NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20005	Barley, pearled, raw	200	1 cup	31.2
20012	Bulgur, dry	140	1 cup	25.6
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	19.1
16008	Beans, baked, canned, with franks	259	1 cup	17.9
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	16.4
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.3
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.6
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	15.4
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	15.0
20080	Wheat flour, whole-grain	120	1 cup	14.6
20033	Oat bran, raw	94	1 cup	14.5
09087	Dates, deglet noor	178	1 cup	14.2
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	13.4
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	13.2
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	13.1
16051	Beans, white, mature seeds, canned	262	1 cup	12.6
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	12.5
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	12.4
20011	Buckwheat flour, whole-groat	120	1 cup	12.0
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.8
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.6
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	11.2
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	11.2
09306	Raspberries, frozen, red, sweetened	250	1 cup	11.0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	10.9
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.8
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	10.6
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	10.6
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	10.4
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	10.3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.2
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	10.1
19080	Candies, semisweet chocolate	168	1 cup	9.9
09340	Pears, asian, raw	275	1 pear	9.9
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	9.9
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	9.8
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	9.1
20020	Cornmeal, whole-grain, yellow	122	1 cup	8.9
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.8
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	8.8
22904	Chili con carne with beans, canned entree	222	1 cup	8.7
20028	Couscous, dry	173	1 cup	8.7
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.6
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	8.3
20013	Bulgur, cooked	182	1 cup	8.2

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	8.0
09302	Raspberries, raw	123	1 cup	8.0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	7.9
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.7
09042	Blackberries, raw	144	1 cup	7.6
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	7.6
12167	Nuts, chestnuts, european, roasted	143	1 cup	7.3
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	7.3
11424	Pumpkin, canned, without salt	245	1 cup	7.1
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.0
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	7.0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	6.8
08143	Cereals, WHEATENA, cooked with water	243	1 cup	6.6
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	6.5
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	6.5
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	6.4
14346	Shake, fast food, chocolate	333	16 fl oz	6.3
20125	Spaghetti, whole-wheat, cooked	140	1 cup	6.3
20006	Barley, pearled, cooked	157	1 cup	6.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.9
11439	Sauerkraut, canned, solids and liquids	236	1 cup	5.9
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	5.9
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	5.9
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5.7
20034	Oat bran, cooked	219	1 cup	5.7
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	5.6
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.6
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	5.6
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	5.5
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.5
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	5.5
09226	Papayas, raw	304	1 papaya	5.5
09298	Raisins, seedless	145	1 cup	5.4
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.3
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.2
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	5.1
09252	Pears, raw	166	1 pear	5.1
11461	Spinach, canned, drained solids	214	1 cup	5.1
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.1
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5.1
22401	Spaghetti with meat sauce, frozen entree	283	1 package	5.1
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	5.1
09055	Blueberries, frozen, sweetened	230	1 cup	5.1
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.1
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	5.1
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	5.0

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	5.0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	5.0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	5.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.9
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	4.9
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.8
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	4.8
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	4.8
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	4.8
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	4.8
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	4.8
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.8
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.7
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.7
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	4.7
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	4.7
11512	Sweet potato, canned, vacuum pack	255	1 cup	4.6
11364	Potatoes, baked, skin, without salt	58	1 skin	4.6
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.6
20010	Buckwheat groats, roasted, cooked	168	1 cup	4.5
09250	Peaches, frozen, sliced, sweetened	250	1 cup	4.5
1301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	4.5
1674	Potato, baked, flesh and skin, without salt	202	1 potato	4.4
1373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	4.4
09340	Pears, asian, raw	122	1 pear	4.4
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	4.3
09200	Oranges, raw, all commercial varieties	180	1 cup	4.3
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	4.3
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	4.2
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	4.2
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	4.2
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	4.2
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	4.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4.1
09277	Plantains, raw	179	1 medium	4.1
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	4.1
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	4.1
12104	Nuts, coconut meat, raw	45	1 piece	4.1
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	4.1
1061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	4.1
1053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4.0
1279	Okra, cooked, boiled, drained, without salt	160	1 cup	4.0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	4.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	4.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18324	Pie, pecan, commercially prepared	113	1 piece	4.0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	3.9
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	3.9
09040	Bananas, raw	150	1 cup	3.9
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	3.9
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.8
11264	Mushrooms, canned, drained solids	156	1 cup	3.7
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.7
09176	Mangos, raw	207	1 mango	3.7
09094	Figs, dried, uncooked	38	2 figs	3.7
16112	Miso	68.75	1 cup	3.7
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3.7
11549	Tomato products, canned, sauce	245	1 cup	3.7
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	3.6
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	3.6
09278	Plantains, cooked	154	1 cup	3.5
20037	Rice, brown, long-grain, cooked	195	1 cup	3.5
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.5
09050	Blueberries, raw	145	1 cup	3.5
22905	Beef stew, canned entree	232	1 cup	3.5
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	3.5
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.4
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	3.4
11081	Beets, cooked, boiled, drained	170	1 cup	3.4
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	3.4
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	3.3
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.3
18319	Pie, fried pies, fruit	128	1 pie	3.3
18444	Pie, fried pies, cherry	128	1 pie	3.3
09087	Dates, deglet noor	41.5	5 dates	3.3
09316	Strawberries, raw	166	1 cup	3.3
09003	Apples, raw, with skin	138	1 apple	3.3
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.3
20083	Wheat flour, white, bread, enriched	137	1 cup	3.3
11414	Potato salad, home-prepared	250	1 cup	3.3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3.2
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	l cup	3.2
16120	Soy milk, fluid	245	1 cup	3.2
16055	Carob flour	8	1 tbsp	3.2
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.2
09200	Oranges, raw, all commercial varieties	131	1 orange	3.1
11565	Turnips, cooked, boiled, drained, without salt	151	1 cup	3.1
11124	Carrots, raw	110	1 cup	3.1
11124	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	3.1
09040	Bananas, raw	118	1 banana	3.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	3.1
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.1
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3.1
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	3.0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.0
09060	Carambola, (starfruit), raw	108	1 cup	3.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.0
14347	Shake, fast food, vanilla	333	16 fl oz	3.0
09291	Plums, dried (prunes), uncooked	42	5 prunes	3.0
11821	Peppers, sweet, red, raw	149	1 cup	3.0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.0
09176	Mangos, raw	165	1 cup	3.0
20089	Wild rice, cooked	164	1 cup	3.0
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.9
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.9
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.9
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.9
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.9
11084	Beets, canned, drained solids	170	1 cup	2.9
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.9
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.9
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	2.9
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	2.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.8
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.8
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.8
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	2.8
09011	Apples, dried, sulfured, uncooked	32	5 rings	2.8
18053	Bread, reduced-calorie, rye	23	1 slice	2.8
18055	Bread, reduced-calorie, wheat	23	1 slice	2.8
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.8
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.7
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.7
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.7
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.7
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.7
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.7
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	2.7
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	2.7
21024	Fast foods, french toast sticks	141	5 sticks	2.7
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.7
18283	Muffins, oat bran	57	1 muffin	2.6
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	2.6
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.6
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	2.6
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	2.6
09294	Prune juice, canned	256	1 cup	2.6
09032	Apricots, dried, sulfured, uncooked	35	10 halves	2.6
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.6
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.6
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.6
09236	Peaches, raw	170	1 cup	2.6
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.6
09060	Carambola, (starfruit), raw	91	1 fruit	2.5
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.5
11333	Peppers, sweet, green, raw	149	1 cup	2.5
20100	Macaroni, cooked, enriched	140	1 cup	2.5
09226	Papayas, raw	140	1 cup	2.5
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.5
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	2.5
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2.5
18226	Crackers, rye, wafers, plain	11	1 wafer	2.5
11135	Cauliflower, raw	100	1 cup	2.5
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	2.5
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.5
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.4
19097	Sherbet, orange	74	1/2 cup	2.4
11672	Potato pancakes	76	1 pancake	2.4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.4
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.4
11226	Jerusalem-artichokes, raw	150	1 cup	2.4
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	2.4
11821	Peppers, sweet, red, raw	119	1 pepper	2.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	2.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2.4
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.3
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.3
20084	Wheat flour, white, cake, enriched	137	1 cup	2.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.3
09191	Nectarines, raw	136	1 nectarine	2.3
11090	Broccoli, raw	88	1 cup	2.3
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.3
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.3
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.3
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.3
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.3
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.3
11282	Onions, raw	160	1 cup	2.2
18057	Bread, reduced-calorie, white	23	1 slice	2.2
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.2
20029	Couscous, cooked	157	1 cup	2.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11128	Carrots, canned, regular pack, drained solids	146	1 cup	2.2
09266	Pineapple, raw, all varieties	155	1 cup	2.2
11114	Cabbage, savoy, raw	70	1 cup	2.2
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.2
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	2.2
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.2
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	2.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	2.1
18044	Bread, pumpernickel	32	1 slice	2.1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.1
18045	Bread, pumpernickel, toasted	29	1 slice	2.1
18003	Bagels, egg	89	4" bagel	2.0
18005	Bagels, cinnamon-raisin	89	4" bagel	2.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.0
11333	Peppers, sweet, green, raw	119	1 pepper	2.0
11124	Carrots, raw	72	1 carrot	2.0
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	2.0
18243	Croutons, seasoned	40	1 cup	2.0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	2.0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	2.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	2.0
11206	Cucumber, peeled, raw	280	1 large	2.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	2.0
18279	Muffins, corn, commercially prepared	57	1 muffin	1.9
11578	Vegetable juice cocktail, canned	242	1 cup	1.9
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.9
09038	Avocados, raw, California	28.35	1 oz	1.9
11143	Celery, raw	120	1 cup	1.9
20110	Noodles, egg, cooked, enriched	160	1 cup	1.9
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.9
11655	Carrot juice, canned	236	1 cup	1.9
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.9
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.9
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.9
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.9
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.9
18060	Bread, rye	32	1 slice	1.9
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.9
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.8
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.8
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.8
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.8
11159	Coleslaw, home-prepared	120	1 cup	1.8
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.8
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.8
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.8
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.8
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.8
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.8
20113	Noodles, chinese, chow mein	45	1 cup	1.8
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.8
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.8
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	1.7
22906	Chicken pot pie, frozen entree	217	1 small pie	1.7
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.7
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.7
18235	Crackers, whole-wheat	16	4 crackers	1.7
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.7
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.7
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.7
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.6
18003	Bagels, egg	71	3-1/2" bagel	1.6
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.6
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.6
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.6
09150	Lemons, raw, without peel	58	1 lemon	1.6
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.6
11109	Cabbage, raw	70	1 cup	1.6
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.6
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	1.6
09039	Avocados, raw, Florida	28.35	1 oz	1.6
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.6
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.6
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.6
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	1.6
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.6
11213	Endive, raw	50	1 cup	1.6
11282	Onions, raw	110	1 whole	1.5
18061	Bread, rye, toasted	24	1 slice	1.5
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.5
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.5
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	1.5
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	1.5
11205	Cucumber, with peel, raw	301	1 large	1.5
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.5
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1.5
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.5
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.5
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.5

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.5
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.5
18239	Croissants, butter	57	1 croissant	1.5
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.5
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.5
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.5
11112	Cabbage, red, raw	70	1 cup	1.5
09236	Peaches, raw	98	1 peach	1.5
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.5
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.5
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.5
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.5
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.4
09181	Melons, cantaloupe, raw	160	1 cup	1.4
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	1.4
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.4
09004	Apples, raw, without skin	110	1 cup	1.4
09070	Cherries, sweet, raw	68	10 cherries	1.4
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.4
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.4
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.4
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.4
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	1.4
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.4
18025	Bread, cracked-wheat	25	1 slice	1.4
20068	Tapioca, pearl, dry	152	1 cup	1.4
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.4
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1.4
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.4
09184	Melons, honeydew, raw	170	1 cup	1.4
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.4
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.4
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.3
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.3
18353	Rolls, hard (includes kaiser)	57	1 roll	1.3
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	1.3
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.3
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.3
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.3
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.3
09184	Melons, honeydew, raw	160	1/8 melon	1.3
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.3
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.3
18220	Crackers, melba toast, plain	20	4 pieces	1.3
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1.3
22247	Macaroni and Cheese, canned entree	252	1 cup	1.3
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.3
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.3
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.3
02010	Spices, cinnamon, ground	2.3	1 tsp	1.2
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.2
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.2
11641	Squash, summer, all varieties, raw	113	1 cup	1.2
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.2
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	1.2
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.2
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.2
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1.2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.2
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.2
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.2
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.2
11012	Asparagus, cooked, boiled, drained	60	4 spears	1.2
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.2
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.2
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.2
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.2
11251	Lettuce, cos or romaine, raw	56	1 cup	1.2
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.2
18305	Pie, blueberry, commercially prepared	117	1 piece	1.2
19034	Snacks, popcorn, air-popped	8	1 cup	1.2
11015	Asparagus, canned, drained solids	72	4 spears	1.2
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.2
09326	Watermelon, raw	286	1 wedge	1.1
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	1.1
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.1
18048	Bread, raisin, toasted, enriched	24	1 slice	1.1
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1.1
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.1
18047	Bread, raisin, enriched	26	1 slice	1.1
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.1
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.1
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.1
18039	Bread, oatmeal	27	1 slice	1.1
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.1
19071	Candies, carob	28.35	1 oz	1.1
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.1

08084Cereals ready-loc-eat, wheat germ, toosted, pripared with whole milk7.191 thsp1 thsp1.114175Chacolate-link with advert, pripared with whole milk2661 cop112147Nitk, prine milk, find28.351 oz112147Nitk, prine milk, find28.351 oz112147Lacks, (bulk and lowar had/portion), cooked, build, drained, without1041 cop117175Chacles, MAKM AMRS, MARS MLKY WAY Bar611 ber (2.15 oz)117185Chacles, build and the portion of	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14171Checolate-flavor become are introported propared with whole milk266I cap114316Multed drink mix, checolate, with added matrients, powder, propared265I cap112147Lestels, clubb and lower lass/portion), cooked, boiled, drained, without104I cap112147Lestels, clubb and lower lass/portion), cooked, boiled, drained, without added21.62.3 heaping top114175Chocolate-flavor become are into from tilk, powder, without added21.62.3 heaping top114194Cocoa mix, powder, propared with water20.6I serving114195Sancks, poato chop, made from dried poatoes, light23.353 heaping top114191Sancks, poato chop, made from dried poatoes, light28.351 oz119101Sancks, poato chop, and from dried poatoes, plain28.351 oz119101Sance, posta, spagbatt/inmiran, ready-to-serve250I cap119836Taco abelib, haked13.3I medium119836Taco abelib, baked31.33 decap119836Taco abelib, baked32.4I cap119836Carcula ready-to-ake or fry, floar24I cap119835Malter drink mix, chocolate, with added matrients, provder213 heaping top11983Carcula ready-to-ake, CFLLOGG SENOSTED FLAKES313 decap11984Torea back, baked124I cap11985Carcula ready-to-ake,	18040	Bread, oatmeal, toasted	25	1 slice	1.1
14316Midled dirik mix, checolate, with added mutrients, powder, prepared26.5I capI.1247Nike, pine mus, diried28.35I oerI.11247Lacks, (hulb and lower Larf portion), cooked, boiled, dirained, without10.4I copI.11247Checolate-Barot Peersenge mix for milk, powder, without added11.62.3 heaping topI.11747Checolate-Barot Peersenge mix for milk, powder, without added21.62.3 heaping topI.11747Checolate-Barot Peersenge mix for milk, powder, without added21.62.3 heaping topI.11940Snacks, potato chips, made from dired potators, lipin28.35I oerI11941Snacks, potato chips, made from dired potators, lipin28.15I copI11941Snacks, potato chips, made from dired potators, lipin28.15I copI11941Snacks, potato chips, made from dired potators, lipin28.13I copI11941Reces, cooked, boiled, drained50I beerfI11948Reces, cooked, boiled, drained13.3I mediumI11846Torillas, cady-ob-ast, KELLOGG SENOSTED FLACESI copI11944Tarea shells, baked13.3I copI11945Matte dirik mix, cheolate, with add admired, without124I copI11944Tarea shells, baked124I copI11944Mang Beans, matter seeds, spourde, cooked, boiled, drained, without144I copI11946 <t< td=""><td>08084</td><td>Cereals ready-to-eat, wheat germ, toasted, plain</td><td>7.119</td><td>1 tbsp</td><td>1.1</td></t<>	08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.1
with whole mile     with whole mile       12147     Niks, prine ruts, rife     28.35     1 or     1       11247     I acks, (hub nal lower leaf-portion), cooked, boiled, drained, without     104     1 cup     1       19125     Candies, M&M MARS, MARS MILKY WAY Dar     61     1 bar (2,15 oc)     1       19135     Candies, M&M MARS, MARS MILKY WAY Dar     61     1 bar (2,15 oc)     1       19140     Cosca amit, powder, prepared with water     206     1 serving     1       19140     Sancks, polato chips, made from dried potatose, plain     28.35     3 beaping rsp     1       19410     Sancks, polato chips, made from dried potatose, plain     28.35     1 cup     1       19410     Sancks, polato chips, made from dried potatose, plain     28.35     1 cup     1       19410     Sancks, coockd, Dried drind     50     1 cup     1       19410     Sancks, polato chips, made from dried potatose, plain     28.35     1 cup     1       19410     Sancks, coockd, Dried drind     26.0     1 cup     1       19411     Sancks, coockd, Dried drind     13.3 <td>14177</td> <td>Chocolate-flavor beverage mix, powder, prepared with whole milk</td> <td>266</td> <td>1 cup</td> <td>1.1</td>	14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.1
11217Lecks, (bulb and lower leaf-portion), cooked, boiled, drained, without104L cup119135Candies, M&M MARS, MARS MILKY WAY Bar611 har (2.15 or)1.19135Candies, M&M MARS, MARS MILKY WAY Bar611 har (2.15 or)1.19146Cooca mix, Jowder, trepared with water2061 serving1.19149Cooca mix, powder, trepared with water2061 or1.19140Stacks, potato chips, made from dried potatoes, light28.353 heaping tsp1.19410Stacks, potato chips, made from dried potatoes, plain28.351 oz1.09211Grapefuli, sectors, cannel, Light yung wake, solids and liquids2541 cup1.10818Rest; coeked, holid, drained501 beert1.11884Tortillas, ready-to-sarve2501 cup1.11884Tortillas, ready-to-sarke Carlos, Carlos ROSTED FLAKES3134 cup1.11884Tortillas, ready-to-sake or -fry, flour221 craft1.11944Marg beams, mature seeds, sproated, cooked, boiled, drained, without1241 cup1.11944Marg beams, mature seeds, sproated, or inst., enriched, prepared1651 cup1.11944Marg beams, mature seeds, sproated, or inst., enriched, prepared1651 cup1.11944Marg beams, mature seeds, sproated, or inst., enriched, prepared1651 cup1.11944Marg beams, mature seeds, sproated, or inst., enriched, prepared166 <td< td=""><td>14316</td><td></td><td>265</td><td>1 cup</td><td>1.1</td></td<>	14316		265	1 cup	1.1
shitImage: Shift of the state o	12147	Nuts, pine nuts, dried	28.35	1 oz	1.0
14175     Chacolate-flavor beverage mix for milk, powder, without added     216     2-3 heaping tsp     1.       14194     Coca mix, powder, propared with water     206     1 serving     1.       19045     Snacks, potito chips, made from dried potatoes, light     28.35     1 oz     1.       19101     Snacks, potito chips, made from dried potatoes, plain     28.35     1 oz     1.       09121     Grapefruit, sections, canned, light syrup pack, solids and liquids     254     1 cup     1.       06931     Souce, pasta, spaghetti'marinare, ready-to-serve     250     1 beet     1.       18106     Tace, cooked, bolied, drianed     30     1 medium     1.       18207     Careals ready-to-eart, KFLLOGG, KELLOGG'S ROSTED FLAKES     31     31 drup     1.       18308     Tareily beans, mature seeds, sprouted, cooked, boiled, drianed, without     124     1 cup     1.       18404     Tartillas, ready-to-eart, KELLOGG, KELLOGG'S RODUCT 19     30     1 cup     1.       19404     Matled drink mix, checolate, with added nutrients, powder     21     3 heaping tsp     1.       19415     Matled drink mix, checolat	11247		104	1 cup	1.0
nutrients     nutrients     nutrients       1944     Coce mix, powder, prepared with water     206     1 serving     1       1945     Snacks, potato chips, made from dried potatoes, light     28.35     3 heaping tsp     1       19419     Cocea mix, powder     28.35     3 heaping tsp     1       09121     Grapefruit, sections, canned, light symp pack, solids and liquids     254     1 cup     1       06931     Sauce, pasts, posthe chips, made from dried potatoes, plain     82     3 locup     1     1       06931     Sauce, pasts, paghetti/marinar, ready-to-serve     250     1 cup     1     1       08071     Cereals ready-to-eat, KELLOGG S KMACKS     27     34 cup     1     1       18864     Tornilla, ready-to-eat, KELLOGG S FROSTED FLAKES     31     34 cup     1       11044     Ming beans, mature seeds, sprouted, cocked, boiled, drained, without     124     1 cup     1       11044     Malted drink mix, choclate, with added nutrients, proveder     165     1 cup     1       11044     Malted drink mix, choclate, with added nutrients, proveder     164     1 cu	19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	1.0
19045   Snacka, potato chips, made from dried potatoes, light   28.35   1 oz   1     14192   Cocoa mix, powder   28.35   1 oz   1     09121   Grapefinil, sections, canned, light syrup pack, solids and liquids   254   1 cup   1     09131   Succe, pasta, spaghetti/marinar, ready-to-serve   250   1 cup   1     10811   Bees, cooked, boiled, drained   50   1 beet   1     11884   Tortilas, ready-to-tack, KELLOGG, KELLOGG'S SMACKS   27   3/4 cup   1     18860   Taco shells, baked   13.3   1 medium   1     18864   Tortilas, KELLOGG, KELLOGG'S SROSTED FLAKES   3/4 cup   1     19865   Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19   30   1 cup   1     10444   Mung beans, mature seeds, sprouted, cooked, broided, drained, without   124   1 cup   1     1055   Malted drink mix, chocolate, with added nutrients, powder   21   3 heaping tsp   1     10644   Soup, onion, debudrated, prepared with water   246   1 cup   1     1053   Leron juice, canned, or botted, uninvester, anod dro botted, sprouted, cooked, sprouted, water	14175		21.6	2-3 heaping tsp	1.0
14192   Cocoa mix, powder   28.35   3 heaping tsp   1.     19410   Snacks, potato chips, made from diried potatose, plain   28.35   1 cup   1.     09121   Grapefruit, sections, canned, light syrup pack, solids and liquids   254   1 cup   1.     09131   Sacc, pasta, spaghetti/marinar, ready-to-serve   250   1 cup   1.     11081   Beets, cooked, boiled, drained   50   1 beet   1.     08071   Carcals ready-to-eat, KELLOGG, KELLOGGS SMACKS   27   3/d cup   1.     118364   Tortillas, ready-to-eat, KELLOGG, KELLOGGS FROSTED FLAKES   31   3/d cup   1.     11044   Mung beans, mature seeds, sprouted, cooked, boiled, drained, without   124   1 cup   1.     08058   Cereals ready-to-eat, KELLOGG KELLOGGS PRODUCT 19   30   1 cup   1.     14315   Malted drink mix, chocolate, with added nutrients, powder   21   3 heaping tsp   1.     14315   Malted drink mix, chocolate, with salt added   246   1 cup   1.     14315   Malted drink mix, chocolate, with salt added   243   1 cup   1.     14315   Malted drink mix, chocolate	14194	Cocoa mix, powder, prepared with water	206	1 serving	1.0
19410Snæcks, polato chips, made from dried polatoes, plain28.351 oz1.09121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup1.06031Sauce, pasta, spughetti'marinari, ready-to-serve2501 cup1.10811Beets, cooked, boiled, drained501 beet1.08071Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS273/4 cup1.118364Tato shells, baked13.31 medium1.118464Tortilla, ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup1.11044Mung beams, mature seeds, sprouted, cooked, boiled, drained, without1241 cup1.11044Mung beams, mature seeds, sprouted, cooked, boiled, drained, without1241 cup1.20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup1.20141Line juice, canned or bottled, unswetened2461 cup1.06434Soup, onion, debydrated, prepared with equal volume water, 2442431 cup1.06440Soup, minon, divid, stat added2431 cup1.07153Lenon juice, canned, with sult added2431 cup1.08003Cereals ready-to-eat, KELLOGG, KELLOG'S SPPLE JACKS301 cup1.08003Cereals ready-to-eat, KELLOGG, KELLOG'S SPPLE JACKS301 cup1.08003Cereals ready-to-eat, diffe, boneless pieces, plain161 fbsp1.0800	19045	Snacks, potato chips, made from dried potatoes, light	28.35	l oz	1.0
Op121     Grapefult, section, canned, light syrup pack, solids and liquids     254     1 cup     1       06931     Sauce, pasta, spaghett/marinar, ready-to-serve     250     1 cup     1       11081     Beets, cooked, boiled, drained     50     1 beet     1       11081     Beets, cooked, boiled, drained     50     1 beet     1       18300     Taco shells, baked     13.3     1 medium     1       18304     Toriills, ready-to-bake or -fry, flour     32     1 toriilla     1       1044     Mung beams, mutre seeds, sprouded, cooked, boiled, drained, without     124     1 cup     1       20049     Rice, white, long-grain, precooked or instant, enriched, prepared     165     1 cup     1       20049     Rice, white, long-grain, precooked or instant, enriched, prepared     246     1 cup     1       20153     Lernon juice, canned or bottled     244     1 cup     1       20153     Lemon juice, canned or bottled     243     1 cup     1       20153     Lemon juice, canned, with satl added     243     1 cup     1       20164     <	14192	Cocoa mix, powder	28.35	3 heaping tsp	1.0
66931Sauce, pasta, spaghettimarinar, ready-to-serve2501 cup1.11081Beets, cooked, boiled, drained501 beet1.08071Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS273/4 cup1.18360Taco shells, baked13.31 medium1.18364Tortillas, ready-to-bake or -fry, flour321 tortilla1.18364Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup1.11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup1.20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup1.20149Rice, white, long-grain, precooked or instant, enriched, prepared2461 cup1.09151Lime juice, canned or bottled, unsweetened2461 cup1.09153Lemon juice, canned, with added nutrients, powder2411 cup1.01540Soup, mion, dehydrated, prepared with water2411 cup1.01551Lemon juice, canned, with salt added2431 cup1.01698Peanut buiter, smooth style, with salt604 spears1.01698Cercals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup1.01698Peanut butter, smooth style, with salt added1261 sterving1.01799Pacan tutter, smooth style, with salt added28.351 oc (18 nuts)0.01808Picachery, commercially prepared <td>19410</td> <td>Snacks, potato chips, made from dried potatoes, plain</td> <td>28.35</td> <td>l oz</td> <td>1.0</td>	19410	Snacks, potato chips, made from dried potatoes, plain	28.35	l oz	1.0
11081Beets, cooked, boiled, drained501 beet108071Cereals ready-to-ent, KELLOGG, KELLOGG'S SMACKS273/4 cup118364Taco shells, baked13.31 medium118364Torillas, ready-to-ent, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup108069Cereals ready-to-ent, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup111044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup120049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup120141Lime juice, canned or bottled, unsweetened2461 cup106144Soup, onion, dehydratted, prepared with water2461 cup111540Tornato juice, canned, with salt added2431 cup111640Tomato juice, canned, with salt added2431 cup111691Asparagus, frozen, cooked, boiled, drained, without salt604 spears111698Peanut butter, smooth style, with salt161 tusp111698Peanut butter, smooth style, with salt1661 fusp111658Spinach souffle1361 cup1111658Spinach souffle1361 cup1111711 piece0010112229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1111658Spi	09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.0
08071Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS273/4 cup1.18360Taco shells, baked13.3I medium1.18364Tortillas, ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup1.11044Mung beans, matter seecls, sprouted, cooked, boiled, drained, without salt1241 cup1.20058Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES311 cup1.20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup1.20141Lime juice, canned or bottled, unsweetened2461 cup1.20151Lemon juice, canned or bottled, unsweetened2441 cup1.20164Soup, noin, delydnted, prepared with water2411 cup1.20153Lemon juice, canned, with salt added2431 cup1.201640Soup, nininsetrone, canned, prepared with equal volume water, commercial2411 cup1.20179Asparagus, frozzn, cooked, boiled, drained, without salt604 spears1.20180Cereals ready-to-eat, KELLOGG'S APPLE JACKS301 cup1.20191Asparagus, frozzn, cooked, boiled, drained, without salt604 spears1.20192Fast foods, chicken, breaded and fried, boneless picces, plain1066 picces1.20193Lemon stryle, with salt added28.351 cup0.20194Nuts, cashew muts, dil rosted, with salt added28.351 cup0. </td <td>06931</td> <td>Sauce, pasta, spaghetti/marinara, ready-to-serve</td> <td>250</td> <td>1 cup</td> <td>1.0</td>	06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.0
18360Taco shells, backd13.3I medium1.18364Tortillas, ready-to-bake or -fry, flour32I tortilla1.08069Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup1.11044Mung beans, muture seeds, sprouted, cooked, boiled, drained, without1241 cup1.08058Cereals ready-to-eat, KELLOGG, KELLOGG'S FRODUCT 19301 cup1.08058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup1.14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp1.06141Line juice, canned or bottled, unsweetened2461 cup1.06153Lemon juice, canned or bottled2441 cup1.06440Soup, onion, dehydrated, prepared with water2411 cup1.06440Soup, minestrone, canned, prepared with equal volume water, ormmercial2411 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.08003Cereals ready-to-eat, KELLOGG'S APPLE JACKS301 cup1.11019Asparagus, frozen, cooked, breaded from item 141961921 serving1.1229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.11688Spinach souffle1361 cup1.18308Pie, cherry, commerciall prepared1161 piece0.12210Seeds, sesame seed kernels, drie	11081	Beets, cooked, boiled, drained	50	1 beet	1.0
18364Tortillas, ready-to-bake or -fry, flour32I tortilla1.08069Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES313/4 cup1.11044Mung beans, matter seeds, sprouted, cooked, boiled, drained, without1241 cup1.08058Cereals ready-to-eat, KELLOGG'S REODUCT 19301 cup1.20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup1.14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp1.06494Soup, onion, dehydrated, prepared with water2461 cup1.06494Soup, onion, dehydrated, prepared with water2431 cup1.11540Tomato juice, canned or bottled2431 cup1.06440Soup, minestrone, canned, with salt added2431 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.11019Asparagus, frozen, cooked, boiled, drained, without salt161 tusp1.12209Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.14390Cecean ix, with aspartame, powder, prepared from item 141961921 serving0.12219Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.1236Nuts, cashew nuts, oil roasted, with salt added28.351 oz (1 muts)0.12010Seeds, sename seed kernels, dried (decorricated) <td>08071</td> <td>Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS</td> <td>27</td> <td>3/4 cup</td> <td>1.0</td>	08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	1.0
08069Cereals ready-to-eat, KELLOGG, KELLOGG S FROSTED FLAKES313/4 cup1.11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup1.08058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup1.20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup1.14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp1.09161Lime juice, canned or bottled, unsweetened2461 cup1.09153Lemon juice, canned or bottled2441 cup1.06494Soup, onion, dchydrated, prepared with water2411 cup1.06404Soup, ninestrone, canned, prepared with equal volume water, commercial2411 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.16098Peanut butter, smooth style, with salt161 thsp1.17209Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.18308Pie, cherry, commercially prepared1171 piece0.12201Seeds, sesame seadt with salt added28.351 oz (18 mts)0.12315Spinach souffle1361 tup0.12429Break cenels, dried (decorticated)81 thsp0.12586Nuts, cashew natis, oil roasted, with salt added28.351 oz (18 mts)0.12501Se	18360	Taco shells, baked	13.3	1 medium	1.0
11044Mung bears, mature seeds, sprouted, cooked, boiled, drained, without1241 cup11044saltRec, white, long-grain, precocked or instant, enriched, prepared1651 cup120049Rice, white, long-grain, precocked or instant, enriched, prepared1651 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp106161Lime juice, canned or bottled, unsweetened2461 cup106173Lemon juice, canned or bottled2441 cup106183Lemon juice, canned, prepared with water2431 cup106440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup111019Asparaus, frozen, cooked, boiled, drained, without salt604 spears116088Peanut butter, smooth style, with salt161 tbsp11719Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces118308Pie, cherry, commercially prepared1171 piece018388Pie, cherry, commercially prepared1171 piece018270Bread, egg401/2" slice018271Bread, egg401/2" slice018391Cake, pincaple upside-down, prepared from recipe1151 piece018392Rolls, hamburger or hotdog, plain431 cull018393Rolls, hamburger or hotdog, plain301 cull	18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.0
salt108058Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19301 cup20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup11315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp109161Lime juice, canned or bottled, unsweetened2461 cup106494Soup, onion, dehydrated, prepared with water2461 cup109153Lemon juice, canned or bottled2441 cup106440Soup, miestrone, canned, prepared with equal volume water, commercial2411 cup111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears108003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup114390Cocea anix, with aspartame, powder, prepared from item 141961921 serving112229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces111658Spinach souffle1361 cup112201Seeds, sesame seed kemels, dried (decorticated)81 tbsp008027Plums, raw661 plum008027Bread, egg401/2" slice018315Rolk, hamburger or hotdog, plain431 roll018306Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup018008Pie-chry, commercially prepared1151 piece0 <tr< td=""><td>08069</td><td>Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES</td><td>31</td><td>3/4 cup</td><td>1.0</td></tr<>	08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.0
Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup1.14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp1.09161Lime juice, canned or bottled, unsweetened2461 cup1.06444Soup, onion, dehydrated, prepared with water2461 cup1.09153Lemon juice, canned, or bottled2441 cup1.1540Tomato juice, canned, with salt added2431 cup1.06440Soup, minestrone, canned, with salt added2431 cup1.06440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.08003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup1.14390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving1.12229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.18308Pie, cherry, commercially prepared1171 piece0.12201Seeds, sesame seed kernels, dried (decorticated)81 thsp0.18207Bread, egg401/2" slice0.18308Roles, pinaeple upside-down, prepared from recipe1151 piece0.18309Cake, pineapleu pref from recipe1151 piece0.18309Rolls, hamburger or hotdog, plain <td< td=""><td>11044</td><td><b>C</b> , 1 , 1 , 1 , 1</td><td>124</td><td>1 cup</td><td>1.0</td></td<>	11044	<b>C</b> , 1 , 1 , 1 , 1	124	1 cup	1.0
14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp1.09161Lime juice, canned or bottled, unsweetened2461 cup1.06494Soup, onion, dehydrated, prepared with water2461 cup1.09153Lemon juice, canned or bottled2441 cup1.11540Tomato juice, canned, with salt added2431 cup1.06440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.08003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup1.16098Peanut butter, smooth style, with salt161 tbsp1.14390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving1.12229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.18308Pie, cherry, commercially prepared1171 piece0.12201Seeds, seame seed kernels, dried (decorticated)81 tbsp0.09279Plums, raw661 plum0.18307Rols, hamburger or hotdog, plain431 roll0.18308Rols, hamburger or hotdog, plain431 roll0.18309Rols, hamburger or hotdog, plain431 roll0.18300Rols, hamburger or hotdog, plain431 roll0.18	08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.0
DefinitionLine juice, canned or bottled, unsweetened2461 cup06494Soup, onion, dehydrated, prepared with water2461 cup1.09153Lemon juice, canned or bottled2441 cup1.11540Tomato juice, canned, with salt added2431 cup1.06440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.08003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup1.16098Peanut butter, smooth style, with salt161 tbsp1.16098Peanut butter, smooth style, with salt161 tbsp1.1730Cocca mix, with aspartame, powder, prepared from item 141961921 serving1.18308Pie, cherry, commercially prepared1171 piece0.12229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 piecess1.18308Pie, cherry, commercially prepared1171 piece0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.18307Bread, egg401.2" slice0.18308Rolls, inamburger or hotdog, plain431 roll0.18308Rolls, inamburger or hotdog, plain431 roll0.18309Cake, pineapple upside-down, prepared from recipe1151 piece0.18	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.0
6494Soup, onio, dehydrated, prepared with water2461 cup109153Lemon juice, canned or bottled2441 cup111540Tomato juice, canned, with salt added2431 cup106440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears108003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup116098Peanut butter, smooth style, with salt161 tbsp114390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving112229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces111658Spinach souffle1361 cup112306Pie, cherry, commercially prepared1171 piece012586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)012010Seeds, sesame seed kernels, dried (decorticated)81 tbsp018027Bread, egg401/2" slice01819Cake, pineapple upside-down, prepared from recipe1151 piece00110Milk shakes, thick chocolate30010.6 fl oz008048Cereals ready-to-eat, GENERAL MILLS, KIX301 -1/3 cup008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0 <td>14315</td> <td>Malted drink mix, chocolate, with added nutrients, powder</td> <td>21</td> <td>3 heaping tsp</td> <td>1.0</td>	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1.0
09153Lemon juice, canned or bottled2441 cup1.11540Tomato juice, canned, with salt added2431 cup1.06440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup1.11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.08003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup1.16098Peanut butter, smooth style, with salt161 tbsp1.14390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving1.12129Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.11658Spinach souffle1361 cup1.12308Pie, cherry, commercially prepared1171 piece0.12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12011Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.18027Bread, egg401/2" slice0.18190Cake, pineapple upside-down, prepared from recipe1151 piece0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit <td< td=""><td>09161</td><td>Lime juice, canned or bottled, unsweetened</td><td>246</td><td>1 cup</td><td>1.0</td></td<>	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.0
11540Tomato juce, canned, with salt added2431 cup106440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears108003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup116098Peanut butter, smooth style, with salt161 tbsp114390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving121229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces111658Spinach souffle161 cup118308Pie, cherry, commercially prepared1171 piece012586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)009279Plums, raw661 plum018027Bread, egg401/2" slice01819Cake, pineapple upside-down, prepared from recipe1151 piece018350Rolls, hamburger or hotdog, plain431 roll00110Milk shakes, thick chocolate3001.0.6 fl oz00848Cereals ready-to-eat, GENERAL MILLS, TRIX301-1/3 cup008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0	06494	Soup, onion, dehydrated, prepared with water	246	1 cup	1.0
6440Soup, minestrone, canned, prepared with equal volume water, commercial2411 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1.08003Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301 cup1.16098Peanut butter, smooth style, with salt161 tbsp1.14390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving1.1229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.11658Spinach souffle1361 cup1.18308Pie, cherry, commercially prepared1171 piece0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.18027Bread, egg401/2" slice0.18190Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.0110Mik shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	09153	Lemon juice, canned or bottled	244	1 cup	1.0
commercialInternational and the second s	11540	Tomato juice, canned, with salt added	243	1 cup	1.0
RevealsCerealsready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS301116098Peanut butter, smooth style, with salt1611114390Cocoa mix, with aspartame, powder, prepared from item 141961921serving121229Fast foods, chicken, breaded and fried, boneless pieces, plain1066pieces111658Spinach souffle1361cup118308Pie, cherry, commercially prepared1171piece012586Nuts, cashew nuts, oil roasted, with salt added28.351oz (18 nuts)012010Seeds, sesame seed kernels, dried (decorticated)81tbsp009279Plums, raw661plum018027Bread, egg401/2" slice01819Cake, pineapple upside-down, prepared from recipe1151piece018350Rolls, hamburger or hotdog, plain431roll00110Milk shakes, thick chocolate30010.6 fl oz008048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup02105Fast Foods, biscuit, with egg and sausage1801biscuit008078Cereals ready-to-eat, GENERAL MILLS, TRIX301cup0	06440		241	1 cup	1.0
16098Peanut butter, smooth style, with salt161 tbsp14390Cocoa mix, with aspartame, powder, prepared from item 141961921 serving1.21229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.11658Spinach souffle1361 cup1.18308Pie, cherry, commercially prepared1171 piece0.12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.00110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.0
14390Cocoa mix, with aspartane, powder, prepared from item 141961921 serving1.21229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.11658Spinach souffle1361 cup1.18308Pie, cherry, commercially prepared1171 piece0.12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12010Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.09279Plums, raw661 plum0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.00110Milk shakes, thick chocolate30010.6 fl oz0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.0
21229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces1.11658Spinach souffle1361 cup1.18308Pie, cherry, commercially prepared1171 piece0.12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.18027Plead, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.0
11658Spinach souffle1361 cup1.18308Pie, cherry, commercially prepared1171 piece0.12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.09279Plums, raw661 plum0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.0
18308Pie, cherry, commercially prepared1171 piece0.12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.09279Plums, raw661 plum0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.02078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.0
12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.09279Plums, raw661 plum0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	11658	Spinach souffle	136	1 cup	1.0
12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp0.09279Plums, raw661 plum0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	18308	Pie, cherry, commercially prepared	117	1 piece	0.9
09279Plums, raw661 plum0.18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.9
18027Bread, egg401/2" slice0.18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.9
18119Cake, pineapple upside-down, prepared from recipe1151 piece0.18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	09279	Plums, raw	66	1 plum	0.9
18350Rolls, hamburger or hotdog, plain431 roll0.01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	18027	Bread, egg	40	1/2" slice	0.9
01110Milk shakes, thick chocolate30010.6 fl oz0.08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.9
08048Cereals ready-to-eat, GENERAL MILLS, KIX301-1/3 cup0.21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.9
21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.	01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.9
08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 30 1 cup 0.	08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.9
	21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.9
08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.	08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.9
	08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.9
02009	Spices, chili powder	2.6	1 tsp	0.9
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.9
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.9
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.9
18217	Crackers, matzo, plain	28.35	1 matzo	0.9
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	0.8
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.8
16158	Hummus, commercial	14	1 tbsp	0.8
11206	Cucumber, peeled, raw	119	1 cup	0.8
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.8
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.8
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.8
11090	Broccoli, raw	31	1 spear	0.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.8
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.8
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.8
19270	Ice creams, chocolate	66	1/2 cup	0.8
11961	Hearts of palm, canned	33	1 piece	0.8
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.8
02028	Spices, paprika	2.1	1 tsp	0.8
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.8
11937	Pickles, cucumber, dill	65	1 pickle	0.8
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.8
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.8
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.8
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.8
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.8
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	l cup	0.8
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.7
19312	Pie fillings, apple, canned	74	1/8  of  21-oz  can	0.7
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.7
18170	Cookies, fig bars	16	1 cookie	0.7
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.7
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.7
11253	Lettuce, green leaf, raw	56	1 cup	0.7
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.7
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.7
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.7
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.7
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.7
18245	Danish pastry, cheese	71	1 danish	0.7

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.7
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.7
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.7
11260	Mushrooms, raw	70	1 cup	0.7
09021	Apricots, raw	35	1 apricot	0.7
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.7
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.7
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.7
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.7
11819	Peppers, hot chili, red, raw	45	1 pepper	0.7
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.7
11670	Peppers, hot chili, green, raw	45	1 pepper	0.7
02015	Spices, curry powder	2	1 tsp	0.7
11457	Spinach, raw	30	1 cup	0.7
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.7
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.7
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.7
18268	French toast, frozen, ready-to-heat	59	1 slice	0.6
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.6
11954	Tomatillos, raw	34	1 medium	0.6
02027	Spices, oregano, dried	1.5	1 tsp	0.6
11143	Celery, raw	40	1 stalk	0.6
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.6
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.6
09181	Melons, cantaloupe, raw	69	1/8 melon	0.6
18041	Bread, pita, white, enriched	28	4" pita	0.6
09326	Watermelon, raw	152	1 cup	0.6
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.6
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.6
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.6
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.6
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.6
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.6
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.6
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.6
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.6
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.6
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.6
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.6
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.6
02030	Spices, pepper, black	2.1	1 tsp	0.6
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.6
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.5
18033	Bread, italian	20	1 slice	0.5
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.5
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.5
11205	Cucumber, with peel, raw	104	1 cup	0.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09298	Raisins, seedless	14	1 packet	0.5
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.5
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.5
06166	Sauce, homemade, white, medium	250	1 cup	0.5
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.5
09207	Orange juice, canned, unsweetened	249	1 cup	0.5
09223	Tangerine juice, canned, sweetened	249	1 cup	0.5
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.5
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.5
09206	Orange juice, raw	248	1 cup	0.5
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.5
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.5
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.5
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.5
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.5
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.5
14181	Chocolate syrup	18.75	1 tbsp	0.5
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.5
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.5
19095	Ice creams, vanilla	66	1/2 cup	0.5
11284	Onions, dehydrated flakes	5	1 tbsp	0.5
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.5
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.5
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.5
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.4
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.4
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.4
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.4
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	0.4
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.4
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.4
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.4
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.4
18086	Cake, angelfood, commercially prepared	28	1 piece	0.4
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.4
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.4
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.4
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.4
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.4
11084	Beets, canned, drained solids	24	1 beet	0.4
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.4
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.4
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.4
02029	Spices, parsley, dried	1.3	1 tbsp	0.4
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.4
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.4
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.4
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.4
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.4
09316	Strawberries, raw	18	1 strawberry	0.4
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.4
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.4
18232	Crackers, wheat, regular	8	4 crackers	0.4
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.4
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.4
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.3
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.3
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	l oz	0.3
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.3
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.3
11297	Parsley, raw	10	10 sprigs	0.3
11135	Cauliflower, raw	13	1 floweret	0.3
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.3
18147	Cheesecake commercially prepared	80	1 piece	0.3
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.3
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.3
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.3
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.3
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.3
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.3
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.3
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.3
19036	Snacks, popcorn, cakes	10	1 cake	0.3
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.3
02020	Spices, garlic powder	2.8	1 tsp	0.3
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.3
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.3
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.3
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.3
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.3
19294	Fruit butters, apple	17	1 tbsp	0.3
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.3
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.3
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.3
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.2

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.2
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.2
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.2
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.2
09128	Grapefruit juice, white, raw	247	1 cup	0.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.2
11955	Tomatoes, sun-dried	2	1 piece	0.2
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.2
01164	Cheese sauce, prepared from recipe	243	1 cup	0.2
09316	Strawberries, raw	12	1 strawberry	0.2
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.2
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.2
18214	Crackers, cheese, regular	10	10 crackers	0.2
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.2
06125	Gravy, turkey, canned	59.6	1/4 cup	0.2
06119	Gravy, chicken, canned	59.5	1/4 cup	0.2
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.2
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.2
02007	Spices, celery seed	2	1 tsp	0.2
06116	Gravy, beef, canned	58.25	1/4 cup	0.2
11943	Pimento, canned	12	1 tbsp	0.2
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.2
11457	Spinach, raw	10	1 leaf	0.2
19297	Jams and preserves	20	1 tbsp	0.2
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.2
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.2
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.2
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.2
19088	Ice creams, vanilla, light	66	1/2 cup	0.2
11282	Onions, raw	14	1 slice	0.2
18229	Crackers, standard snack-type, regular	12	4 crackers	0.2
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.2
19300	Jellies	19	1 tbsp	0.2
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.2
09152	Lemon juice, raw	47	juice of 1 lemon	0.2
11960	Carrots, baby, raw	10	1 medium	0.2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.2
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.2
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.2
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.2
09206	Orange juice, raw	86	juice from 1 orange	0.2
11333	Peppers, sweet, green, raw	10	1 ring	0.2
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.2
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11945	Pickle relish, sweet	15	1 tbsp	0.2
02055	Horseradish, prepared	5	1 tsp	0.2
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.2
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.2
09160	Lime juice, raw	38	juice of 1 lime	0.2
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.2
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.2
18177	Cookies, molasses	15	1 cookie, medium	0.2
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.1
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.1
19129	Syrups, table blends, pancake	20	1 tbsp	0.1
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.1
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.1
11253	Lettuce, green leaf, raw	10	1 leaf	0.1
11445	Seaweed, kelp, raw	10	2 tbsp	0.1
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.1
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15.0	1 cookie	0.1
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.1
02026	Spices, onion powder	2.1	1 tsp	0.1
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.1
19009	Puddings, rice, ready-to-eat	113.4	4 oz	0.1
		5		
18371	Leavening agents, baking powder, low-sodium		l tsp	0.1
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.1
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.1
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.1
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.1
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.1
11156	Chives, raw	3	1 tbsp	0.1
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.1
20027	Cornstarch	8.064	1 tbsp	0.1
11429	Radishes, raw	4.5	1 radish	0.1
11215	Garlic, raw	3	1 clove	0.1
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.1
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
19108	Candies, jellybeans	28.35	10 large	0.1
19116	Candies, marshmallows	50	1 cup	0.1
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.0
11935	Catsup	15	1 tbsp	0.0
19296	Honey	21	1 tbsp	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07073	Sandwich spread, pork, beef	15	1 tbsp	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
02045	Dill weed, fresh	1	5 sprigs	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11935	Catsup	6	1 packet	0.0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.0
05286	Turkey and gravy, frozen	142	5-oz package	0.0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05277	Chicken, canned, meat only, with broth	142	5 oz	0.0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
01111	Milk shakes, thick vanilla	313	11 fl oz	0.0
01031	Cheese, neufchatel	28.35	1 oz	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01030	Cheese, muenster	28.35	1 oz	0.0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01095	Milk, canned, condensed, sweetened	306	1 cup	0.0
01095	Milk, canned, evaporated, nonfat	256	1 cup	0.0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.0
01019	Cheese, feta	28.35	1 oz	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.0
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.0
01033	Cheese, cream	14.5	*	0.0
	*		1 tbsp	
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.0
01056	Cream, sour, cultured	12	1 tbsp	0.0
01057	Eggnog	254	1 cup	0.0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
01052	Cream, fluid, light whipping	15	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.0
01072	Dessert topping, pressurized	4	1 tbsp	0.0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
01125	Egg, yolk, raw, fresh	16.6	1 large	0.0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
19014	Snacks, fruit leather, rolls	21	1 large	0.0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.0
01009	Cheese, cheddar	28.35	1 oz	0.0
02047	Salt, table	6	1 tsp	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
01035	Cheese, provolone	28.35	1 oz	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
04582	Vegetable oil, canola	14	1 tbsp	0.0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
01037	Cheese, ricotta, part skim milk	246	1 cup	0.0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
01036	Cheese, ricotta, whole milk	246	1 cup	0.0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0
01040	Cheese, swiss	28.35	1 oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04133	Salad dressing, french, home recipe	14	1 tbsp	0.0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
01123	Egg, whole, raw, fresh	58	1 extra large	0.0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
01128	Egg, whole, cooked, fried	46	1 large	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.0
01131	Egg, whole, cooked, poached	50	1 large	0.0
04002	Lard	12.8	1 tbsp	0.0
01132	Egg, whole, cooked, scrambled	61	1 large	0.0
01004	Cheese, blue	28.35	1 oz	0.0
01123	Egg, whole, raw, fresh	44	1 medium	0.0
01123	Egg, whole, raw, fresh	50	1 large	0.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.0
01007	Cheese, camembert	38	1 wedge	0.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
01145	Butter, without salt	14.2	1 tbsp	0.0
01049	Cream, fluid, half and half	15	1 tbsp	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
01143	Egg substitute, liquid	62.75	1/4 cup	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0

14277   Grape drink, canned   250   8 fl oz   0     14242   Camberry jaice excluil, build   253   8 fl oz   0     14242   Camberry jaice excluil, build   253   8 fl oz   0     14215   Caffee, instant, reputar, prepared with water   179   0 fl oz   0     14210   Coffee, instant, reputar, prepared with water   179   0 fl oz   0     14310   Maled adm, mix, instant, with added natrients, powder, prepared   265   1 cap   0     14381   Fah, stackne, Affantie, canned in oil, drained colids with bone   85.05   3 oz   0     15988   Fah, stackne, Affantie, canned in oil, drained colids with bone   85.05   3 oz   0     14387   Tex, herb, other har chanomik, prepared on-scripe   16   1 piece   0     14376   Tex, instant, unsweetened, powder, prepared   237   8 fl oz   0     17024   Lane bonder, instant, with added natrients, proved   273   8 fl oz   0     17035   Tex, instant, unsweetened, powder, prepared   275   1 cap   0     17044   Lane bonder, instant, naturant of tha cocked, st   5 <td< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></td<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14242 Cramberry junce cocktail, bottled 253 8 fl oz 0   19087 Candies, white chocedue 170 1 exp 0   1215 Coffree, instant, regular, prepared with water 179 6 fl oz 0   1210 Coffree, instant, regular, prepared with water 60 2 fl oz 0   10179 Port, flexib, fire, center loin (chops), hone-in, separable lean and fat, 85 3 oz 0   1308 Tea, herb, dinc, center loin (chops), hone-in, separable lean and fat, 85 3 oz 0   15088 Firb, randine, Audunic, canned in oil, drained solids with bone 85 05 3 oz 0   15088 Firb, nacher, Audunic, canned in oil, drained solids with bone 85 05 3 oz 0   19103 Candies, fidage, vanilla, prepared-from-necipe 16 1 piece 0   19103 Candies, fidage, vanilla, prepared-from-necipe 178 6 fl oz 0   14167 Tea, instant, unvexteend, vin bascharni, herno-flavored, 237 8 fl oz 0   17044 Laneb, domesici, loin, separable lean and fat, cooked, bonid 3 oz 0   17045 Tea, instant, unvexteend prepared 237 8 fl oz 0   17047 Rabe bore-tang, RICE DREAM, canned 245 1 cap 0   17	14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
19987Candies, white chocolate170I cup014215Coffee, instant, reparaed with water1796 fl oz0014216Coffee, instant, reparaed with water1796 fl oz0010179Pork, fresh, inc, center bior (chorp), born-in, separable lean and fat.853 oz0014310Mahted drink mix, natural, with added nurients, provder, prepared2651 eap015088Fish, surdine, Altantic, canned in oil, drained solids with bone85 053 oz015088Fish, surdine, Altantic, canned in oil, drained solids with bone1786 fl oz019103Candies, fudge, vanilla, prepared-from-recipe161 piece018470Te, instant, wavectened with sodium saccharn, lemon-flavored, prepared2378 fl oz017024Laneb, denoesia, loni, separable lean and fat, trimmed to 1/4" fnt, ecooked, rotated853 oz017035Pork, fresh, boulder, arm picnis, separable lean and fat, cooked, ecooked, rotated83 oz017034Laneb, denoesia, loni, separable lean and fat, cooked, 	14277	Grape drink, canned	250	8 fl oz	0.0
14215Coffee, instant, regular, prepared with water1796 fl oz014210Coffee, instant, regular, prepared with water02 fl oz014210Maled drink, mix, nutral, with added nutrients, powder, prepared with whole mik.853 oz014310Maled drink, mix, nutral, with added nutrients, powder, prepared with whole mik.76.53 oz015088Frid, nardine, Atlanie, cancel in oil, drained solids with bone85.053 oz015137TEA, herth, ofter than chamoniti, brewed1786 fl oz015147TEA, instant, overelened, powder, prepared2378 fl oz014355TeA, hereweitened, powder, prepared2378 fl oz014367Ten, instant, unsweetened, powder, prepared2378 fl oz014368Frid, herek-houlder, arm picnic, separable lean and fat, trimmed to 14" fat, ebree, cooked, broited853 oz010075Pork, fresh, houder, arm picnic, separable lean and fat, cooked, braized853 oz010081Pork, fresh, houder, arm picnic, separable lean and fat, cooked, braized853 oz010095Pork, fresh, houlder, arm picnic, separable lean and fat, braized853 oz010096Pork, fresh, hou, center in (mastrs), hone-in, separable lean only, cooked, roastrd853 oz010097Pork, fresh, hou, center in (mastrs), hone-in, separable lean only, cooked, roastrd853 oz010098Pork, fresh, hou, ce	14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.0
14210Coffee, brewed, expresso, restaurant-prepared602 fl or01017Pork, fresh, ion, centre lon (chops), hone: in, separable lean and fin,853 oz01410Matted drink mix, natral, with added nutrients, powder, prepared2651 cup014110Matted drink mix, natral, with added nutrients, powder, prepared2651 cup015088Fish, sardine, Allantie, canned in oil, drained solids with bone85.053 oz019103Candies, fidge, vanilla, prepared-from-recipe161 piece019175Ten, instaut, sweetened with addum succharin, lemon-flavored, prepared2378 fl oz01763Fei, instaut, sweetened with addum succharin, lemon-flavored, concole, brothold3 oz01704Ten, instaut, nunsweetened powder, prepared1786 fl or01705Pork, fresh, houlder, aram pienic, separable lean and fat, conked, brothold853 oz01705Pork, fresh, houlder, aram pienic, separable lean and fat, conked, brothold853 oz017061Pork, fresh, houlder, aram pienic, separable lean only, broisd853 oz01707Lamonado-Tawor drink, powder, prepared with vacr2668 fl oz01708Pork, fresh, houlder, aram pienic, separable lean only, coked, roasid853 oz01709La comparable lean only, coked, roasid853 oz01701Park, fresh, hould, whole, separable lean only, coked, roasid853 oz	19087	Candies, white chocolate	170	1 cup	0.0
10179Pock, fresh, line centrel koin (chops), bone-in, separable lean and fat.853 oc014310Midned drin min, natural, with added nutrients, powder, prepared2651 eup015088Fish, surdine, Atlantic, canned in oil, drained solids with bone85.053 oz015088Fish, surdine, Atlantic, canned in oil, drained solids with bone85.053 oz015081Tea, herb, other than chamomik, brewed1786 fl oz014381Tea, herb, other than chamomik, brewed2378 fl oz014375Tea, instant, usweetned with sodium saccharin, lemon-flavored, proparod2378 fl oz014385Tea, instant, usweetned with sodium saccharin, lemon-flavored, choice, cooked, broidel2378 fl oz014385Tea, instant, usweetned with sodium saccharin, lemon-flavored, choice, cooked, broidel853 oz017924Lamb, domsstic, loin, separable lean and fat, cooked, threaded853 oz010051Pork, fresh, holder, arm picrit, separable lean and fat, cooked, threaded853 oz010051Pork, fresh, holder, oxated853 oz010051Pork, fresh, polared with water26681 fl oz010059Pork, fresh, leg (ham), whole, separable lean and fat, cooked, rosted853 oz010059Pork, fresh, leg (ham), whole, separable lean and fat, cooked, rosted853 oz010069Pork, fresh, leg (ham), whole, separable lean and fat, cooked,	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
cocked.partified     cocked.partified     cocked.partified       14310     Mitcle dirik mix, natural, with added nutrients, powder, prepared     255     l cap     0       14381     Tea, herb, other than chamomile, brewed     178     6 fl ozc     0       14381     Tea, herb, other than chamomile, brewed     178     6 fl ozc     0       14376     Tra, instant, unsweetened, powder, prepared     237     8 fl ozc     0       14375     Tea, instant, unsweetened, powder, prepared     237     8 fl ozc     0       14375     Tea, instant, unsweetened, powder, prepared     237     8 fl ozc     0       14376     Tea, instant, unsweetened, powder, prepared     237     8 fl ozc     0       17024     Laurb, domestic, toin, separable lean and fat, rimmed to 1/4" fat, separable lean conty, separable lean and fat, rimmed to 1/4" fat, separable lean conty, cocked, not set and separable lean conty, cocked, not set and separable lean conty, cocked, reparate and table dirak mix in, atural, with added nutrients, powder     21     4-5 haaping tap     0       10051     Pork, fresh, log, conter, in fortasta, border, prepared with water     266     8 fl ozc     0       10004     Cork, fresh, log, fanny, whole, separable lea	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
with whole milk     with whole milk     status     with whole milk       1988     Fish, sardine, Allantic, camed in ui, dinaied solids with bone     85.05     3 oz     0       14381     Tea, heth, uher tian chamomile, breved     178     6 fl oz     0       19103     Candies, fugge, vanila, propared-from-ceipe     16     1 piece     0       14367     Tea, instant, sweetened, powder, prepared     237     8 fl oz     0       14367     Tea, instant, unsweetened, powder, prepared     237     8 fl oz     0       17024     Larnh, demestic, hiri, separable lean and fat, trimmed to 1/4" fat, separable, can only, separable lean and fat, cooked, separable lean and fat, cooked, separable lean and fat, cooked, separable lean only, cooked, rosated     85     3 oz     0       14309     Malted drink mix, natural, with added nutrients, powder     214     4-5 heaping tsp     0       14309     Pork, fresh, leg (harn), whole, separable lean only, cooked, rosated     85     3 oz     0       14309     Pork, fresh, loin, center toin (chops), bone-in, separable lean and fat, separable lean only, cooked,		cooked, pan-fried			0.0
14381Tea, herb, other than chamomile, bewed1786 fl oz019103Candies, fugle, vanilla, prepared-from-recipe161 picee014376Tea, instant, unsweetend with sodium saccharin, lemon-flavored, prepared2378 fl oz014367Tea, instant, unsweetend, powder, prepared2378 fl oz014367Tea, instant, unsweetend, powder, prepared2378 fl oz017024Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, exisce, cocked, broiled853 oz017035Pork, fresh, shoulder, arm princi, separable lean and fat, cooked, praised853 oz017044Lamb, domestic, loin, center rio (roasts), bone-in, separable lean only, exisce853 oz017059Pork, fresh, leg (ham), whole, separable lean only, ec ereams, vanilla, rich741/2 cap017409Malted drink mix, natural, with added nutrients, powder214 Sh oz017409Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz017409Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz017419Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz017419Pork, fresh, log, canter toin (chops), bone-in, separable lean only, cooked, roasted853 oz017419Pork, fresh, log, canter toin (chops), bone-in, separable lean only, cooked, roasted853 oz017419 <td< td=""><td>14310</td><td></td><td></td><td>*</td><td>0.0</td></td<>	14310			*	0.0
1913Cardies, fadge, vanilla, prepared-from-recipe161 piece014376Tea, instant, sweetened, with sodium saccharin, lemon-flavored, prepared23781 oz014367Tea, instant, unsweetened, worder, prepared23781 oz014355Tea, brewed, prepared with up water17861 oz017024Lamb, domesici, toin, separable lean and fat, triamed to 1/4" fat, choice, cooked, broiled853 oz010075Pork, fresh, bouler, am preinci, separable lean and fat, cooked, braised853 oz014342Rice beverage, RICE DREAM, canned2451 cup010076Pork, fresh, bouler, am preinci, separable lean only, cooked, roasted853 oz010089Ice creams, vanilla, rich7412 cup010989Ice creams, vanilla, rich7412 cup010989Ice creams, vanilla, nich7412 cup010999Pork, fresh, loin, whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, loin, whole, separable lean and fat, cooked, roasted853 oz010024Pork, fresh, loin, oenter loin (hops), bone-in, separable lean and fat, cooked, roasted853 oz010031Pork, fresh, loin, center loin (hops), bone-in, separable lean and fat, separable lean and fat, separable lean only, cooked, roasted853 oz010042Pork, fresh, loin, center loin (hops), bone-in, separable lean and fat, separable lean only, cooked, roasted <td></td> <td></td> <td></td> <td></td> <td>0.0</td>					0.0
14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz014367Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz014355Tea, hreewd, prepared with ap water1786 fl oz017024Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, tasked853 oz017057Pork, fresh, loin, center th (rossis), bone-in, separable lean and fat, cooked, tasked853 oz017088Ice creams, vanilla, rich2451 cup017099Pork, fresh, loin, center th (rossis), bone-in, separable lean only, cooked, rossted853 oz017099Pork, fresh, loin, center th (rossis), bone-in, separable lean only, cooked, rossted853 oz017099Pork, fresh, loin, center loin (shops), bone-in, separable lean only, cooked, rossted853 oz017099Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, rossted853 oz017011Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broid-853 oz017012Veal, risk-s, loin, center loin (chops), bone-in, separable lean only, cooked, broid-853 oz017012Veal, risk-separable lean and fat, cooked, rossted853 oz017024Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broid-853 oz017012Veal, risk-separable lean and fa		Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
prepared     237     8 floz     0       14367     Tea, instant, unsweetened, powder, prepared     237     8 floz     0       14355     Tea, brewed, prepared with up water     178     6 fl oz     0       17024     Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat,     85     3 oz     0       10075     Pork, fresh, boilded     245     1 cup     0       10031     Pork, fresh, loin, center rib (rousist), bone-in, separable lean only, to coled.     85     3 oz     0       14309     Malted drink mix, natural, with added nutrients, powder     21     4.5 heaping tsp     0       14309     Der ormande-flavor drink, powder, prepared with water     266     8 fl oz     0       10001     Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted     85     3 oz     0       10011     Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, roasted     85     3 oz     0       10022     Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked. Toside     85     3 oz     0       10042     Pork, fresh, loin, center loin (chops), bone-in, separable lea	19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
14355   Tea, brewed, prepared with tay water   178   6 fl oz   0     17024   Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat,   85   3 oz   0     10075   Pork, fresh, shoulder, arm pienic, separable lean and fat, cooked,   85   3 oz   0     10075   Pork, fresh, loin, center rib (roasts), bone-in, separable lean only,   85   3 oz   0     10081   Pork, fresh, loin, center rib (roasts), bone-in, separable lean only,   85   3 oz   0     14309   Malted drink mix, natural, with added nutrients, powder   21   4.5 heaping tsp   0     14297   Lemonade-Ilavor drink, powder, prepared with water   266   8 fl oz   0     10099   Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   85   3 oz   0     10011   Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   85   3 oz   0     10042   Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   85   3 oz   0     10042   Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   85   3 oz   0     10042   Pork, fresh, leg (ham), whole, separable lean only, trimmed to 1/4" flat, l	14376		237	8 fl oz	0.0
17024Lamb, domestic, loin, separable lean and fat, trimmed to 1/4° fat, choice, cooked, broiled853 oz010075Pork, fresh, shoulder, arm pincie, separable lean and fat, cooked, braised853 oz010051Pork, fresh, shoulder, arm pincie, separable lean only, cooked, roasted2451 cup010051Pork, fresh, loin, center rib (roast), hone-in, separable lean only, cooked, roasted853 oz014309Matled drink mix, natural, with added nutrients, powder214.5 heaping tsp019089Ice creams, vanilla, rich741/2 cup010019Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz0100109Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, leg (ham), whole, separable lean only, cooked, broiled853 oz010022Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz010142Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz01123Carbonated beverage, pepper-type, contains caffeine36812 fl oz0124153Carbonated beverage, pepper-type, contains caffeine3683 oz01203Beef, rib, whole (ross + 2), separable lean and fat, trimmed to 1/4° fat, at, all grades, cooked, roasted853 oz017037Lamb, domestic, loin, separable lean only, trimmed to 1	14367	Tea, instant, unsweetened, powder, prepared	237		0.0
choice, cooked, broiledcooked, and fat, cooked, braised853 oz010075Pork, fresh, shoulder, arm pincic, separable lean and fat, cooked, traised2451 cup011442Rice beverage, RICE DREAM, canned2451 cup010051Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted853 oz014309Malted drink mix, natural, with adden durients, powder214.5 heaping tsp019089Ice creams, vanilla, rich741/2 cup01009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010010Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled3 oz010142Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled3 oz01023Forcen yogurts, vanilla, soft-serve721/2 cup011212Veal, rib, separable lean and fat, cooked, roasted853 oz01203Eeer, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all fat, all grades, cooked, roasted853 oz013073Beer, fruk, whole (rihs 6-12), separable lean and fat, trimmed to 1/4" fat, fat, all grades, cooked, roasted3 oz017037 </td <td>14355</td> <td></td> <td>178</td> <td>6 fl oz</td> <td>0.0</td>	14355		178	6 fl oz	0.0
braised     braised     245     1 cup     00       14342     Rice beverage, RICE DREAM, canned     245     1 cup     00       10051     Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cocked, roasted     3 oz     00       14309     Malted drink mix, natural, with added nutrients, powder     21     4-5 heaping tsp     00       14297     Lemonade-flavor drink, powder, prepared with water     266     8 fl oz     00       10009     Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted     85     3 oz     0       10011     Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, roasted     85     3 oz     0       10042     Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, roasted     85     3 oz     0       19293     Frozen yogurts, vanilla, soft-serve     72     12 cup     0       14209     Coffee, brewed from grounds, prepared with tap water     178     6 fl oz     0       13073     Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised     3 oz     0       17027     Lamb, domest		choice, cooked, broiled			0.0
10051Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted3 oz014309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp014297Lemonade-flavor drink, powder, prepared with water2668 fl oz010009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010012Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled36812 fl oz011233Carbonated beverage, pepper-type, contains caffeine36812 fl oz012034Frozen yogurts, vanilla, soft-serve721/2 cup013073Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, troasted853 oz013074Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, all choice, cooked, broised853 oz017027Lamb, domestic, lib, separable lean only, trimmed to 1/4" fat, choice, cooked, broised3 oz0017031Lamb, domestic, ib, separable lean only, trimmed to 1/4" fat, choice, cooked, broised3 oz0017034Lamb, domest		braised			0.0
cooled, roasted14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp019089lee creams, vanilla, rich741/2 cup012071Lemonade-Flavor drink, powder, prepared with water2668 fl oz010009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010038Pork, fresh, loin, centre loin (chops), bone-in, separable lean and fat,853 oz010042Pork, fresh, loin, centre loin (chops), bone-in, separable lean only, cooked, broiled853 oz010042Pork, fresh, loin, centre loin (chops), bone-in, separable lean only, cooked, broiled36812 fl oz014153Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz013073Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all choice, cooked, broised853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broised853 oz017031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broised853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to choice, cooked, bro		•		1	0.0
10089Ice creams, vanila, rich741/2 cup014297Lemonade-flavor drink, powder, prepared with water2668 fl oz010009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010038Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz014153Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013073Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled3 oz017027Lamb, domestic, ioin, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted3 oz017031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, all toice, cooked, roasted3 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, all toice, cooked, roasted3 oz0 <td< td=""><td>10051</td><td></td><td>85</td><td>3 oz</td><td>0.0</td></td<>	10051		85	3 oz	0.0
14297Lemonade-flavor drink, powder, prepared with water2668 fl oz010009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010038Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz010443Carbonated beverage, peper-type, contains caffeine36812 fl oz012934Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz013073Beef, rib, whole (rbs 6-12), separable lean and fat, trimmed to 1/4"853 oz013073Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled853 oz017027Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, all choice, cooked, roasted853 oz017031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimm	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.0
Double Dork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz010011Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010038Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz01123Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised853 oz017027Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, braised853 oz017031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted3 oz017044Lamb, domest	19089	Ice creams, vanilla, rich	74	1/2 cup	0.0
10011Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted853 oz010038Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz010143Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz012090Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all fat, all grades, cooked, troasted853 oz013074Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, all choice, cooked, braised853 oz017027Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, all choice, cooked, braised853 oz017031Lamb, domestic, ib, separable lean and fat, trimmed to 1/4" fat, choice, choice, cooked, prasted853 oz017034Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, so3 oz017034Lamb, domestic, ib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz017034Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz <td>14297</td> <td>Lemonade-flavor drink, powder, prepared with water</td> <td>266</td> <td>8 fl oz</td> <td>0.0</td>	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0
10038Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled853 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled3 oz010042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled3 oz014153Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz014209Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled853 oz017027Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz017031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted3 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled853 oz013327Beef, variety meats and by-product	10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
cooked, broiled10042Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled853 oz014153Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz014209Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, braised853 oz017031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, troasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to cooked, roasted853 oz017044Lamb, domestic, rib, separable lean and fat, trimmed to cooked, roasted853 oz017044Lamb, domestic, rib, separable lean and fat, crimmed to cooked, roasted853 oz017044Lamb, dom	10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
cooked, broiled14153Carbonated beverage, pepper-type, contains caffeine36812 fl oz019293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz014209Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013073Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, all853 oz017031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, all853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, as separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, as separable lean and fat, trimmed to853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to853 oz017034Lamb, domestic, rib, separable lean and fat, cooked, pan-fried85	10038	cooked, broiled	85	3 oz	0.0
19293Frozen yogurts, vanilla, soft-serve721/2 cup017112Veal, rib, separable lean and fat, cooked, roasted853 oz014209Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, troasted853 oz017031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, cooked, pan-fried853 oz01705Veal, leg (top round), separable lean and fat, cooked, braised853 oz017045Beef, cured, corned beef, canned85.053 oz01705Veal, leg (top round), separable lean and fat, cooke		cooked, broiled			0.0
17112Veal, rib, separable lean and fat, cooked, roasted853 oz014209Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013073Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all853 oz013058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz017031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, cooked, braised853 oz01327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz01338Beef, cured, corned beef, canned85.053 oz013348Beef, cured, corned beef, canned85.053 oz013353Syrups, maple201 tbsp0	14153		368	12 fl oz	0.0
14209Coffee, brewed from grounds, prepared with tap water1786 fl oz013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz013073Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz013058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz017031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, parable lean and fat, cooked, pan-fried853 oz01327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz013348Beef, cured, corned beef, canned85.053 oz013353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0				*	0.0
13073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted853 oz13073Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised853 oz013058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all choice, cooked, braised853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz017031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz013277Beef, variety meats and by-products, liver, cooked, pan-fried853 oz013327Beef, cured, corned beef, canned85.053 oz013348Beef, cured, corned beef, canned85.053 oz013353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0					0.0
fat, all grades, cooked, roasted13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz017031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, proasted853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz017045Veal, leg (top round), separable lean and fat, cooked, braised853 oz013348Beef, cured, corned beef, canned85.053 oz013353Syrups, maple201 tbsp0				6 fl oz	0.0
grades, cooked, braisedgrades, cooked, cooked, braisedgrades, cooked, roastedgrades, choice, cooked, cooked		fat, all grades, cooked, roasted			0.0
choice, cooked, broiled17031Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017034Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz013327Beef, variety meats and by-products, liver, cooked, pan-fried 17095853 oz017095Veal, leg (top round), separable lean and fat, cooked, braised853 oz013348Beef, cured, corned beef, canned85.053 oz019353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0		grades, cooked, braised			0.0
choice, cooked, roasted17034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz017044Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz013327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz017095Veal, leg (top round), separable lean and fat, cooked, braised853 oz013348Beef, cured, corned beef, canned85.053 oz019353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0		choice, cooked, broiled			0.0
cooked, roasted17044Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised853 oz013327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz017095Veal, leg (top round), separable lean and fat, cooked, braised853 oz013348Beef, cured, corned beef, canned85.053 oz019353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0	17031	choice, cooked, roasted	85	3 oz	0.0
1/4" fat, choice, cooked, braised13327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz017095Veal, leg (top round), separable lean and fat, cooked, braised853 oz013348Beef, cured, corned beef, canned85.053 oz019353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0	17034	cooked, roasted		3 oz	0.0
17095Veal, leg (top round), separable lean and fat, cooked, braised853 oz013348Beef, cured, corned beef, canned85.053 oz019353Syrups, maple201 tbsp019350Syrups, corn, light201 tbsp0	17044			3 oz	0.0
13348   Beef, cured, corned beef, canned   85.05   3 oz   0     19353   Syrups, maple   20   1 tbsp   0     19350   Syrups, corn, light   20   1 tbsp   0				3 oz	0.0
19353   Syrups, maple   20   1 tbsp   0     19350   Syrups, corn, light   20   1 tbsp   0				3 oz	0.0
19350Syrups, corn, light201 tbsp0	13348	Beef, cured, corned beef, canned	85.05	3 oz	0.0
		Syrups, maple		1 tbsp	0.0
01001 Butter, salted 14.2 1 tbsp 0	19350	Syrups, corn, light	20	1 tbsp	0.0
	01001	Butter, salted	14.2	1 tbsp	0.0

13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all853 ozgrades, cooked, broiled	Content per ure Measure
19335Sugars, granulated4.21 sp19334Sugars, brown3.21 tsp19041Snacks, pork skins, plain28.351 oz17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz17048Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14140Carbonated beverage, low calorie, ola or pepper-type, without aspartame, contains caffeine36812 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14142Carbonated beverage, grape soda37212 fl oz14142Carbonated beverage, grape soda37212 fl oz14142Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, 	0.0
Number of the second	0.0
Nacks, pork skins, plain28.351 oz17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz14096Alcoholic beverage, wine, table, red1033.5 fl oz14416Carbonated beverage, outnik, table, red1033.5 fl oz14416Carbonated beverage, outnik, table, red1033.5 fl oz14416Carbonated beverage, outnik, table, red35512 fl oz14150Carbonated beverage, orange37212 fl oz14143Carbonated beverage, spage, orange37212 fl oz14144Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14142Carbonated beverage, grape soda37212 fl oz14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted3.5 fl oz14157Carbonated beverage, not beer37012 fl oz14057Alcoholic beverage, oto beer37012 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz1403Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz1403Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, toud, beolic denard fat, trimmed to 1/8" fat, al	0.0
17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised853 oz14096Alcoholic beverage, wine, table, red1033.5 fl oz14416Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14150Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine36812 fl oz14150Carbonated beverage, orange37212 fl oz14143Carbonated beverage, SPRITE, lemon-lime, without caffeine36812 fl oz14143Carbonated beverage, grape soda37212 fl oz14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted3.5 fl oz14157Carbonated beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, wine, table, white1033.5 fl oz14066Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz1403Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13878Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat	0.0
fat, choice, cooked, braised14096Alcoholic beverage, wine, table, red1033.5 fl oz14416Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14150Carbonated beverage, orange37212 fl oz14143Carbonated beverage, SPRITE, lemon-lime, without caffeine36812 fl oz14143Carbonated beverage, grape sola37212 fl oz14142Carbonated beverage, grape sola37212 fl oz14142Carbonated beverage, grape sola37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted37012 fl oz14157Carbonated beverage, wine, table, white1033.5 fl oz1415714157Carbonated beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, not beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14057Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13878Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz <td>0.0</td>	0.0
14416Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14150Carbonated beverage, orange37212 fl oz14145Carbonated beverage, SPRITE, lemon-lime, without caffeine36812 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted37012 fl oz1406Alcoholic beverage, wine, table, white1033.5 fl oz14057Alcoholic beverage, oto beer37012 fl oz1403Alcoholic beverage, beer, light35412 fl oz1403Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, round, eye or round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted35512 fl oz13878Beef, round, betom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3553 oz13869Beef, round, betom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
aspartame, contains caffeine37212 fl oz14150Carbonated beverage, orange37212 fl oz14143Carbonated beverage, SPRITE, lemon-lime, without caffeine36812 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted37012 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, not beer37012 fl oz14057Alcoholic beverage, oto beer37012 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14003Alcoholic beverage, beer, light35512 fl oz13930Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3553 oz	0.0
14145Carbonated beverage, SPRITE, lemon-lime, without caffeine36812 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted3702 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, not beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled3 oz13878Beef, round, beytom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, buttom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz	0.0
14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, not beer37012 fl oz14057Alcoholic beverage, not beer1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, beye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
caffeine14142Carbonated beverage, grape soda37212 fl oz19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, root beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat, trimmed to 1/8" fat, all grades, cooked, proable lean and fat	0.0
19074Candies, caramels10.11 piece14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, root beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
14136Carbonated beverage, ginger ale36612 fl oz13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, root beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, proated853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, root beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
all grades, cooked, roasted1033.5 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14157Carbonated beverage, root beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz	0.0
14157Carbonated beverage, root beer37012 fl oz14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
14057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
14037Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof421.5 fl oz14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
14006Alcoholic beverage, beer, light35412 fl oz14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
14003Alcoholic beverage, beer, regular, all35512 fl oz13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 853 oz	0.0
13930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz13878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted853 oz13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
grades, cooked, broiled 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, 85 3 oz all grades, cooked, roasted 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" 85 3 oz	0.0
all grades, cooked, roasted13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8"853 oz	0.0
	0.0
	0.0
13350     Beef, cured, dried     28.35     1 oz	0.0
14121Carbonated beverage, club soda35512 fl oz	0.0
19283Frozen novelties, ice type, pop591 bar (2 fl oz)	0.0
07064Pork Sausage, Fresh, Cooked262 links	0.0
07065Pork and beef sausage, fresh, cooked262 links	0.0
07069Salami, cooked, beef and pork56.72 slices	0.0
07072Salami, dry or hard, pork, beef202 slices	0.0
07083Sausage, Vienna, canned, chicken, beef, pork161 sausage	0.0
23568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz	0.0
19230Frostings, vanilla, creamy, ready-to-eat381/12 package	0.0
14400Carbonated beverage, cola, contains caffeine37012 fl oz	0.0
19281Frozen novelties, ice type, italian, restaurant-prepared1161/2 cup	0.0
07027Ham, chopped, not canned212 slices	0.0
15241Fish, trout, rainbow, farmed, cooked, dry heat853 oz	0.0
15232Fish, roughy, orange, cooked, dry heat853 oz	0.0
15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz	0.0
15192Fish, cod, Pacific, cooked, dry heat853 oz	0.0
15167Mollusks, oyster, eastern, wild, raw846 medium	0.0
15160Mollusks, clam, mixed species, canned, drained solids853 oz	0.0
15157Mollusks, clam, mixed species, raw853 oz	0.0
19128Syrups, table blends, pancake, reduced-calorie151 tbsp	0.0

eef, ground, 80% lean meat / 20% fat, patty, cooked, broiled elatin desserts, dry mix, prepared with water eef, round, eye of round, separable lean only, trimmed to 1/8" fat, all rades, cooked, roasted	85 135	3 oz 1/2 cup	0.0
eef, round, eye of round, separable lean only, trimmed to 1/8" fat, all rades, cooked, roasted		1/2 cup	~ ~
ades, cooked, roasted	95		0.0
	85	3 oz	0.0
elatin desserts, dry mix, reduced calorie, with aspartame, prepared ith water	117	1/2 cup	0.0
amb, domestic, leg, whole (shank and sirloin), separable lean only, immed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
nacks, fruit leather, pieces	28.35	1 oz	0.0
eef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
uddings, vanilla, ready-to-eat	113	4 oz	0.0
ork Sausage, Fresh, Cooked	27	1 patty	0.0
uddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.0
am, sliced, extra lean	56.7	2 slices	0.0
uddings, tapioca, ready-to-eat	113	4 oz	0.0
ologna, beef and pork	56.7	2 slices	0.0
raunschweiger (a liver sausage), pork	56.7	2 slices	0.0
hicken roll, light meat	56.7	2 slices	0.0
rankfurter, beef	45	1 frank	0.0
rankfurter, beef and pork	45	1 frank	0.0
rankfurter, chicken	45	1 frank	0.0
rustaceans, crab, blue, crab cakes	60	1 cake	0.0
oup, beef broth, bouillon, consomme, prepared with equal volume ater, commercial	241	1 cup	0.0
ish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.0
rustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
ish, pollock, walleye, cooked, dry heat	60	1 fillet	0.0
ish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.0
ish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.0
ish, herring, Atlantic, pickled	85.05	3 oz	0.0
ish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
ish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.0
ish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
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cicais icauy-10-cal, UENERAL WILLS, KEESE'S PUFFS	50	5/4 cup	0.0
rustagens areh blug gogled moist heat	95	2 07	0.0
rustaceans, crab, blue, cooked, moist heat rustaceans, crab, alaska king, imitation, made from surimi	85 85	3 oz 3 oz	0.0 0.0
	h, pollock, walleye, cooked, dry heat h, ocean perch, Atlantic, cooked, dry heat h, ocean perch, Atlantic, cooked, dry heat h, herring, Atlantic, pickled h, halibut, Atlantic and Pacific, cooked, dry heat	th, pollock, walleye, cooked, dry heat60h, ocean perch, Atlantic, cooked, dry heat50h, ocean perch, Atlantic, cooked, dry heat85h, herring, Atlantic, pickled85.05th, halibut, Atlantic and Pacific, cooked, dry heat159th, halibut, Atlantic and Pacific, cooked, dry heat85th, halibut, Atlantic and Pacific, cooked, dry heat159th, rockfish, Pacific, mixed species, cooked, dry heat150th, rockfish, Pacific, mixed species, cooked, dry heat149th, flatfish (flounder and sole species), cooked, dry heat85th, cod, Atlantic, canned, solids and liquid85coholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof42coholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof42a, herb, chamomile, brewed178coholic beverage, wine, dessert, dry103st foods, sundae, hot fudge158tter, municipal237th, haddock, cooked, dry heat85th, una, light, canned in oil, drained solids85.05up, stock, fish, home-prepared233ustaceans, crab, blue, canned135	h, pollock, walleye, cooked, dry heat601 filleth, ocean perch, Atlantic, cooked, dry heat501 filleth, ocean perch, Atlantic, cooked, dry heat853 ozh, herring, Atlantic, pickled85.053 ozh, halibut, Atlantic and Pacific, cooked, dry heat1591/2 filleth, halibut, Atlantic and Pacific, cooked, dry heat853 ozh, halibut, Atlantic and Pacific, cooked, dry heat1591/2 filleth, rockfish, Pacific, mixed species, cooked, dry heat1501 filleth, nockfish, Pacific, mixed species, cooked, dry heat1491 filleth, rockfish, Pacific, mixed species, cooked, dry heat853 ozh, rockfish, Pacific, mixed species, cooked, dry heat853 ozh, rockfish, Pacific, mixed species, cooked, dry heat853 ozh, cod, Atlantic, canned, solids and liquid853 ozcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof421.5 fl ozcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl ozcoholic beverage, wine, dessert, dry1033.5 fl ozst foods, sundae, hot fudge1581 sundaeater, municipal2378 fl ozh, haddock, cooked, dry heat85.053 ozu, h, tuna, light, canned in oil, drained solids85.053 ozup, stock, fish, home-prepared2331 cupustaceans, crab, blue, canned1351 cup

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
15128	Fish, tuna salad	205	1 cup	0.0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.0
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
19107	Candies, hard	6	1 piece	0.0
19107	Candies, hard	3	1 small piece	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.0