crackers, cheese, regular	10	10 crackers	2.53
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.52
01056	Cream, sour, cultured	12	1 tbsp	2.52
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.51
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2.51
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	2.50
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	2.50
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.49
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	2.48
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	2.47
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	l cup	2.46
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	2.45
18353	Rolls, hard (includes kaiser)	57	1 roll	2.45
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.44
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.43
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.42
18027	Bread, egg	40	1/2" slice	2.40
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	2.37
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	2.37
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	2.35
09193	Olives, ripe, canned (small-extra large)	22	5 large	2.35

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	2.34
20005	Barley, pearled, raw	200	1 cup	2.32
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	2.31
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	2.28
20083	Wheat flour, white, bread, enriched	137	1 cup	2.27
20080	Wheat flour, whole-grain	120	1 cup	2.24
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2.23
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2.22
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	2.21
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.19
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	2.18
07027	Ham, chopped, not canned	21	2 slices	2.16
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.16
01143	Egg substitute, liquid	62.75	1/4 cup	2.08
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	2.07
19104	Candies, fudge, vanilla with nuts	15	1 piece	2.05
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	2.04
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.01
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	2.00
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.99
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.99
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.98
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.98
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.98
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.98
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	1.94
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.93
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.93
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.93
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.92
18177	Cookies, molasses	15	1 cookie, medium	1.92
18166 06423	Cookies, chocolate sandwich, with creme filling, regular Soup, chicken with rice, canned, prepared with equal volume water,	10 241	1 cookie 1 cup	1.91 1.90
06471	commercial Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.90
06174	Soup, stock, fish, home-prepared	233	1 cup	1.89
20034	Oat bran, cooked	219	1 cup	1.88
18003	Bagels, egg	89	4" bagel	1.87
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1.86
20012	Bulgur, dry	140	1 cup	1.86
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.86
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.86
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.80
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.78
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	l cup	1.77

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.77
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	1.76
20037	Rice, brown, long-grain, cooked	195	1 cup	1.76
01049	Cream, fluid, half and half	15	1 tbsp	1.73
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.71
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1.69
15141	Crustaceans, crab, blue, canned	135	1 cup	1.66
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	1.66
18232	Crackers, wheat, regular	8	4 crackers	1.65
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.64
07028	Ham, sliced, extra lean	56.7	2 slices	1.62
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.62
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	1.61
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.59
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.58
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.57
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	1.54
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.53
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.53
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.52
18005	Bagels, cinnamon-raisin	89	4" bagel	1.51
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.50
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.50
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	1.50
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.50
18003	Bagels, egg	71	3-1/2" bagel	1.49
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	1.49
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1.48
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.48
19097	Sherbet, orange	74	1/2 cup	1.48
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.48
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	1.48
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.48
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1.47
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.47
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.47
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.44
01032	Cheese, parmesan, grated	5	1 tbsp	1.43
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.41
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.40
15034	Fish, haddock, cooked, dry heat	150	1 fillet	1.40
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.39
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.38
06116	Gravy, beef, canned	58.25	1/4 cup	1.37

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.36
16158	Hummus, commercial	14	1 tbsp	1.34
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	1.33
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.32
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.31
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1.30
20100	Macaroni, cooked, enriched	140	1 cup	1.30
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.30
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.29
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.29
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.28
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.28
06125	Gravy, turkey, canned	59.6	1/4 cup	1.25
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.25
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.23
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	1.23
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.22
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.22
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.21
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.21
18040	Bread, oatmeal, toasted	25	1 slice	1.20
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.20
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.20
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.20
18039	Bread, oatmeal	27	1 slice	1.19
20084	Wheat flour, white, cake, enriched	137	1 cup	1.18
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.18
18170	Cookies, fig bars	16	1 cookie	1.17
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.16
18048	Bread, raisin, toasted, enriched	24	1 slice	1.15
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.15
18047	Bread, raisin, enriched	26	1 slice	1.14
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.14
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.14
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.13
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.13
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.13
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.12
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	1.11
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.11
20028	Couscous, dry	173	1 cup	1.11
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.10
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.10
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.09
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.08
11461	Spinach, canned, drained solids	214	1 cup	1.07

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18060	Bread, rye	32	1 slice	1.06
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.05
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.05
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.05
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	1.05
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.04
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	1.04
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.03
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.02
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1.01
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.01
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.99
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.99
18044	Bread, pumpernickel	32	1 slice	0.99
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.99
18045	Bread, pumpernickel, toasted	29	1 slice	0.99
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.99
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.99
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.98
18025	Bread, cracked-wheat	25	1 slice	0.98
21139	Fast foods, potato, mashed	80	1/3 cup	0.97
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.96
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.96
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.96
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.96
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.95
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.95
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.95
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.93
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.94
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.94
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	*	0.93
16013	Cowpeas, common (blackeyes, crowder, southern), mature seeds,	172	1 cup	0.93
08014	cooked, boiled, without salt Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	1 cup 3/4 cup	0.91
	-		1	
01072	Dessert topping, pressurized	4	1 tbsp	0.89
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.89
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.88
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	0.88
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.87
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.87
18061	Bread, rye, toasted	24	1 slice	0.86
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.83
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.82
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.82
19074	Candies, caramels	10.1	1 piece	0.82
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.82
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.81

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09302	Raspberries, raw	123	1 cup	0.80
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.80
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.79
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.78
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.77
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.76
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.76
16051	Beans, white, mature seeds, canned	262	1 cup	0.76
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.76
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.76
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.76
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.75
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.75
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.75
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.74
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.74
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.73
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.73
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.72
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.72
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.72
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.71
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.71
01069	Cream substitute, powdered	2	1 tsp	0.71
09153	Lemon juice, canned or bottled	244	1 cup	0.71
09042	Blackberries, raw	144	1 cup	0.71
18033	Bread, italian	20	1 slice	0.71
15121		85		
	Fish, tuna, light, canned in water, drained solids		3 oz	0.70
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	l cup	0.70
09087	Dates, deglet noor	178	l cup	0.69
20006	Barley, pearled, cooked	157	1 cup	0.69
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.69
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.69
11424	Pumpkin, canned, without salt	245	1 cup	0.69
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.68
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.67
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.67
14175 09136	Chocolate-flavor beverage mix for milk, powder, without added nutrients Grape juice, frozen concentrate, sweetened, undiluted, with added	21.6 216	2-3 heaping tsp 6-fl-oz can	0.67 0.67
	vitamin C		5 II 52 U II	0.07
18053	Bread, reduced-calorie, rye	23	1 slice	0.67
09298	Raisins, seedless	145	1 cup	0.67
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.67
09277	Plantains, raw	179	1 medium	0.66
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.65
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.65
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.65
18220	Crackers, melba toast, plain	20	4 pieces	0.64
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.64

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.64
09340	Pears, asian, raw	275	1 pear	0.63
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.63
19014	Snacks, fruit leather, rolls	21	1 large	0.63
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.63
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.63
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.61
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.61
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.61
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.60
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.60
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.60
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.60
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.60
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.60
11549	Tomato products, canned, sauce	245	1 cup	0.59
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.58
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.58
18057	Bread, reduced-calorie, white	23	1 slice	0.58
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.57
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.57
09176	Mangos, raw	207	1 mango	0.56
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.56
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.56
20089	Wild rice, cooked	164	1 cup	0.56
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.55
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.55
13350	Beef, cured, dried	28.35	1 oz	0.55
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.54
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.54
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.54
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.53
18055	Bread, reduced-calorie, wheat	23	1 slice	0.53
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.53
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.52
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.52
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.51
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.51
02007	Spices, celery seed	2	1 tsp	0.51
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.50
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.50
09223	Tangerine juice, canned, sweetened	249	1 cup	0.50
09225	Strawberries, raw	166	1 cup	0.50
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.50
09206	Orange juice, raw	248	1 cup	0.50
				0.50
09040	Bananas, raw	150	1 cup	

08246 Cereals ready-to-ext, GNURAL MILLS, TOTAL Com Plakes 30 1-13 cup 00 08667 Cereals ready-to-ext, KP1 LOCG, SWTCAL K. 31 1 cup 00 08105 Ruberins, raw 145 Lopan 0 08105 Cereals, CREAN OF WHEAT, quick, cooked with water, without salt 239 1 eap 0 11818 Spiranch, cooked, boiled, drained, without salt 180 1 eup 0 11839 Spiranch, cooked, boiled, drained, without salt 156 1 eup 0 11890 euract, currer pits, yetlow, regular and quick, enriched, cooked with 242 1 cup 0 08047 Cereals, currer pits, yetlow, regular and quick, enriched, cooked with 242 1 cup 0 08049 Cereals, currer pits, yetlow, regular and quick, enriched, cooked with 242 1 cup 0 08041 Orage pitse, froor, soveetned, without salt 255 1 cup 0 08042 Froit, mixed, quade, powler 156 1 cup 0 08043 Froit, mixed, quade, powler 250 1 cup 0 </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
88867 Corcals ready-to-cat, KFLLOGG, KFLLOGGS SPECIAL K 31 l eup 00 88867 Carcals, raw 145 l eup 00 88867 Ready-to-cat, KFLLOGG, KFLLOGGS SPECIAL K 31 l eup 00 19816 Carcals, cask, CREAM OF WIELAT, quick, cosked with water, without salt 120 l eup 00 11488 Spinach, cooked, boiled, drinned, without salt 150 l eup 00 11181 Corn, sweet, reallow, regular and quick, enriched, cooked with 242 l eup 0 08001 Carcals, con gritt, without salt 255 l eup 0 08012 Carcals, con gritt, without salt 250 l eup 0 09020 Applesauce, cuined, sweetened, without salt 250 l eup 0 09124 Orange juice, froore concentrate, unsweetened, unihued 213 6-fl-oz can 0 09124 Orange juice, froore concentrate, unsweetened, unihued 123 6-fl-oz can 0 09126 Applesauce, cuind, cwa 149 l eup 0 0	11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.48
90050Hucharriser, raw145I cap0.080105Creads, CREAM OF WIELT, quick, cooked with water, without sall239I cup0.01155Spinach, cooked, holied, drained, without salt1800I cup0.01189Paranips, cooked, holied, drained, without salt156I cup0.01181Corn, sock, coo pits, yellow, regular and quick, enriched, cooked with242I cup0.080691Creats, corn pits, yellow, regular and quick, enriched, cooked with242I cup0.090700Appleauce, cannel, drained solds156I cup0.090701Appleauce, cannel, drained solds156I cup0.090702Appleauce, cannel, drained solds156I cup0.090714Mathrooms, canned, drained solds156I cup0.090714Chargen, inc. supara draided, powder210I cup0.090714Orange juic, froorn concentrate, unswecened, undifuted113G-fr-or can0.090714Margos, raw165I cup0.090715Margos, raw165I cup0.090716Margos, raw165I cup0.090717Margos, raw165I cup0.090718Margos, raw165I cup0.090719Stace, white, long-grain, regular, cooked182I cup0.090716Margos, raw165I cup0.090717Margos, raw165I cup0.0	08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.48
BNI05Cereals, CREAM OF WHEAT, quick, cooked with water, without sait2391 exp010115Appragos, curned, drained, without sait1801 exp011299Parsnip, cooked, boiled, drained, without salt1561 ear011810Corre, nevert, yellinw, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear011811Corre, nevert, yellinw, frozen, kernels on cob, cooked, boiled, drained,	08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.48
11015 Asparagus, canned, drained, solids 72 4 spears 0 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 0 11181 Con, sweet, yullow, frozen, kernels on cob, cooked, boiled, drained, cooked with 242 1 cup 0 08164 Cereals, corn gits, without salt 255 1 cup 0 08091 Cereals, corn gits, withe, regular and quick, enriched, cooked with 242 1 cup 0 09020 Appleanace, canned, trained and usick, enriched, cooked with 242 1 cup 0 09020 Appleanace, canned, trained and usick, enriched, cooked with 242 1 cup 0 09020 Appleanace, canned, drained and solids 156 1 202 0 01244 Otaroamis, a sugar added, powder 15 1 202 0 0 01214 Organg juice, frozen concentrate, unsweetened, undituted 213 6-ft-or can 0 02014 Organg juice, frozen concentrate, unsweetened, undituted 182 1 cup 0 02015 Bitgyr, cooked 182 1 cup 0 0 02016 Bitgyr, cooked	09050	Blueberries, raw	145	1 cup	0.48
11438 Spinach, cooked, boiled, drained, without salt 180 1 cup 0.0 11290 Parsipis, cooked, boiled, drained, without salt 156 1 cup 0.0 11181 Convext, yellow, recupitar and quick, enriched, cooked with 242 1 cup 0.0 08/164 Cereals, corn grits, yellow, regular and quick, enriched, cooked with 242 1 cup 0.0 09/001 Argens, corn grits, white, regular and quick, enriched, cooked with 242 1 cup 0.0 11264 Mushnours, canned, drained solids 15 1 cup 0.0 11264 Mushnours, canned, drained solids 15 1 cup 0.0 11264 Mushnours, canned, drained solids 15 1 cup 0.0 11264 Mushnours, cunned, drained solids 15 1 cup 0.0 11264 Pappera, sweet, red, nw 280 1 large 0.0 11281 Pappera, sweet, red, nw 165 1 cup 0.0 11281 Pappera, sweet, red, nw 160 1 cup 0.0 1129 Spices, chil	08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.48
11299Parsnips, cooked, boiled, drained, without salt1561 cap0.11181Corn, sweet, yellow, fregular and quick, enriched, cooked, with421 cap0.08614Cereals, corn grits, yellow, regular and quick, enriched, cooked with2421 cup0.08691Cereals, corn grits, withe, regular and quick, enriched, cooked with2421 cup0.08691Cereals, corn grits, withe, regular and quick, enriched, cooked with2421 cup0.09620Appleauce, canned, sweetend, without salt2551 cup0.09620Appleauce, canned, sweetend, without salt1561 cup0.11266Cucumber, peeded, new2801 cup0.097160Fruit, mixed, (pach and cherry-sweet and -sour and rapherry and and boy-sentery fixeen, sweetend2801 large0.007160Margo, naw1651 cup0.017160Margo, naw1651 cup0.01821Pepers, sweet, red, raw1651 cup0.019176Margo, naw1361 cup0.02013Bulgar, cooked1581 cup0.02014Orace, chin powder2.61 lap0.02015Peos, chin powder2.61 sep0.02160Vatermelon, naw1361 nectarine0.021726Papayas, raw341 papa0.021826Vatermelon, fame51 pice0.031836Cereals rady-to-cat, KELLOGGN	11015	Asparagus, canned, drained solids	72	4 spears	0.47
11181 Corr, syster, yellow, frozen, kernels on eob, cooked, boiled, drained, 63 1 ear 0.0 08164 Corrads, corn grits, yellow, regular and quick, enriched, cooked with 242 1 eup 0.0 08090 Appleasate, cannel, wettered, without salt 255 1 cup 0.0 09020 Appleasate, cannel, wettered, without salt 256 1 cup 0.0 091124 Mushrooms, canned, drained solids 156 1 cup 0.0 09128 Finit, mixed, (peach and cherry-weet and -sour and rappberry and graps and boysenberry), frozen, sweetiened 250 1 large 0.0 091214 Orange juck, frozen concertrate, unsweetened, undifuted 213 6-ft-or cann 0.0 091214 Orange juck, frozen concertrate, unsweetened, undifuted 158 1 cup 0.0 09176 Magnes, raw 149 1 cup 0.0 09176 Magnes, raw 165 1 cup 0.0 09176 Magnes, raw 166 1 serving 0.0 09176 Magnes, raw 166 1 serving 0.0	11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.47
without sail 242 1 cup 0. 088164 Cerals, corn grits, white, regular and quick, enriched, cooked with 242 1 cup 0. 09020 Applesauce, canned, swetened, without sail 255 1 cup 0. 09020 Applesauce, canned, swetened, without sail 255 1 cup 0. 09189 Coccan mix, no sugar added, powder 15 1 cup 0. 09189 Finit, mixed, (pach and cherry-swetened - sour and raspherry and 250 1 cup 0. 09180 Cocumber, peeled, raw 280 1 karge 0. 11206 Cucumber, peeled, raw 213 6-fl-or can 0. 11821 Peppers, sweet, red, raw 149 1 cup 0. 109176 Magos, raw 165 1 cup 0. 11821 Peppers, sweet, red, raw 165 1 cup 0. 109176 Magos, raw 165 1 cup 0. 11821 Peppers, sweet, red, raw 165 1 cup 0. 11831 Bugur, cooked 182 1 cup 0. 09019 N	11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.47
water, without and is the formation of the regular and quick, enriched, cooked with 242 i cup 0 09020 Applesauce, canned, sweetned, without salt 255 i cup 0 11264 Maknooms, canned, drained solids 156 i cup 0 09180 Finit, mixel, (peach and cherry-sweet and sour and raspberry and 250 i cup 0 09180 Finit, mixel, (peach and cherry-sweet and sour and raspberry and 250 i cup 0 11206 Cucumber, peeled, raw 280 i large 0 11217 Mangos, raw 165 i cup 0 0181821 Peppers, sweet, red, raw 165 i cup 0 020145 Rice, white, (ong grain, regular, cooked 158 i cup 0 02013 Bulgar, cooked 182 i cup 0 020145 Rice, white, (ong grain, regular, cooked 182 i cup 0 02013 Bulgar, cooked 182 i cup 0 020145 Rice, white, (ong chadd, regular, cooked 182	11181		63	1 ear	0.47
water, without sait 255 1 cup 0. 09020 Applesauce, canned, sweetened, without sait 156 1 cup 0. 11264 Misshooms, canned, drained solids 15 12 oz envelope 0. 09189 Fruit, mixed, (peach and cherry-sweet and -sour and rispberry and 250 1 cup 0. 09184 Grage juice, frozen concentrate, unsweetened, undiluted 213 6-fl-ocz can 0. 11206 Cucumber, poeled, raw 280 1 large 0. 09214 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-ocz can 0. 01821 Peppers, sweet, red, raw 165 1 cup 0. 020045 Rice, white, long-grain, regular, cooked 158 1 cup 0. 20013 Bulgur, cooked 182 1 cup 0. 20103 Bulgur, cooked, boiled, drained, without salt 160 1 cup 0. 09226 Papayas, raw 304 1 papaya 0. 09226 Papayas, raw 304 1 papaya 0.<		water, without salt		1 cup	0.46
11264 Mushrooms, cunnel, drained solids 156 1 cup 0.4 14196 Cocoa mix, no sugar added, powder 15 1.2 oz envelope 0.0 09189 Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and 250 1 cup 0.4 09180 Gruit, mixed, (peach and cherry-sweet and -sour and raspberry and 250 1 cup 0.4 09180 Cucumber, peeled, raw 280 1 large 0.4 09176 Mangos, raw 165 1 cup 0.4 11821 Peppers, sweet, red, raw 165 1 cup 0.4 090176 Mangos, raw 165 1 cup 0.4 020045 Rice, white, long-grain, regular, cooked 158 1 cup 0.4 02009 Spices, chii powder 266 1 tsp 0.4 0213 Bulgur, cooked 182 1 cup 0.4 02140 Cacoa mix, with aspartame, powder, prepared from item 14196 129 1 sec 0.4 02109 Spices, chii powder 266 1 tsp 0.4 0.4 02109 Spices, chii powder 286		water, without salt		Ĩ	0.46
14196 Cocon mix, no sugar added, powder 15 1/2 or envelope 0.4 09189 Fruit, mixed, (peach and chery-sweet and -sour and rasphery and 250 1 cup 0.4 09180 Cucumber, pecled, raw 280 1 large 0.4 09214 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-oz can 0.6 09214 Orange juice, frozen concentrate, unsweetened, undiluted 133 6-fl-oz can 0.6 20045 Rice, white, long-grain, regular, cooked 158 1 cup 0.6 20045 Rice, white, long-grain, regular, cooked 182 1 cup 0.6 2013 Bulgur, cooked 182 1 cup 0.6 02009 Spices, chili powder 2.6 1 tsp 0.4 0213 Bulgur, cooked, boiled, drained, without salt 160 1 cup 0.6 02260 Spices, chili powder 286 1 wedge 0.4 09236 Waternelon, nw 170 1 cup 0.4 09236 Paakber, mw 170 1 cup 0.4 09236 Paakber, mw 170 <				1 cup	0.46
P0189Fruit, mixed, (pacch and charry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened undiluted250I cup0.411206Cucumber, peelcel, raw280I large0.609214Orange juice, frozen concentrate, unsweetened, undiluted2136-ft-oz can0.609176Mangos, raw165I cup0.620045Rice, white, long-grain, regular, cooked158I cup0.620145Rice, white, long-grain, regular, cooked1821 cup0.620109Spices, chili powder2.61 tsp0.620113Bulgur, cooked1821 cup0.620113Peak, green, frozen, cooked, boiled, drained, without salt1601 cup0.609191Nectarines, raw1361 nectarine0.609226Papayas, raw3041 papaya0.609236Peaches, raw1701 cup0.611956Candies, M&EM MARS, STARBURST Fruit Chews51 piece0.61181Yogurt, plain, skim milk, 13 grams protein pr 8 ouce2278-oz container0.611814Careals ready-to-eat, KELLOGG, SELLOGG'S RICE KRISPIES331-1/4 cup0.611821Cereals ready-to-eat, KELLOGG, SCH CK KISPIES331-1/4 cup0.611824Careals ready-to-eat, KELLOG, SCH KE KISPIES331-1/4 cup0.611834Careals ready-to-eat, KELLOG, SCH KE KISPIES331-1/4 cup0.611845Careals ready-	11264	Mushrooms, canned, drained solids		1 cup	0.45
grape and boykenberry), frozen, sweetened 280 1 large 0 11206 Cucumber, peeled, raw 280 1 large 0 01216 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-oc can 0 011821 Peppers, sweet, red, raw 165 1 cup 0 020045 Rice, white, long-grain, regular, cooked 158 1 cup 0 20013 Bulgur, cooked 182 1 cup 0 2013 Bulgur, cooked, boiled, drained, without salt 160 1 cup 0 20209 Spices, chili powder 2.6 1 stp 0 09191 Nectarines, raw 136 1 nectarine 0 09226 Watermelon, raw 286 1 wedge 0 09226 Papayas, raw 304 1 papaya 0 09236 Tonatoes, sun-dried, packed in oil, drained 3 1 picce 0 08058 Cereals ready-to-cat, KELLOGG'S PRODUCT 19 30 1 cup 0 08058 Cereals ready-t	14196		15	1/2 oz envelope	0.45
09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can0.411821Peppers, sweet, red, raw1491 cup0.609176Mangos, raw1651 cup0.609176Kice, white, long-grain, regular, cooked1581 cup0.614390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving0.620013Bulgur, cooked1821 cup0.620019Spices, chill powder2.61 tsp0.620139Nettarines, raw1361 nectarine0.611313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup0.609226Papayas, raw3041 papaya0.609226Papayas, raw3041 piece0.609236Tomatoes, sun-dried, packed in oil, drained31 piece0.61056Tomatoes, sun-dried, packed in oil, drained31 piece0.608058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup0.601184Yogurt, plain, skim milk, 13 grans protein per 8 ounce227&-oz container0.608051Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KIRSPIES331-14 cup0.608051Cereals Malto-Meal, plain, prepared with water, without salt2681 serving 3 dry cereal plu0.608051Cereals, Malto-Meal, plain, prepared without salt2101 cup0.608051Cereals, Malto-Meal, plain, pr		grape and boysenberry), frozen, sweetened		1	0.45
11821 Peppers, sever, red, raw 149 1 cup 04 090176 Mangos, raw 165 1 cup 04 20045 Rice, white, long-grain, regular, cooked 158 1 cup 04 20045 Rice, white, long-grain, regular, cooked 182 1 cup 04 20045 Rice, white, long-grain, regular, cooked 182 1 cup 04 02009 Spices, chili powder 2.6 1 tsp 04 02009 Spices, chili powder 2.6 1 tsp 04 09191 Nectarines, raw 136 1 nectarine 06 09226 Papayas, raw 286 1 wedge 04 09236 Peaches, raw 170 1 cup 04 09236 Peaches, raw 170 1 cup 04 09236 Cereals ready-to-eat, KELLOGG, KELLOGG SPODUCT 19 30 1 cup 04 10156 Candies, M&M MARS, STARBUKST Fruit Chews 5 1 piece 04 09156 Candies, M&M MARS, STARBUKST Fruit Chews 5 1 piece 04 01118 Yogurt, plain,	11206	Cucumber, peeled, raw	280	1 large	0.45
Mangos, raw1651 cup020045Rice, white, long-grain, regular, cooked1581 cup020045Rice, white, long-grain, regular, cooked1821 serving020013Bulgur, cooked1821 cup020019Spices, chili powder2.61 tsp002009Spices, chili powder2.61 nectarine001911Nectarines, raw1361 nectarine002026Papayas, raw3041 papaya009226Papayas, raw3041 papaya009226Papayas, raw1701 cup009236Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup01056Tomatoes, sun-dried, packed in oil, drained31 piece008058Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331 cup001118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container008055Cereals ready-to-eat, KELLOGG'S RICE KRISPIES331-1/4 cup0080511Cereals, Malto-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0080512Cereals, Malto-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0080511Cereals, Malto-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu009236Plaus, Arite, conked, boiled, drained, without salt2101	09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.45
No. No. No. No. 14390 Cocoa mix, with aspartame, powder, prepared from item 14196 192 1 serving 0. 20013 Bulgar, cooked 182 1 cup 0. 20013 Bulgar, cooked 182 1 cup 0. 20014 Nettarines, raw 136 1 nectarine 0. 01313 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 0.0 09236 Watermelon, raw 286 1 wedge 0.0 09236 Pease, sraw, frozen, cooked, boiled, drained 3 1 piece 0.0 09236 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 30 1 cup 0.0 1956 Tomatoes, sun-dried, packed in oil, drained 241 1 cup 0.0 19156 Candies, M&M MARS, STARBURST Fruit Chews 5 1 piece 0.0 19181 Vegetables, mixed, canned, drained solids 163 1 cup 0.0 19181 Vegetables, mixed, canned, drained solids 163 1 cup 0.0	11821	Peppers, sweet, red, raw	149	1 cup	0.45
14390 Cocoa mix, with aspartame, powder, prepared from item 14196 192 1 serving 0.4 20013 Bulgur, cooked 182 1 cup 0.4 02009 Spices, chili powder 2.6 1 tsp 0.4 02019 Spices, chili powder 2.6 1 tsp 0.4 02019 Nectarines, raw 136 1 nectarine 0.4 0313 Peas, green, frozen, cooked, boiled, drained, without salt 166 1 cup 0.4 09226 Papayas, raw 304 1 papaya 0.4 09236 Watermelon, raw 170 1 cup 0.4 09236 Peaches, raw 170 1 cup 0.4 1956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.4 19156 Candies, M&MARS, STARBURST Fruit Chews 5 1 piece 0.4 19156 Candies, M&MARS, STARBURST Fruit Chews 5 1 piece 0.4 19158 Vegetables, mixed, canned, drained solids 163 1 cup 0.4 19154 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES 33 1-1/4 cup	09176	Mangos, raw	165	1 cup	0.45
Bulgur, cooked1821 cup0.002009Spices, chili powder2.61 tsp0.009191Nectarines, raw1361 nectarine0.011313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup0.009326Watermelon, raw2861 wedge0.009226Papayas, raw3041 papaya0.009226Papayas, raw3041 papaya0.009236Tomatoes, sun-dried, packed in oil, drained31 piece0.01956Tomatoes, sun-dried, packed in oil, drained31 piece0.01956Candies, M&M MARS, STARBURST Fruit Chews51 piece0.010173Lima beans, large, mature seeds, canned2411 cup0.01018Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.008055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.008051Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.008051Cereals, Malt-o-Meal, plain, prepared with water, without salt2101 cup0.011283Onions, cooked, boiled, drained, without salt2101 cup0.012827Crackers, matzo, plain28.351 matzo0.009292Plums, dried (prunes), stewed, without salt1801 cup0.009292Plums, dried (prunes), stewed, without salt1801	20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.44
D2009Spices, chili powder2.61 sp0.409191Nectarines, raw1361 nectarine0.411313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup0.409236Watermelon, raw2861 wedge0.409226Papayas, raw3041 papaya0.409236Peaches, raw1701 cup0.41956Tomatoes, sun-dried, packed in oil, drained31 piece0.41956Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup0.41956Candies, M&M MARS, STARBURST Fruit Chews51 piece0.410673Lima beans, large, mature seeds, canned2411 cup0.408055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331 clup0.408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331 cup0.408011Cereals, Malto-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetned2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.41138Caulifower, frozen, cooked, boiled, drained, without salt1801 cup0.409220Plums, dried (prunes), stewed, without added sugar2481 cup0.409314Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409404Bananas, raw <td< td=""><td>14390</td><td>Cocoa mix, with aspartame, powder, prepared from item 14196</td><td>192</td><td>1 serving</td><td>0.44</td></td<>	14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.44
Nectarines, raw136I nectarine0411313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup0409326Watermelon, raw2861 wedge0409226Papayas, raw3041 papaya0409236Peaches, raw1701 cup0411956Tomatoes, sun-dried, packed in oil, drained31 piece0408058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup0419156Candies, M&M MARS, STARBURST Fruit Chews51 piece0410178Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0408055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0408051Cereals, malt-o-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0408051Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0409206Raspberries, frozen, red, sweetened2501 cup0418217Crackers, matzo, plain28.351 matzo041823Onions, cooked, boiled, drained, without salt1801 cup0419138Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0409148Kiwi fruit, (chinese gooseberries), fresh, raw1181 banana0.009144Milk, buttermilk, dried6.51 twp0409145Kutubrmilk, dried6.51 twp<	20013	Bulgur, cooked	182	1 cup	0.44
111313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup0.409326Watermelon, raw2861 wedge0.409226Papayas, raw3041 papaya0.409236Peaches, raw1701 cup0.411956Tomatoes, sun-dried, packed in oil, drained31 piece0.408058Cereals ready-to-eat, KELLOGG SPRODUCT 19301 cup0.416073Lima beans, large, mature seeds, canned2411 cup0.41181Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.408055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408051Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408051Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetned2501 cup0.409306Raspberries, frozen, cooked, boiled, drained, without salt28.351 matzo0.409307Plums, dried (prunes), stewed, without salt1801 cup0.409404Bananas, raw1181 banana0.509404Milk, buttermilk, dried6.51 thsp0.401436Rutabagas, cooked, boiled, drained, without salt1701 cup0.401446Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.401446 <td>02009</td> <td>Spices, chili powder</td> <td>2.6</td> <td>1 tsp</td> <td>0.44</td>	02009	Spices, chili powder	2.6	1 tsp	0.44
Watermelon, raw286I wedge0409226Papayas, raw304I papaya0409226Peaches, raw170I cup0411956Tomatoes, sun-dried, packed in oil, drained31 piece0408058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup0419156Candies, M&M MARS, STARBURST Fruit Chews51 piece0416073Lima beans, large, mature seeds, canned2411 cup0401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0401118Vogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0408056Cereals ready-to-eat, KELLOGG'S RICE KRISPIES331-1/4 cup04080511Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0409306Raspberries, frozen, red, sweetened2501 cup0409220Plums, dried (prunes), stewed, without salt28.351 matzo0409220Plums, dried (prunes), stewed, without added sugar2481 cup0409411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup04094204Bananas, raw761 medium0409448Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0409440Bananas, raw1181 banana0409440Bananas, cooked, boiled, drained, withou	09191	Nectarines, raw	136	1 nectarine	0.44
Papayas, raw3041 papaya0409226Papayas, raw1701 cup0409236Peaches, raw1701 cup0411956Tomatoes, sun-dried, packed in oil, drained31 piece0408058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup0419156Candies, M&M MARS, STARBURST Fruit Chews51 piece0416073Lima beans, large, mature seeds, canned2411 cup0401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0401118Vegetables, mixed, canned, drained solids1631 cup0408056Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup04080511Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu)0409306Raspberries, frozen, red, sweetnend2501 cup0409202Plums, dried (prunes), stewed, without salt28.351 matzo0409202Plums, dried (prunes), stewed, without salt1801 cup0409440Bananas, raw761 medium0409441Milk, buttermilk, dried6.51 tbsp030143Rutabagas, cooked, boiled, drained, without salt1701 cup030144Milk, buttermilk, dried6.51 tbsp03040143Rutabagas, cooked, boiled, drained, without salt1701 cup03	11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.43
Peaches, raw170I cup0411956Tomatoes, sun-dried, packed in oil, drained31 piece0408058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 1930I cup0419156Candies, M&M MARS, STARBURST Fruit Chews51 piece0410173Lima beans, large, mature seeds, canned2411 cup0401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0401118Vegetables, mixed, canned, drained solids1631 cup0408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0408065Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0409306Raspberries, frozen, red, sweetened2501 cup0411283Onions, cooked, boiled, drained, without salt2101 cup0409292Plums, dried (prunes), stewed, without added sugar2481 cup04091138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0409100Bananas, raw1181 banana01011436Rutabagas, cooked, boiled, drained, without salt1701 cup0401436Rutabagas, cooked, boiled, drained, without salt291 cup040153Cauliflower, frozen, cooked, boiled, drained, without salt170	09326	Watermelon, raw	286	1 wedge	0.43
11956Tomatos, sun-dried, packed in oil, drained31 piece008058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup019156Candies, M&M MARS, STARBURST Fruit Chews51 piece016073Lima beans, large, mature seeds, canned2411 cup001118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container001118Vegetables, mixed, canned, drained solids1631 cup008055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup008051Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu009306Raspberries, frozen, red, sweetened2501 cup011283Onions, cooked, boiled, drained, without salt2101 cup018217Crackers, matzo, plain28.351 matzo009292Plums, dried (prunes), stewed, without added sugar2481 cup009148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium009040Bananas, raw1181 banana00011436Rutabagas, cooked, boiled, drained, without salt1701 cup0011436Rutabagas, cooked, boiled, drained, without salt1701 cup001094Milk, buttermilk, dried6.51 tbsp000259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup	09226	Papayas, raw	304	1 papaya	0.43
NoteCereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup0.419156Candies, M&M MARS, STARBURST Fruit Chews51 piece0.416073Lima beans, large, mature seeds, canned2411 cup0.401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.40118Vegetables, mixed, canned, drained solids1631 cup0.408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt28.351 matzo0.41138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409306Bananas, raw1181 banana0.500400Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 tbsp0.501145Rutabagas, cooked, boiled, drained, without salt291 cup0.5	09236	Peaches, raw	170	1 cup	0.43
19156Candies, M&M MARS, STARBURST Fruit Chews51 piece0.416073Lima beans, large, mature seeds, canned2411 cup0.401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408511Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409320Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409404Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 tbsp0.511436Rutabagas, cooked, boiled, drained, without salt1701 cup0.511436Rutabagas, cooked, boiled, KELLOGG'S CRISPIX291 cup0.5	11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.42
InterpretationLima beans, large, mature seeds, canned2411 cup0.401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.401118Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.401118Vegetables, mixed, canned, drained solids1631 cup0.408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408061Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409292Plums, dried (prunes), stewed, without added sugar2481 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 tbsp0.5011436Rutabagas, cooked, boiled, drained, without salt1701 cup0.5011436Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.5	08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.42
Volut18Yogurt, plain, skim milk, 13 grams protein per 8 ounce2278-oz container0.411581Vegetables, mixed, canned, drained solids1631 cup0.408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408511Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409392Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409400Bananas, raw761 medium0.401094Milk, buttermilk, dried6.51 tbsp0.401143Rutabagas, cooked, boiled, drained, without salt1701 cup0.4018259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.4	19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.42
11581Vegetables, mixed, canned, drained solids1631 cup0.408065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408511Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.4093292Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.401094Milk, buttermilk, dried6.51 tbsp0.511136Rutabagas, cooked, boiled, drained, without salt1701 cup0.501094Milk, buttermilk, dried291 cup0.5	16073	Lima beans, large, mature seeds, canned	241	1 cup	0.41
08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup0.408511Cereals, Malt-o-Meal, plain, prepared with water, without salt2681 serving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409292Plums, dried (prunes), stewed, without added sugar2481 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 tbsp0.511436Rutabagas, cooked, boiled, drained, without salt1701 cup0.508259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.5	01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.41
08511Cereals, Malt-o-Meal, plain, prepared with water, without salt268Iserving (3 T dry cereal plu0.409306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409302Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 ttsp0.511436Rutabagas, cooked, boiled, drained, without salt1701 cup0.508259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.5	11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.41
09306Raspberries, frozen, red, sweetened2501 cup0.411283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409292Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 tbsp0.511436Rutabagas, cooked, boiled, drained, without salt1701 cup0.508259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.5	08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.40
11283Onions, cooked, boiled, drained, without salt2101 cup0.418217Crackers, matzo, plain28.351 matzo0.409292Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.501094Milk, buttermilk, dried6.51 tbsp0.511436Rutabagas, cooked, boiled, drained, without salt1701 cup0.508259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.5	08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	0.40
18217Crackers, matzo, plain28.351 matzo0.409292Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.401094Milk, buttermilk, dried6.51 tbsp0.411436Rutabagas, cooked, boiled, drained, without salt1701 cup0.408259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.4	09306	Raspberries, frozen, red, sweetened	250	1 cup	0.40
09292Plums, dried (prunes), stewed, without added sugar2481 cup0.411138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.401094Milk, buttermilk, dried6.51 tbsp0.411436Rutabagas, cooked, boiled, drained, without salt1701 cup0.408259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.4	11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.40
11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup0.409148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.401094Milk, buttermilk, dried6.51 tbsp0.411436Rutabagas, cooked, boiled, drained, without salt1701 cup0.408259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.4	18217	Crackers, matzo, plain	28.35	1 matzo	0.40
09148Kiwi fruit, (chinese gooseberries), fresh, raw761 medium0.409040Bananas, raw1181 banana0.401094Milk, buttermilk, dried6.51 tbsp0.401094Milk, buttermilk, dried6.51 tbsp0.411436Rutabagas, cooked, boiled, drained, without salt1701 cup0.408259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.4	09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.40
09040Bananas, raw1181 banana0.201094Milk, buttermilk, dried6.51 tbsp0.211436Rutabagas, cooked, boiled, drained, without salt1701 cup0.208259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.2	11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.40
01094Milk, buttermilk, dried6.51 tbsp0.111436Rutabagas, cooked, boiled, drained, without salt1701 cup0.108259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.1	09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.40
11436Rutabagas, cooked, boiled, drained, without salt1701 cup0.108259Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX291 cup0.1	09040	Bananas, raw	118	1 banana	0.39
08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX 29 1 cup 0.2	01094	Milk, buttermilk, dried	6.5	1 tbsp	0.38
	11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.37
	08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.37
	14153	-	368	12 fl oz	0.37

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.37
19034	Snacks, popcorn, air-popped	8	1 cup	0.36
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.36
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.36
11821	Peppers, sweet, red, raw	119	1 pepper	0.36
09060	Carambola, (starfruit), raw	108	1 cup	0.36
11655	Carrot juice, canned	236	1 cup	0.35
09094	Figs, dried, uncooked	38	2 figs	0.35
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.35
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.35
09207	Orange juice, canned, unsweetened	249	1 cup	0.35
11954	Tomatillos, raw	34	1 medium	0.35
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.35
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.34
18041	Bread, pita, white, enriched	28	4" pita	0.34
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.34
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.33
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.33
11205	Cucumber, with peel, raw	301	1 large	0.33
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.33
11090	Broccoli, raw	88	1 cup	0.33
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.33
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.32
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.32
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.32
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.32
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.31
19036	Snacks, popcorn, cakes	10	1 cake	0.31
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.31
11081	Beets, cooked, boiled, drained	170	1 cup	0.31
09181	Melons, cantaloupe, raw	160	1 cup	0.30
09060	Carambola, (starfruit), raw	91	1 fruit	0.30
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.30
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.30
09055	Blueberries, frozen, sweetened	230	1 cup	0.30
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.30
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.29
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.28
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.28
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.28
09340	Pears, asian, raw	122	1 pear	0.28
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.28
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.28
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.28
09278	Plantains, cooked	154	1 cup	0.28
02015	Spices, curry powder	2	1 tsp	0.28
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.27
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.27

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.27
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.27
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.27
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.27
02028	Spices, paprika	2.1	1 tsp	0.27
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.27
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.27
11124	Carrots, raw	110	1 cup	0.26
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.26
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.26
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.26
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.26
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.26
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.26
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.25
11333	Peppers, sweet, green, raw	149	1 cup	0.25
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.25
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.25
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.25
20029	Couscous, cooked	157	1 cup	0.25
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.25
09128	Grapefruit juice, white, raw	247	1 cup	0.25
09404	Grapefruit juice, pink, raw	247	1 cup	0.25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.25
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.25
09236	Peaches, raw	98	1 peach	0.25
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.24
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.24
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.24
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.24
11260	Mushrooms, raw	70	1 cup	0.24
09184	Melons, honeydew, raw	170	1 cup	0.24
11084	Beets, canned, drained solids	170	1 cup	0.24
09003	Apples, raw, with skin	138	1 apple	0.23
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.23
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.23
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.23
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.23
09326	Watermelon, raw	152	1 cup	0.23
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.23
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.23
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.23
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.23
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.23
18086	Cake, angelfood, commercially prepared	28	1 piece	0.22
09184	Melons, honeydew, raw	160	1/8 melon	0.22

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.22
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.22
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.22
11578	Vegetable juice cocktail, canned	242	1 cup	0.22
09200	Oranges, raw, all commercial varieties	180	1 cup	0.22
01186	Cheese, cream, fat free	15.6	1 tbsp	0.21
14181	Chocolate syrup	18.75	1 tbsp	0.21
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.21
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.21
11961	Hearts of palm, canned	33	1 piece	0.20
11143	Celery, raw	120	1 cup	0.20
11641	Squash, summer, all varieties, raw	113	1 cup	0.20
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.20
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.20
11333	Peppers, sweet, green, raw	119	1 pepper	0.20
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.20
09252	Pears, raw	166	1 pear	0.20
11819	Peppers, hot chili, red, raw	45	1 pepper	0.20
09226	Papayas, raw	140	1 cup	0.20
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.20
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.19
11206	Cucumber, peeled, raw	119	1 cup	0.19
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.19
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.19
09266	Pineapple, raw, all varieties	155	1 cup	0.19
09279	Plums, raw	66	1 plum	0.18
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.18
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.18
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.18
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.18
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.17
09150	Lemons, raw, without peel	58	1 lemon	0.17
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.17
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.17
11124	Carrots, raw	72	1 carrot	0.17
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.17
09206	Orange juice, raw	86	juice from 1 orange	0.17
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.17
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.17
11251	Lettuce, cos or romaine, raw	56	1 cup	0.17
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.17
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.17
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.17
09087	Dates, deglet noor	41.5	5 dates	0.16
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.16
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.16
09200	Oranges, raw, all commercial varieties	131	1 orange	0.16

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.16
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.16
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.16
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.16
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.16
02027	Spices, oregano, dried	1.5	1 tsp	0.15
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.15
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.15
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.15
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.15
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.14
09004	Apples, raw, without skin	110	1 cup	0.14
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.14
09021	Apricots, raw	35	1 apricot	0.14
09070	Cherries, sweet, raw	68	10 cherries	0.14
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.14
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.14
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.14
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.13
09181	Melons, cantaloupe, raw	69	1/8 melon	0.13
11282	Onions, raw	160	1 cup	0.13
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.12
11937	Pickles, cucumber, dill	65	1 pickle	0.12
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.12
11540	Tomato juice, canned, with salt added	243	1 cup	0.12
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.12
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.12
11457	Spinach, raw	30	1 cup	0.12
11090	Broccoli, raw	31	1 spear	0.11
11205	Cucumber, with peel, raw	104	1 cup	0.11
11112	Cabbage, red, raw	70	1 cup	0.11
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.11
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.11
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.11
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.10
19116	Candies, marshmallows	50	1 cup	0.10
11213	Endive, raw	50	1 cup	0.10
11135	Cauliflower, raw	100	1 cup	0.10
18226	Crackers, rye, wafers, plain	11	1 wafer	0.10
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.10
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.10
11670	Peppers, hot chili, green, raw	45	1 pepper	0.09
11081	Beets, cooked, boiled, drained	50	1 beet	0.09
11282	Onions, raw	110	1 whole	0.09
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.09

1124Egg, white, raw, fresh33.41 arge11445Seaweed, kelp, raw102 tbsp09316Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half16055Carob flour81 tbsp19314Pi fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, havy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19350Syrups, maple201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret11931Pinento, cannedigids and liquids471 slice11943Pinento, canned1 plum1 slice11943Pinento, canned1 cup1 slice11944Broccoli, flower clusters, raw121 tbsp11945Strawberries, raw121 strawberry11946Mushrooms, shiitake, dried3.61 mushroom11945Strawberries, raw121 strawberry11946Mushrooms, shiitake, dried3.61 mushroom11947Strawberries, raw121 strawberry <tr< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></tr<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1123Latuxe, green leaf, raw56Log09132Grapes, red green (european type varieties, such as, Thompson50Digmes11297Paroles, raw100 sprigs11297Paroles, raw1010 sprigs11204Prozen novelines, fruit and juice bars771 bar (2.5 d o.)10204Prozen novelines, fruit and juice bars2481 cup10215Perches, canned, juice pack, solids and liquids2481 cup10316Perches, canned, juice pack, solids and liquids2481 cup10317Perches, canned, juice pack, solids and liquids2481 cup10318Carbonated beverge, SPRITE, lenson-line, without cafferine231 f sp10419Spees, cinnamo, ground231 sp104104Spees, optimal, indel1 faug1 cup104105Proker, chard, cup, more1 f sp104104Spees, peper, black1 f sp104105Cerals rady-to-sat, rice, juffed, fortified1 f sp104104Celey, row211 sp104104Celey, row1 f sp104114Cel	11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.08
9012Gapes, net green (european type varieties, such as, Thompson9010 grees11252Lettuce, lectore (netudes crimphant types), raw55Leup11254Lettuce, lectore (netudes crimphant types), raw55Leup10254Prone puries, canned26Leup10214Princ puries, canned248Leup10215Princ puries, canned7021 0 ac11216Carbonated beverage, cola, contins culfraine3621 do ac11415Carbonated beverage, SPRITF, lemon-line, without caffeine3616 bp11415Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11416Carbonated beverage, SPRITF, lemon-line, without caffeine3616 bp11415Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11416Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11417Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11418Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11414Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11414Carbonated beverage, SPRITF, lemon-line, without caffeine16 do16 bp11414Carbonated beverage, SPRITF, lemon-line, without caffeine16 bp16 bp11414Carbonated beverage, SPRITF, lemon-line, without caffeine16 bp16 bp11414Carbonated beverage, SPRITF, lemon-line, without caffeine16 bp <td>11109</td> <td>Cabbage, raw</td> <td>70</td> <td>1 cup</td> <td>0.08</td>	11109	Cabbage, raw	70	1 cup	0.08
seedless), nw 10 10 aprigs 11232 Lettuce, iccberg (includes crisphend types), nw 55 L cup 11232 Lettuce, iccberg (includes crisphend types), nw 55 L cup 10283 Prozen novelice, funit and juice bars 77 1 bat (2.5 flux), and (2.5 flux) 10284 Prosendy, juice pack, solids and liquids 248 L cup 10312 Pre filings, apple, canned 37 1 flux) 1 flux) 104145 Carbonated beverage, SPRITE, incom-line, without cafferine 368 1 flux) 11445 Carbonated beverage, SPRITE, formo-line, without cafferine 368 1 flux) 11667 Seeweed, spirulin, dirid 0.93 1 flux) 11678 Seeweed, spirulin, dirid 1 flux) 1 cup 11144 Cabrage, savoy, raw 70 1 cup 11145 Saveed, sin, without sait 37.5 1 stalk 11144 Cabrage, savoy, raw 37.5 1 stalk 11144 Cabry, cooked, shin, without sait 38.4 1 skin 11144 Cabry, cooked, shin, with	11253	Lettuce, green leaf, raw	56	1 cup	0.08
11252Lettuce, lackerg (includes crisphend types), raw55Lettuce, lacker, lacker (includes crisphend types), raw55Lettuce, lacker, lacker,	09132		50	10 grapes	0.08
19263 Frozen novelies, fruit and juice bars 77 1 bar (2.5 fl o.c) 09294 Pence juice, canned 256 I cap 09218 Peaches, canned, juice pack, solids and liquids 248 I cap 19312 Pite fillings, apple, canned 74 18 of 21-oc can 19400 Carbonadd beverage, cola, contains cafferine 366 12 fl o.c 14445 Carbonadd beverage, cola, contains cafferine 368 12 fl o.c 14455 Carbonadd beverage, SPRITF, lemon-lime, without cafferine 368 12 fl o.c 14465 Carbonadd beverage, SPRITF, lemon-lime, without cafferine 368 12 fl o.c 14465 Carbonadd beverage, Cola, contains cafferine 368 12 fl o.c 14465 Carbonadd beverage, SPRITF, lemon-lime, without cafferine 368 12 fl o.c 1446 Octradus result, fivit and juice bars 13 13 fl o.p 11144 Carbony 10 1 aralk 11144 Calery, raw 13 1 bap 11144 Calery, cooked, bailed, drained, without salt 37.4 1 kars <	11297	Parsley, raw	10	10 sprigs	0.08
99294Punc juice, canned256I cup90238Paaches, canned, juice pack, solids and liquids248I cup1212Pe fillings, apple, canned7418 60 721 ocz can14400Carbonated beverage, cola, contains caffeine37012 fl oz14145Carbonated beverage, SPRITE, kenon-lime, without caffeine3681 hop10100Spices, cinnamon, ground2.31 hsp1167Scawced, spirulina, dried0.931 hsp1168Carebis ready-to-carlice, purfed, fortified141 cup11144Cabbage, savoy, naw701 cup20308Spices, perper, black2.11 sp20309Spices, perper, black2.11 sp20319Carey, naw01 stalk20329Spices, perper, black3.71 spc20340Raisina, seedless141 packet20341Carey, naw131 spc20342Spices, paraloy, dried131 spc20343Spices, paraloy, dried33.41 spc20344Spices, paraloy, dried341 since20345Spices, paraloy, dried, without salt341 since20346Spices, paraloy, solids and liquids141 spc20347Spices, paraloy, solids and liquids141 spc20348Parasetrice, raw121 spc20349Parasetrice, raw221 spc20341Parasetrice, raw211 spc20342 <td>11252</td> <td>Lettuce, iceberg (includes crisphead types), raw</td> <td>55</td> <td>1 cup</td> <td>0.08</td>	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.08
09238Peaches, canned, juice pack, solids and liquids248I cup19112Pic fillings, apple, canned7418 071-ac can19440Carbonated beverage, cola, contins: caffeine36812 fl oz104145Carbonated beverage, solids and fiquids2.31 tsp104167Seawed, spirulina, dried0.331 tsp11667Seawed, spirulina, dried0.331 tsp11667Seawed, spirulina, dried141 cup08156Coreals ready-to-ear, rice, puffed, fortified141 cup11144Cabbage, savor, raw701 stalk09208Raisins, scelless141 sp11143Celery, cosked, holed, drinined, without salt37.51 stalk11156Tomatoes, sur-dried21 picce11167Orationes, sur-dried3.41 tsp11157Tomatoes, sur-dried3.41 tsp11158Edsay, dried3.41 tsp11159Tomatoes, sur-dried3.41 tsp11154Pottores, back, skin, without salt3.41 tsp11154Edsay, dried3.41 tsp11154Edsay, dried1.41 tsp11154Rasweed, kelpr, may, fissh3.41 tsp11155Tomatoes, solids and liquids161 bsp11154Rasweed, kelpr, may, fissh, solids and liquids161 bsp11154Parse, anned, purpt, solids and liquids161 bsp11154Pottore, tande, purpt, solids	19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.08
19312Pie fillings, apple, canned7418 of 21-oz can14400Carbonated beverage, cole, contains caffeine37012 fl oz14145Carbonated beverage, SPRITE, lemon-lime, without caffeine36812 fl oz10101Spices, cimanton, ground2.31 sbp11677Seaweed, spirulina, dried0.931 dbsp11945Pickle reish, sweet151 dbsp11945Pickle reish, sweet141 cup11114Cabbage, savoy, raw701 cup2030Spices, perpet, black2.11 sp11144Celery, raw001 stalk09298Raisins, seedless141 packet11144Celery, coxed, boiled, drinde, without sait37.51 stalk11955Tomatoes, sau-dried131 dbsp11954Potatoes, baked, skin, without sait581 skin12029Spices, parsley, dried13.41 large12145Scaweed, keln, raw102 tbsp12145Scaweed, keln, raw161 stankerry12145Scaweed, keln, raw161 stankerry12145Scaweed, keln, raw161 stankerry12146Paurs, canned, juice pack, solids and liquids761 shaf12155Carob flour1 Sec1 dbsp12164Paurs, canned, purple, juice pack, solids and liquids2521 cup12145Scaweed, keln, raw121 dbsp12145Scaweed, keln, raw121 d	09294	Prune juice, canned	256	1 cup	0.08
14406Carbonated beverage, cola, contains caffeine37012 fl oz14145Carbonated beverage, SPRTE, lemon-line, without caffeine36415 fl oz02010Sjeces, cinnamon, ground0.931 hsp1167Seaveed, sprillin, dried0.931 hsp11845Dickle relish, sweet151 hsp08156Careals ready-to-cat, rice, puffed, forified141 cup02030Spices, pepper, black2.11 sp02030Spices, pepper, black37.51 stalk11143Celery, row37.51 stalk11144Celery, cooked, boiled, drained, without salt37.51 stalk11145Spices, parsley, dried1.31 hsp11145Spices, parsley, dried33.41 hsp11145Spices, parsley, dried33.41 large11145Seaveed, kelp, raw181 stack11145Seaveed, kelp, raw181 stack11145Seaveed, kelp, raw181 stack11145Seaveed, kelp, raw161 stack11145Seaveed, kelp, raw181 stack11145Seaveed, kelp, raw121 stack11145Seaveed, kelp, raw <td>09238</td> <td>Peaches, canned, juice pack, solids and liquids</td> <td>248</td> <td>1 cup</td> <td>0.07</td>	09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.07
14145Carbonated bearers, SPRITE, Jemon-line, without caffeine36812 fl oz12010Spices, cinnamon, ground2.31 ksp11667Seaweed, spirulina, dried0.931 htsp11658Cereals ready-to-eat, rice, puffed, fortified141 cup08156Cereals ready-to-eat, rice, puffed, fortified141 cup01114Cabbage, savoy, taw701 eup.02030Spices, pepper, black2.11 ksp11144Celery, taw401 stalk07238Raisins, seedless141 packet11144Celery, cooked, boiled, drained, without salt37.51 stalk07298Potatoes, backed, skin, without salt581 ksm07209Spices, paperly, dried131 htsp07214Egg, white, raw, fresh33.41 large07215Catsup151 thsp07216Stawberries, taw181 staraberry07217Piezeple, canned, heavy syrup pack, solids and liquids491 slice07224Pears, canned, heavy syrup pack, solids and liquids491 slice07235Carbo flour741 / slop07344Plums, canned, purple, basay sprup pack, solids and liquids401 slice07355Carbo flour81 htsp07364Plums, canned, purple, havy syrup pack, solids and liquids161 htsp07374Piesple, canned, norry sprup pack, solids and liquids161 plurn07385Carbo floue	19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.07
02010Spices, cinnamon, ground2.31 ksp11667Scaweed, spirulina, dried0.931 kbsp11945Pickle relish, sweet151 kbsp11945Carcals ready-to-at, rice, puffed, fortified11 cup11114Cabbage, snoy, raw701 cup02030Spices, pepper, black2.11 sp11114Celery, raw401 stalk09298Raisins, seedless141 packet01114Celery, cuoked, boiled, drained, without salt351 ksin01205Toratoes, sun-dried21 pice c11364Potacos, baked, skin, without salt581 ksin02029Spices, pansley, dried1.31 ksp02020Spices, pansley, dried3.41 karge020310Strawberries, raw102 ksp03140I spanchet, anay, fresh181 sp03155Carob four81 ksp03164Pears, canned, havy syrup pack, solids and liquids491 slice03154Pears, canned, purple, solids and liquids521 cup03165Carob four21 ksp03164Piums, canned, purple, solids and liquids641 plurn10555Torabaes, sord, fact, may sprup pack, solids and liquids161 ksp03165Strawberries, raw201 ksp03174Piums, canned, purple, kory syrup pack, solids and liquids161 ksp10555Torabaes, sord, fact, may sprup pack, sol	14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.07
1167 Saweed, spirulina, dried 0.93 1 thsp 11945 Pickle relish, sweet 15 1 thsp 08156 Cercals ready-to-eat, rice, puffed, fortified 14 1 cup 02030 Spices, pepper, black 2.1 1 tsp 11143 Cebery, row 40 1 stalk 09298 Raisins, seedless 14 1 packet 11144 Cebery, cooked, boiled, drained, without salt 37.5 1 stalk 11955 Tomatoes, sun-dried 2 1 piece 11944 Cebery, cooked, boiled, drained, without salt 37.5 1 stalk 11955 Tomatoes, sun-dried 1.3 1 bisp 11944 Cebery, cooked, kelp, raw 1.3 1 bisp 11935 Catsup 1.3 1 skin 11945 Seaweed, kelp, raw 10 2 bisp 11945 Seaweed, kelp, raw 18 1 starwberris 11945 Seaweed, kelp, raw 18 1 bisp 11945 Seaweed, kelp, raw 1 skop 1 bisp <td>14145</td> <td>Carbonated beverage, SPRITE, lemon-lime, without caffeine</td> <td>368</td> <td>12 fl oz</td> <td>0.07</td>	14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.07
11945Pickle relish, sweet15I sbp08156Cercals ready-to-cat, rice, puffed, fortified14cup11114Cabbage, savoy, raw701 cup01000Spices, pepper, black2.11 tsp11143Celery, raw401 stalk02928Raisns, seedless141 packet11144Celery, coded, boiled, drained, without salt37.51 stalk02029Spices, parsley, dried21 stalk02029Spices, parsley, dried1.31 bsp02029Spices, parsley, dried33.41 large11450Eag, white, raw, fresh33.41 large11451Seaweed, kelp, raw102 tsp02124Eag, white, raw, fresh181 starberry02134Pineapple, canned, heavy sput pack, solids and liquids741 starberry02140Pineapple, canned, heavy sput pack, solids and liquids621 cup02154Piens, canned, purple, paice solids and liquids741 starberry02165Carob flour1 cup1 cup02174Piens, canned, purple, paice solids and liquids621 cup02184Piums, canned, party sput pack, solids and liquids621 cup02184Piums, canned, purple, paice solids and liquids611 cup01535Syrups, cong, light201 tsp01545Pinande, canned, bortert201 tsp01545Pinande, canned, pice pack, solids and liquids61	02010	Spices, cinnamon, ground	2.3	1 tsp	0.07
08156Cereals ready-to-eat, rice, puffed, fortified14cup11114Cabbags, savoy, raw70cup02030Spices, paroper, black2.1lsp021143Celery, raw401 stalk09298Raisins, seedless141 packet11144Celery, cooked, boiled, drained, without salt7.51 stalk11955Tomatoes, sun-dried1.31 picce11954Potatoes, backet, skin, without salt81 skin02029Spices, parsley, dried1.31 thsp11955Catsup151 thsp01124Egg, white, raw, fresh33.41 large11955Casup161 starwberry09216Strawberries, raw181 starwberry09254Pears, canned, heavy syrup pack, solids and liquids491 slace09254Piers, canned, bacy syrup pack, solids and liquids2521 cup09254Piers, canned, purple, juice pack, solids and liquids2521 cup09254Piers, canned, purple, juice pack, solids and liquids1 slace09254Piers, canned, purple, heavy syrup pack, solids and liquids1 slace1055Carob flour1 cup1 slace1055Carob flour1 cup1 slace1054Piums, canned, purple, heavy syrup pack, solids and liquids1 cup1155Tomatoes, red, ripe, raw, year ound average101 cup1157Spinach, raw1 cup1 slace1158Lemon	11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.07
Initian Carbage, save, raw 70 Cup 02030 Spices, pepper, black 2.1 1 sp 11143 Celer, raw 40 1 stalk 09298 Raisins, seedless 14 1 packet 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 11955 Tomatoes, sun-dried 2 1 piece 11364 Potatoes, baked, skin, without salt 58 1 skin 02029 Spices, parsley, dried 1.3 1 bsp 01124 Egg, white, raw, fresh 33.4 1 large 01124 Egg, white, raw, fresh 33.4 1 large 0124 Egg, white, raw, fresh 33.4 1 large 0124 Paers, canned, heavy syrup pack, solids and liquids 49 1 bsp 09270 Pineaple, canned, heavy syrup pack, solids and liquids 1 bsp 1 bsp 09254 Pears, canned, purple, juce pack, solids and liquids 2 cup 1 bsp 09254 Pines, canned, purple, heavy syrup pack, solids and liquids 46 1 plum	11945	Pickle relish, sweet	15	1 tbsp	0.07
Q2030 Spices, peppe, black 2.1 1 11143 Celery, raw 40 1 stalk 09298 Rasins, scedless 14 1 packet 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 11955 Tomatoes, sun-dried 2 1 picec 11955 Tomatoes, sun-dried 1.3 1 skin 02029 Spices, parsley, dried 1.3 1 dsp 01124 Egg, white, raw, fresh 33.4 1 large 11455 Seaweed, kelp, raw 10 2 dsp 09316 Strawberries, raw 18 1 strawberry 09254 Pears, canned, heavy syrup pack, solids and liquids 49 1 klice 09254 Piers, canned, heavy syrup pack, solids and liquids 252 1 cup 09254 Plums, canned, purple, juice pack, solids and liquids 46 1 plum 09254 Plums, canned, orbuted 15.2 1 dsp 1159 Tomatoes, red, ripe, raw, year ound average 20 1 dsp 1153 S	08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.07
11143Celery, raw401 stalk09298Raisins, seedless141 packet09298Raisins, seedless141 packet11144Celery, cooked, boiled, drained, without salt37.51 stalk11955Tomatoes, sun-dried21 piece11954Potatoes, baked, skin, without salt37.51 skin02029Spices, parsley, dried1.31 thsp01124Egg, white, raw, ftesh33.41 large01145Seaweed, kelp, raw181 strawberry09316Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids761 half1055Carob flour741 K8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, pack, solids and liquids261 slice09284Plums, canned, purple, pack, solids and liquids261 slice09330Syrups, maple201 thsp11529Tomatoes, red, ripe, raw, year round average201 thsp11535Syrups, maple201 thsp11547Spinach, raw101 eff11538Syrups, maple201 thsp11549Pinapple, canned, juce pack, solids and liquids201 thsp11539Syrups, maple201 thsp11549Spinach, raw101 eff11559Pinapple, canned, juce pack, solids and liq	11114	Cabbage, savoy, raw	70	1 cup	0.07
No. Number of the second	02030	Spices, pepper, black	2.1	1 tsp	0.07
09298Risins, seedless141 packet11144Clery, cooked, boiled, drained, without salt37.51 stalk11955Tomatoes, sun-dried21 piece11364Potatoes, baked, skin, without salt581 skin10209Spiees, parsley, dried13.01 thsp11355Catsup151 thsp11445Egg, white, raw, fresh33.41 large11445Seawed, kelp, raw102 thsp02170Pincapple, canned, heavy syrup pack, solids and liquids91 slice02540Pears, canned, juice pack, solids and liquids761 half10550Carob flour7418 of 21-oz can10541Pins, canned, purple, juice pack, solids and liquids252.01 cup10542Plans, canned, purple, juice pack, solids and liquids16.21 slice10543Plums, canned, purple, juice pack, solids and liquids252.01 cup10544Plums, canned, purple, placy syrup pack, solids and liquids10.21 slice10553Syrups, conn, light201 slice11549Tomatoes, red, ripe, raw, year round average201 slice11549Syrups, con, light201 slice11540Sprach, raw121 slice11541Sprach, raw211 slice11541Sprach, raw211 slice11542Sprach, raw211 slice11543Sprach, raw212 slice11544	11143	Celery, raw	40	1 stalk	0.07
11144Celery cooked, boiled, drained, without salt37.5I stalk11955Tomatoes, sun-dried2I piece11364Potatoes, baked, skin, without salt58I skin02029Spices, parsley, dried1.3I thsp011355Catsup15I thsp01124Egg, white, raw, fresh33.4I large01124Egg, white, raw, fresh102 thsp01124Stawberries, raw18I strawberry09216Strawberries, raw18I strawberry09254Pears, canned, huize pack, solids and liquids941 slice09254Pears, canned, juice pack, solids and liquids8I thsp19314Pie fillings, canned, cherry741/8 of 21-oz can09252Plums, canned, purple, juice pack, solids and liquids252I cup09254Plums, canned, purple, juice pack, solids and liquids16.2I thsp09353Lemon juice, canned or bottled101 slice19353Syrups, corn, light20I thsp19354Syrups, corn, light20I thsp19455Spranet, raw11I dowert19456Pinento, canned12I slice19479Spranet, suid and liquids47I slice19580Syrups, corn, light12I slice19591Spranet, raw12I dowert19430Pinento, canned12I slice19441Pinento, canned12I slice<	09298	-	14	1 packet	0.06
11955Tomadoes, sun-dried21 piece11364Potatoes, baked, skin, without salt581 skin02029Spices, parsley, dried1.31 fbsp11935Catsup1.51 fbsp11945Egg, white, raw, fresh3.41 large01244Egg, white, raw, fresh102 fbsp093160Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half10555Carob flour81 fbsp10544Pilms, canned, purple, juice pack, solids and liquids2521 cup09254Pilms, canned, purple, juice pack, solids and liquids2611 slice09254Pilms, canned, purple, juice pack, solids and liquids2521 cup09254Pilms, canned, purple, heavy syrup pack, solids and liquids2611 slice09254Pilms, canned, purple, heavy syrup pack, solids and liquids2611 slice1159Tomatoes, red, ripe, raw, year round average201 slice1159Syrups, corn, light201 slice1154Spinach, raw101 slice1155Spinach, raw121 slice1154Pineuto, canned121 slice1154Pineuto, canned121 slice1155Spinach, raw121 slice1156Pineuto, canned1 slice1157Sp			37.5	1	0.06
11364 Potatoes, baked, skin, without salt 58 I skin 02029 Spices, parsley, dried 1.3 1 tbsp 11335 Catsup 15 1 tbsp 01124 Egg, white, raw, fresh 33.4 1 large 01124 Seawed, kelp, raw 10 2 tbsp 09316 Strawberries, raw 18 1 strawberry 09270 Pineapple, canned, heavy syrup pack, solids and liquids 49 1 slice 09254 Pears, canned, juice pack, solids and liquids 76 1 half 16055 Carob flour 74 1 (8 of 21-oz can 09284 Plums, canned, purple, juice pack, solids and liquids 252 1 cup 09285 Plums, canned, purple, saltof and liquids 1 cup 09286 Plums, canned, purple, placy, solids and liquids 20 1 tbsp 11529 Tomatoes, red, ripe, raw, year round average 20 1 tbsp 11530 Syrups, maple 20 1 tbsp 11541 Spinach, raw 1 floweret 1 floweret 11553 <td></td> <td>-</td> <td></td> <td></td> <td>0.06</td>		-			0.06
OccupSpices, parsley, dried1.31 tbsp11935Catsup151 tbsp11935Catsup151 tbsp01124Egg, white, raw, fresh33.41 large11445Seaweed, kelp, raw02 tbsp09316Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids961 slice09254Pears, canned, juice pack, solids and liquids761 half1055Carob flour81 tbsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, beavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 tbsp13530Syrups, corn, light201 tbsp11540Broccoli, flower clusters, raw101 leaf11740Broccoli, flower clusters, raw121 tbsp11843Pinench, canned1 guerquiction1 floweret11943Pineapple, canned, juice pack, solids and liquids471 slice11943Pineato, canned1 lug1 floweret11943Pineato, canned12 lug1 tbsp11943Pineato, canned21 loz1 tbsp11944Pineato, sanitikke, dried3.61 mushroom11268				-	0.06
LinkLinkLink01124Egg, white, raw, fresh151 hsp01124Egg, white, raw, fresh33.41 large11445Seaweed, kelp, raw02 tbsp09316Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half10055Carob flour81 tbsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids661 plum09284Plums, canned, purple, heavy syrup pack, solids and liquids15.21 tbsp09284Plums, canned or bottled15.21 tbsp09153Lemon juice, canned or bottled201 slice19354Syrups, ram, ight201 tbsp19355Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret19316Strawberries, raw211 tbsp19434Pimento, canned211 tbsp19434Pimento, canned, diquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 staraberry19436Nushrooms, shitake, dried3.61 mushroom19439Coffee, brewed from grounds, prepared with tap water1786 fl oz09316Lime juice, canned					0.06
1124Eg., white, raw, fresh33.41 arge11445Seaweed, kelp, raw102 tbsp09316Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half16055Carob flour81 tbsp19314Pie filings, canned, cherry741/8 of 21-oz can09284Plums, canned, purple, juice pack, solids and liquids2521 cup09285Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomates, red, ripe, raw, year round average201 slice19350Syrups, maple201 tbsp1153Syrups, conn, light201 btsp1154Pinench, canned, juice pack, solids and liquids471 slice1154Pinench, canned, juice pack, solids and liquids471 slice1155Syrups, conn, light121 tbsp1154Pimento, canned, juice pack, solids and liquids471 slice11943Pimento, canned, juice pack, solids and liquids121 tbsp11945Spinach, raw121 tbsp11945Spinach, raw121 strawberry11946Macholic beverage, diquiri, prepared-from-recipe602 fl oz11945Mushrooms, shitake, dried3.61 mushroom1126 <td></td> <td></td> <td></td> <td>*</td> <td>0.06</td>				*	0.06
11445 Baweed, kelp, raw102 tbsp09316Strawberries, raw181 strawberry09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half16055Carob flour81 tbsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 flowert11943Pinento, canned121 tbsp11944Pinento, canned, juice pack, solids and liquids471 slice11944Misco canned, juice pack, solids and liquids471 slice11945Spinach, raw121 tbsp11946Misco canned21 doz1 doz11947Spinach, raw121 strawberry11948Misrooms, shiitake, dried3.61 mushroom1126Mushrooms, shiitake, dried3.61 mushroom1120Coffee, brewed from grounds, prepared with tap water1786 fl oz1120Lime juice, canned or bottled, unswee		•		*	0.06
09316Strawberries, raw181 strawberry09270Pincapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half16055Carob flour81 tbsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19350Syrups, maple201 tbsp19351Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Brocoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice119350Syrups, corn, light121 tbsp11943Pinento, canned121 tbsp11943Pinento, canned121 slice11943Pinento, canned21 oz21 oz11943Mushrooms, shiitake, dried3.61 mushroom11268Mushrooms, shiitake, dried3.61 mushroom11209Coffee, brewed from grounds, prepared with tap water1786 fl oz11450Lime juice, canned or bottled, unsweetened15.41 bsp				•	0.06
09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice09254Pears, canned, juice pack, solids and liquids761 half16055Carob flour81 tbsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret11943Pimento, canned121 tbsp11943Pimento, canned121 tbsp1104Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				*	0.05
Pears, canned, juice pack, solids and liquids761 half16055Carob flour81 tbsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret19351Pinento, canned121 tbsp1140Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				-	0.05
16055Carob flour81 bsp19314Pie fillings, canned, cherry741/8 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 bsp11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, maple201 bsp19354Syrups, corn, light201 bsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret19354Pinento, canned121 bsp19435Pinento, canned121 bsp19436Mushrooms, shiitake, dried3.61 mushroom11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 bsp					0.05
19314Pie fillings, canned, cherry7418 of 21-oz can09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, maple201 tbsp19354Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret19434Pimento, canned121 slice19435Strawberries, raw121 tbsp19436Mushrooms, shiitake, dried3.61 mushroom19439Coffee, brewed from grounds, prepared with tap water1786 fl oz19430Lime juice, canned or bottled, unsweetened15.41 tbsp					0.05
09282Plums, canned, purple, juice pack, solids and liquids2521 cup09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, maple201 tbsp19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				-	0.05
09284Plums, canned, purple, heavy syrup pack, solids and liquids461 plum09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, maple201 tbsp19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp					0.05
09153Lemon juice, canned or bottled15.21 tbsp11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, maple201 tbsp19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				*	0.05
11529Tomatoes, red, ripe, raw, year round average201 slice19353Syrups, maple201 tbsp19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret1943Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				•	0.03
19353Syrups, maple201 tbsp19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp		•		-	0.04
19350Syrups, corn, light201 tbsp11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp					0.04
11457Spinach, raw101 leaf11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				-	0.04
11740Broccoli, flower clusters, raw111 floweret09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				*	
09268Pineapple, canned, juice pack, solids and liquids471 slice11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp		-			0.04
11943Pimento, canned121 tbsp14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp					0.04
14010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp					0.04
09316Strawberries, raw121 strawberry11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				-	0.04
11268Mushrooms, shiitake, dried3.61 mushroom14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp					0.04
14209Coffee, brewed from grounds, prepared with tap water1786 fl oz09161Lime juice, canned or bottled, unsweetened15.41 tbsp				-	0.04
09161Lime juice, canned or bottled, unsweetened15.41 tbsp					0.04
					0.04
02055 Horseradish, prepared 5 1 tsp		-		*	0.04
	02055	Horseradish, prepared	5	1 tsp	0.03

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.03
11084	Beets, canned, drained solids	24	1 beet	0.03
20068	Tapioca, pearl, dry	152	1 cup	0.03
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.03
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.03
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.03
09160	Lime juice, raw	38	juice of 1 lime	0.03
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.03
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.02
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.02
11284	Onions, dehydrated flakes	5	1 tbsp	0.02
11935	Catsup	6	1 packet	0.02
02026	Spices, onion powder	2.1	1 tsp	0.02
11156	Chives, raw	3	1 tbsp	0.02
02020	Spices, garlic powder	2.8	1 tsp	0.02
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.02
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.02
11333	Peppers, sweet, green, raw	10	1 ring	0.02
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.02
11215	Garlic, raw	3	1 clove	0.02
11226	Jerusalem-artichokes, raw	150	1 cup	0.02
11253	Lettuce, green leaf, raw	10	1 leaf	0.02
19108	Candies, jellybeans	28.35	10 large	0.01
19297	Jams and preserves	20	1 tbsp	0.01
11135	Cauliflower, raw	13	1 floweret	0.01
11960	Carrots, baby, raw	10	1 medium	0.01
19107	Candies, hard	6	1 piece	0.01
11282	Onions, raw	14	1 slice	0.01
02045	Dill weed, fresh	1	5 sprigs	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.01
11677	Shallots, raw	10	1 tbsp	0.01
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.01
19336	Sugars, powdered	8	1 tbsp	0.01
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.01
19107	Candies, hard	3	1 small piece	0.01
11429	Radishes, raw	4.5	1 radish	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
19300	Jellies	19	1 tbsp	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
19296	Honey	21	1 tbsp	0.00
19294	Fruit butters, apple	17	1 tbsp	0.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19335	Sugars, granulated	4.2	1 tsp	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.00
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
02047	Salt, table	6	1 tsp	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
14150	Carbonated beverage, orange	372	12 fl oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
09152	Lemon juice, raw	47	juice of 1 lemon	0.00
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
14429	Water, municipal	237	8 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00