

USDA National Nutrient Database for Standard Reference, Release 18

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	14
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	14
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	4
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	8
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	4
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	5
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7
09011	Apples, dried, sulfured, uncooked	32	5 rings	28
09003	Apples, raw, with skin	138	1 apple	1
09004	Apples, raw, without skin	110	1 cup	0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	8
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	8
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	10
09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
09021	Apricots, raw	35	1 apricot	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	160
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	114
11015	Asparagus, canned, drained solids	72	4 spears	207
11012	Asparagus, cooked, boiled, drained	60	4 spears	8
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2
09038	Avocados, raw, California	28.35	1 oz	2
09039	Avocados, raw, Florida	28.35	1 oz	1
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	229
18005	Bagels, cinnamon-raisin	89	4" bagel	287
18003	Bagels, egg	71	3-1/2" bagel	359
18003	Bagels, egg	89	4" bagel	449
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	318
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	399
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3
19078	Baking chocolate, unsweetened, squares	28.35	1 square	7
11028	Bamboo shoots, canned, drained solids	131	1 cup	9
09040	Bananas, raw	118	1 banana	1
09040	Bananas, raw	150	1 cup	2
20006	Barley, pearled, cooked	157	1 cup	5
20005	Barley, pearled, raw	200	1 cup	18
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	856

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16008	Beans, baked, canned, with franks	259	1 cup	1114
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	845
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1106
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	4
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	873
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	4
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	2
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	354
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	12
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	339
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	12
16051	Beans, white, mature seeds, canned	262	1 cup	13
22905	Beef stew, canned entree	232	1 cup	947
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	60
13348	Beef, cured, corned beef, canned	85.05	3 oz	856
13350	Beef, cured, dried	28.35	1 oz	791
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	66
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	64
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	61
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	54
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	61
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	37
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	38
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	31
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	32
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	48
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	52
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	65
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	347
11084	Beets, canned, drained solids	24	1 beet	47
11084	Beets, canned, drained solids	170	1 cup	330
11081	Beets, cooked, boiled, drained	170	1 cup	131
11081	Beets, cooked, boiled, drained	50	1 beet	39
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	348
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	586
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	325
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	305
09042	Blackberries, raw	144	1 cup	1
09055	Blueberries, frozen, sweetened	230	1 cup	2

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09050	Blueberries, raw	145	1 cup	1
07008	Bologna, beef and pork	56.7	2 slices	417
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	658
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	208
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	2111
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	543
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	181
18023	Bread, cornbread, dry mix, prepared	60	1 piece	467
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	428
18025	Bread, cracked-wheat	25	1 slice	135
18027	Bread, egg	40	1/2" slice	197
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	152
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	296
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	526
18033	Bread, italian	20	1 slice	117
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	127
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	127
18039	Bread, oatmeal	27	1 slice	162
18040	Bread, oatmeal, toasted	25	1 slice	163
18041	Bread, pita, white, enriched	28	4" pita	150
18041	Bread, pita, white, enriched	60	6-1/2" pita	322
18044	Bread, pumpernickel	32	1 slice	215
18045	Bread, pumpernickel, toasted	29	1 slice	214
18047	Bread, raisin, enriched	26	1 slice	101
18048	Bread, raisin, toasted, enriched	24	1 slice	102
18053	Bread, reduced-calorie, rye	23	1 slice	93
18055	Bread, reduced-calorie, wheat	23	1 slice	118
18057	Bread, reduced-calorie, white	23	1 slice	104
18060	Bread, rye	32	1 slice	211
18061	Bread, rye, toasted	24	1 slice	174
18064	Bread, wheat (includes wheat berry)	25	1 slice	133
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	132
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	306
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	170
18070	Bread, white, commercially prepared, toasted	22	1 slice	130
18075	Bread, whole-wheat, commercially prepared	28	1 slice	148
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	148
21023	Breakfast items, french toast with butter	135	2 slices	513
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	64
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15
11740	Broccoli, flower clusters, raw	11	1 floweret	3
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	20
11090	Broccoli, raw	31	1 spear	10
11090	Broccoli, raw	88	1 cup	29
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	33
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	23
20011	Buckwheat flour, whole-groat	120	1 cup	13
20010	Buckwheat groats, roasted, cooked	168	1 cup	7

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20013	Bulgur, cooked	182	1 cup	9
20012	Bulgur, dry	140	1 cup	24
01001	Butter, salted	14.2	1 tbsp	82
01145	Butter, without salt	14.2	1 tbsp	2
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	58
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	11
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12
11109	Cabbage, raw	70	1 cup	13
11112	Cabbage, red, raw	70	1 cup	19
11114	Cabbage, savoy, raw	70	1 cup	20
18086	Cake, angelfood, commercially prepared	28	1 piece	210
18088	Cake, angelfood, dry mix, prepared	50	1 piece	255
18090	Cake, boston cream pie, commercially prepared	92	1 piece	132
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	214
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	299
18110	Cake, fruitcake, commercially prepared	43	1 piece	116
18116	Cake, gingerbread, prepared from recipe	74	1 piece	242
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	367
18120	Cake, pound, commercially prepared, butter	28	1 piece	111
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	95
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	329
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	213
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	155
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	178
18133	Cake, sponge, commercially prepared	30	1 shortcake	73
18134	Cake, sponge, prepared from recipe	63	1 piece	144
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	318
18139	Cake, white, prepared from recipe without frosting	74	1 piece	242
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	216
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	220
19074	Candies, caramels	10.1	1 piece	25
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	3
19071	Candies, carob	28.35	1 oz	30
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	8
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	8
19104	Candies, fudge, vanilla with nuts	15	1 piece	7
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	2
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	10
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	33
19107	Candies, hard	6	1 piece	2
19107	Candies, hard	3	1 small piece	1
19108	Candies, jellybeans	28.35	10 large	14
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	23
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	10
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	146
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43

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19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	130
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	3
19116	Candies, marshmallows	50	1 cup	40
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	35
19126	Candies, milk chocolate coated peanuts	40	10 pieces	16
19127	Candies, milk chocolate coated raisins	10	10 pieces	4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	30
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	20
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	15
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	59
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	141
19080	Candies, semisweet chocolate	168	1 cup	18
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	1
19087	Candies, white chocolate	170	1 cup	153
09060	Carambola, (starfruit), raw	91	1 fruit	2
09060	Carambola, (starfruit), raw	108	1 cup	2
14121	Carbonated beverage, club soda	355	12 fl oz	75
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	15
14136	Carbonated beverage, ginger ale	366	12 fl oz	26
14142	Carbonated beverage, grape soda	372	12 fl oz	56
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	21
14150	Carbonated beverage, orange	372	12 fl oz	45
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	37
14157	Carbonated beverage, root beer	370	12 fl oz	48
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	33
16055	Carob flour	8	1 tbsp	3
11655	Carrot juice, canned	236	1 cup	68
11960	Carrots, baby, raw	10	1 medium	8
11128	Carrots, canned, regular pack, drained solids	146	1 cup	353
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	90
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	86
11124	Carrots, raw	72	1 carrot	50
11124	Carrots, raw	110	1 cup	76
11935	Catsup	6	1 packet	67
11935	Catsup	15	1 tbsp	167
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	19
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	8
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	32
11135	Cauliflower, raw	100	1 cup	30
11135	Cauliflower, raw	13	1 floweret	4
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	137
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	34
11143	Celery, raw	120	1 cup	96
11143	Celery, raw	40	1 stalk	32
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	120

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08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	316
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	178
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	213
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	206
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	171
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	288
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	204
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	269
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	269
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	224
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	249
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	267
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	203
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	250
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	167
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	292
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	209
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	239
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	194
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	267
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	218
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	192
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	73
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	143
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	197
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	207
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	202
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	120
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	222
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	150
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	148
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	4
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	207
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	362
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	314
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	189
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	50
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	224
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	202
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	182
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	187
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	216
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	119

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08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	26
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	153
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	164
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	241
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	139
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	8
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	8
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	80
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	2
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	288
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	253
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	165
08143	Cereals, WHEATENA, cooked with water	243	1 cup	5
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	359
01164	Cheese sauce, prepared from recipe	243	1 cup	1198
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	381
01004	Cheese, blue	28.35	1 oz	395
01007	Cheese, camembert	38	1 wedge	320
01009	Cheese, cheddar	28.35	1 oz	176
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	851
01013	Cheese, cottage, creamed, with fruit	226	1 cup	777
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	918
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	918
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	19
01017	Cheese, cream	14.5	1 tbsp	43
01186	Cheese, cream, fat free	15.6	1 tbsp	85
01019	Cheese, feta	28.35	1 oz	316
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	174
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	150
01026	Cheese, mozzarella, whole milk	28.35	1 oz	178
01030	Cheese, muenster	28.35	1 oz	178
01031	Cheese, neufchatel	28.35	1 oz	113
01032	Cheese, parmesan, grated	5	1 tbsp	76
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	422
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	388
01035	Cheese, provolone	28.35	1 oz	248
01037	Cheese, ricotta, part skim milk	246	1 cup	308

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01036	Cheese, ricotta, whole milk	246	1 cup	207
01040	Cheese, swiss	28.35	1 oz	54
18147	Cheesecake commercially prepared	80	1 piece	166
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	17
09070	Cherries, sweet, raw	68	10 cherries	0
22906	Chicken pot pie, frozen entree	217	1 small pie	857
07017	Chicken roll, light meat	56.7	2 slices	331
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	385
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	74
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	64
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	194
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	42
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	97
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	68
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	248
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	46
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	157
05277	Chicken, canned, meat only, with broth	142	5 oz	714
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	15
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	109
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	718
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	11
22904	Chili con carne with beans, canned entree	222	1 cup	941
11156	Chives, raw	3	1 tbsp	0
14181	Chocolate syrup	18.75	1 tbsp	14
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	45
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	154
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	131
14192	Cocoa mix, powder	28.35	3 heaping tsp	143
14194	Cocoa mix, powder, prepared with water	206	1 serving	146
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	171
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	8
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	4
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	221
11159	Coleslaw, home-prepared	120	1 cup	28
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	30
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	85
18151	Cookies, brownies, commercially prepared	56	1 brownie	175
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	21
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	18

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	30
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	38
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	58
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	60
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	48
18170	Cookies, fig bars	16	1 cookie	56
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	508
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	85
18177	Cookies, molasses	15	1 cookie, medium	69
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	147
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	33
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	96
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	52
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	81
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	62
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	104
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	39
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	36
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	54
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	69
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	70
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	52
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	35
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	12
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	13
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	730
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	571
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	13
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	4
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1860
20020	Cornmeal, whole-grain, yellow	122	1 cup	43
20027	Cornstarch	8.064	1 tbsp	1
20029	Couscous, cooked	157	1 cup	8
20028	Couscous, dry	173	1 cup	17
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	7
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	9
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	718
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	7
18214	Crackers, cheese, regular	10	10 crackers	100
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	50
18217	Crackers, matzo, plain	28.35	1 matzo	1
18220	Crackers, melba toast, plain	20	4 pieces	166

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18226	Crackers, rye, wafers, plain	11	1 wafer	87
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	129
18229	Crackers, standard snack-type, regular	12	4 crackers	102
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	98
18232	Crackers, wheat, regular	8	4 crackers	64
18235	Crackers, whole-wheat	16	4 crackers	105
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5
09081	Cranberry sauce, canned, sweetened	57	1 slice	17
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	12
01069	Cream substitute, powdered	2	1 tsp	4
01049	Cream, fluid, half and half	15	1 tbsp	6
01053	Cream, fluid, heavy whipping	15	1 tbsp	6
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	6
01052	Cream, fluid, light whipping	15	1 tbsp	5
01056	Cream, sour, cultured	12	1 tbsp	6
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	6
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	424
18243	Croutons, seasoned	40	1 cup	495
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	911
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	715
15141	Crustaceans, crab, blue, canned	135	1 cup	450
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	237
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	198
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	323
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	661
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	155
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	292
11206	Cucumber, peeled, raw	119	1 cup	2
11206	Cucumber, peeled, raw	280	1 large	6
11205	Cucumber, with peel, raw	301	1 large	6
11205	Cucumber, with peel, raw	104	1 cup	2
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	46
18245	Danish pastry, cheese	71	1 danish	320
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	251
09087	Dates, deglet noor	178	1 cup	4
09087	Dates, deglet noor	41.5	5 dates	1
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	3
01072	Dessert topping, pressurized	4	1 tbsp	2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	76
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	257
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	44
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	205
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	144
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	337

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01143	Egg substitute, liquid	62.75	1/4 cup	111
01124	Egg, white, raw, fresh	33.4	1 large	55
01128	Egg, whole, cooked, fried	46	1 large	94
01129	Egg, whole, cooked, hard-boiled	50	1 large	62
01131	Egg, whole, cooked, poached	50	1 large	147
01132	Egg, whole, cooked, scrambled	61	1 large	171
01123	Egg, whole, raw, fresh	58	1 extra large	81
01123	Egg, whole, raw, fresh	44	1 medium	62
01123	Egg, whole, raw, fresh	50	1 large	70
01125	Egg, yolk, raw, fresh	16.6	1 large	8
01057	Eggnog	254	1 cup	137
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1
11213	Endive, raw	50	1 cup	11
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	242
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	248
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	484
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	670
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1141
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	583
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	668
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1108
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	891
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	636
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	1051
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	616
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	957
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	608
21042	Fast foods, chili con carne	253	1 cup	1007
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	910
21043	Fast foods, clams, breaded and fried	115	3/4 cup	834
21127	Fast foods, coleslaw	99	3/4 cup	267
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	889
21015	Fast foods, danish pastry, cheese	91	1 pastry	319
21017	Fast foods, danish pastry, fruit	94	1 pastry	333
21074	Fast foods, enchilada, with cheese	163	1 enchilada	784
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	729
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	939
21024	Fast foods, french toast sticks	141	5 sticks	499
21077	Fast foods, frijoles with cheese	167	1 cup	882
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	791
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	742
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	534
21118	Fast foods, hotdog, plain	98	1 sandwich	670
21119	Fast foods, hotdog, with chili	114	1 sandwich	480
21120	Fast foods, hotdog, with corn flour coating (corn dog)	175	1 corn dog	973
21129	Fast foods, hush puppies	78	5 pieces	965

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21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	92
21078	Fast foods, nachos, with cheese	113	6-8 nachos	816
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	430
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1104
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	260
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	165
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	328
21139	Fast foods, potato, mashed	80	1/3 cup	182
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	290
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	792
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	119
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	209
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1446
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1651
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	845
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1293
21033	Fast foods, sundae, hot fudge	158	1 sundae	182
21082	Fast foods, taco	171	1 small	802
21082	Fast foods, taco	263	1 large	1233
21083	Fast foods, taco salad	198	1-1/2 cups	762
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	871
09094	Figs, dried, uncooked	38	2 figs	4
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	238
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	185
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	77
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	240
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	118
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	89
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	133
15034	Fish, haddock, cooked, dry heat	150	1 fillet	131
15034	Fish, haddock, cooked, dry heat	85	3 oz	74
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	59
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	110
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	740
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	48
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	82
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	99
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	70
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	115
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	65
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	59
15077	Fish, salmon, chinook, smoked	85.05	3 oz	667
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	471
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	56
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	102
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	430
15111	Fish, swordfish, cooked, dry heat	106	1 piece	122
15111	Fish, swordfish, cooked, dry heat	85	3 oz	98

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15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	36
15128	Fish, tuna salad	205	1 cup	824
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	301
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	287
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	320
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	40
07022	Frankfurter, beef	45	1 frank	513
07023	Frankfurter, beef and pork	45	1 frank	504
07024	Frankfurter, chicken	45	1 frank	617
18268	French toast, frozen, ready-to-heat	59	1 slice	292
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	311
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	70
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	70
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	5
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	4
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	71
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	63
19294	Fruit butters, apple	17	1 tbsp	3
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	15
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	9
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	94
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	8
11215	Garlic, raw	3	1 clove	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	101
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	56
14277	Grape drink, canned	250	8 fl oz	40
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	8
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	5
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	15
09404	Grapefruit juice, pink, raw	247	1 cup	2
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	6
09128	Grapefruit juice, white, raw	247	1 cup	2
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	5
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	3
06116	Gravy, beef, canned	58.25	1/4 cup	326
06119	Gravy, chicken, canned	59.5	1/4 cup	343

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06121	Gravy, mushroom, canned	59.6	1/4 cup	340
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	236
06125	Gravy, turkey, canned	59.6	1/4 cup	344
07027	Ham, chopped, not canned	21	2 slices	279
07028	Ham, sliced, extra lean	56.7	2 slices	627
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	739
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	444
11961	Hearts of palm, canned	33	1 piece	141
19296	Honey	21	1 tbsp	1
02055	Horseradish, prepared	5	1 tsp	16
16158	Hummus, commercial	14	1 tbsp	53
19270	Ice creams, chocolate	66	1/2 cup	50
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	52
19095	Ice creams, vanilla	66	1/2 cup	53
19088	Ice creams, vanilla, light	66	1/2 cup	49
19089	Ice creams, vanilla, rich	74	1/2 cup	45
19297	Jams and preserves	20	1 tbsp	6
19300	Jellies	19	1 tbsp	6
11226	Jerusalem-artichokes, raw	150	1 cup	6
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	30
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	20
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	155
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	35
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	56
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	58
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	65
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	71
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	62
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	69
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	61
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	65
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	488
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	363
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	5
18372	Leavening agents, baking soda	4.6	1 tsp	1259
18373	Leavening agents, cream of tartar	3	1 tsp	2
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	2
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	4
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	5
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	10

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09153	Lemon juice, canned or bottled	244	1 cup	51
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3
09152	Lemon juice, raw	47	juice of 1 lemon	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	7
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	5
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	19
09150	Lemons, raw, without peel	58	1 lemon	1
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	4
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	8
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11251	Lettuce, cos or romaine, raw	56	1 cup	4
11251	Lettuce, cos or romaine, raw	10	1 leaf	1
11253	Lettuce, green leaf, raw	56	1 cup	16
11253	Lettuce, green leaf, raw	10	1 leaf	3
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	54
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	6
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	52
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	117
16073	Lima beans, large, mature seeds, canned	241	1 cup	810
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39
09160	Lime juice, raw	38	juice of 1 lime	1
22247	Macaroni and Cheese, canned entree	252	1 cup	1061
20100	Macaroni, cooked, enriched	140	1 cup	1
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	125
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	231
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	54
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	191
09176	Mangos, raw	207	1 mango	4
09176	Mangos, raw	165	1 cup	3
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	153
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	133
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	112
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	38
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	38
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	127
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	46
09181	Melons, cantaloupe, raw	69	1/8 melon	11
09181	Melons, cantaloupe, raw	160	1 cup	26
09184	Melons, honeydew, raw	160	1/8 melon	29
09184	Melons, honeydew, raw	170	1 cup	31
01110	Milk shakes, thick chocolate	300	10.6 fl oz	333
01111	Milk shakes, thick vanilla	313	11 fl oz	297
01094	Milk, buttermilk, dried	6.5	1 tbsp	34

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	257
01095	Milk, canned, condensed, sweetened	306	1 cup	389
01097	Milk, canned, evaporated, nonfat	256	1 cup	294
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	267
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	153
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	165
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	150
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	126
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	107
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	103
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	100
01077	Milk, whole, 3.25% milkfat	244	1 cup	98
16112	Miso	68.75	1 cup	2563
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	95
15157	Mollusks, clam, mixed species, raw	85	3 oz	48
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	354
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	177
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	432
18274	Muffins, blueberry, commercially prepared	57	1 muffin	255
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	251
18279	Muffins, corn, commercially prepared	57	1 muffin	297
18280	Muffins, corn, dry mix, prepared	50	1 muffin	398
18283	Muffins, oat bran	57	1 muffin	224
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	179
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	12
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
11264	Mushrooms, canned, drained solids	156	1 cup	663
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3
11260	Mushrooms, raw	70	1 cup	4
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	6
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	22
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	56
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	28
09191	Nectarines, raw	136	1 nectarine	0
20113	Noodles, chinese, chow mein	45	1 cup	198
20110	Noodles, egg, cooked, enriched	160	1 cup	8
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	19
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	181
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	87
12167	Nuts, chestnuts, european, roasted	143	1 cup	3
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	244
12104	Nuts, coconut meat, raw	45	1 piece	9
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	75

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	190
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	119
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
12147	Nuts, pine nuts, dried	28.35	1 oz	1
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	115
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1
20034	Oat bran, cooked	219	1 cup	2
20033	Oat bran, raw	94	1 cup	4
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	10
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	6
09193	Olives, ripe, canned (small-extra large)	22	5 large	192
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	225
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	3
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	6
11284	Onions, dehydrated flakes	5	1 tbsp	1
11282	Onions, raw	110	1 whole	3
11282	Onions, raw	160	1 cup	5
11282	Onions, raw	14	1 slice	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	16
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2
09207	Orange juice, canned, unsweetened	249	1 cup	5
09209	Orange juice, chilled, includes from concentrate	249	1 cup	2
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	2
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	6
09206	Orange juice, raw	248	1 cup	2
09206	Orange juice, raw	86	juice from 1 orange	1
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	182
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	239
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	192
09226	Papayas, raw	304	1 papaya	9
09226	Papayas, raw	140	1 cup	4
11297	Parsley, raw	10	10 sprigs	6
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	16
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1053
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	16
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	6

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	4
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	10
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3
09250	Peaches, frozen, sliced, sweetened	250	1 cup	15
09236	Peaches, raw	170	1 cup	0
09236	Peaches, raw	98	1 peach	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	78
16098	Peanut butter, smooth style, with salt	16	1 tbsp	73
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	230
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	91
09340	Pears, asian, raw	122	1 pear	0
09340	Pears, asian, raw	275	1 pear	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	4
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13
09254	Pears, canned, juice pack, solids and liquids	76	1 half	3
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	10
09252	Pears, raw	166	1 pear	2
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	6
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	8
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	428
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	115
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	4
11670	Peppers, hot chili, green, raw	45	1 pepper	3
11819	Peppers, hot chili, red, raw	45	1 pepper	4
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	434
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	3
11333	Peppers, sweet, green, raw	10	1 ring	0
11333	Peppers, sweet, green, raw	119	1 pepper	4
11333	Peppers, sweet, green, raw	149	1 cup	4
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3
11821	Peppers, sweet, red, raw	149	1 cup	3
11821	Peppers, sweet, red, raw	119	1 pepper	2
11945	Pickle relish, sweet	15	1 tbsp	122
11937	Pickles, cucumber, dill	65	1 pickle	833
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1365
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	815
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	976
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	13
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	311
18302	Pie, apple, prepared from recipe	155	1 piece	327
18305	Pie, blueberry, commercially prepared	117	1 piece	380
18306	Pie, blueberry, prepared from recipe	147	1 piece	272
18308	Pie, cherry, commercially prepared	117	1 piece	288
18309	Pie, cherry, prepared from recipe	180	1 piece	344
18310	Pie, chocolate creme, commercially prepared	113	1 piece	154
18316	Pie, coconut custard, commercially prepared	104	1 piece	348

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	479
18319	Pie, fried pies, fruit	128	1 pie	479
18320	Pie, lemon meringue, commercially prepared	113	1 piece	165
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	307
18324	Pie, pecan, commercially prepared	113	1 piece	479
18325	Pie, pecan, prepared from recipe	122	1 piece	320
18326	Pie, pumpkin, commercially prepared	109	1 piece	307
18327	Pie, pumpkin, prepared from recipe	155	1 piece	349
11943	Pimento, canned	12	1 tbsp	2
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	35
14341	Pineapple and orange juice drink, canned	250	8 fl oz	8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	5
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	3
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09266	Pineapple, raw, all varieties	155	1 cup	2
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	282
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	438
09278	Plantains, cooked	154	1 cup	8
09277	Plantains, raw	179	1 medium	7
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	49
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	9
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	3
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	2
09291	Plums, dried (prunes), uncooked	42	5 prunes	1
09279	Plums, raw	66	1 plum	0
07065	Pork and beef sausage, fresh, cooked	26	2 links	209
07064	Pork Sausage, Fresh, Cooked	26	2 links	195
07064	Pork Sausage, Fresh, Cooked	27	1 patty	202
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	439
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	719
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	908
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1009
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1128
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	86
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	51
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	54
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	49
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	68
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	73
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	39
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	40

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	50
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	75
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	87
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	79
11672	Potato pancakes	76	1 pancake	581
11399	Potato puffs, frozen, oven-heated	79	10 puffs	379
11414	Potato salad, home-prepared	250	1 cup	1323
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	1076
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1061
11363	Potatoes, baked, flesh, without salt	156	1 potato	8
11364	Potatoes, baked, skin, without salt	58	1 skin	12
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	5
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	8
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	194
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	10
11370	Potatoes, hashed brown, home-prepared	156	1 cup	534
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	342
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	634
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	699
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	835
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	821
05306	Poultry food products, ground turkey, cooked	82	1 patty	88
09294	Prune juice, canned	256	1 cup	10
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	417
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	148
19183	Puddings, chocolate, ready-to-eat	113	4 oz	146
19193	Puddings, rice, ready-to-eat	113.4	4 oz	96
19218	Puddings, tapioca, ready-to-eat	113	4 oz	180
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	223
19201	Puddings, vanilla, ready-to-eat	113	4 oz	153
11424	Pumpkin, canned, without salt	245	1 cup	12
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2
11429	Radishes, raw	4.5	1 radish	2
09298	Raisins, seedless	145	1 cup	16
09298	Raisins, seedless	14	1 packet	2
09306	Raspberries, frozen, red, sweetened	250	1 cup	3
09302	Raspberries, raw	123	1 cup	1
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	753
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2
14342	Rice beverage, RICE DREAM, canned	245	1 cup	86
20037	Rice, brown, long-grain, cooked	195	1 cup	10
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6

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20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	9
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	146
18350	Rolls, hamburger or hotdog, plain	43	1 roll	206
18353	Rolls, hard (includes kaiser)	57	1 roll	310
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	34
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	167
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	130
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	131
04133	Salad dressing, french, home recipe	14	1 tbsp	92
04134	Salad dressing, home recipe, cooked	16	1 tbsp	117
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	243
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	205
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	78
04015	Salad dressing, russian dressing	15.3	1 tbsp	144
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	141
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	127
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	135
07069	Salami, cooked, beef and pork	56.7	2 slices	604
07072	Salami, dry or hard, pork, beef	20	2 slices	402
02047	Salt, table	6	1 tsp	2325
07073	Sandwich spread, pork, beef	15	1 tbsp	152
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	1043
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	500
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	824
06150	Sauce, barbecue sauce	15.75	1 tbsp	128
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	522
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	258
06166	Sauce, homemade, white, medium	250	1 cup	885
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	492
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1203
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	124
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	96
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	690
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1560
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	155
11445	Seaweed, kelp, raw	10	2 tbsp	23
11667	Seaweed, spirulina, dried	0.93	1 tbsp	10
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	163
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	17
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	116
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	131
14346	Shake, fast food, chocolate	333	16 fl oz	323

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14347	Shake, fast food, vanilla	333	16 fl oz	270
11677	Shallots, raw	10	1 tbsp	1
19097	Sherbet, orange	74	1/2 cup	34
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	438
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	288
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	216
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	175
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	298
19013	Snacks, fruit leather, pieces	28.35	1 oz	114
19014	Snacks, fruit leather, rolls	21	1 large	67
19015	Snacks, granola bars, hard, plain	28.35	1 bar	83
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	55
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	77
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	80
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	110
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	77
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	117
19034	Snacks, popcorn, air-popped	8	1 cup	1
19036	Snacks, popcorn, cakes	10	1 cake	29
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	124
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	73
19040	Snacks, popcorn, cheese-flavor	11	1 cup	98
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	88
19041	Snacks, pork skins, plain	28.35	1 oz	521
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	213
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	121
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	186
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	204
19411	Snacks, potato chips, plain, salted	28.35	1 oz	149
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2
19422	Snacks, potato chips, reduced fat	28.35	1 oz	139
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	177
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	814
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	29
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	284
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	119
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	177
19061	Snacks, trail mix, tropical	140	1 cup	14
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	174
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	972
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	951
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1019
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	636
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	952

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06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	850
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1106
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	578
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1068
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	815
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	578
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	992
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	986
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	1047
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	918
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	881
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	911
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	3132
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	849
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	918
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	460
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	459
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	443
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	470
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	529
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	466
06174	Soup, stock, fish, home-prepared	233	1 cup	363
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	744
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	695
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	791
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1010
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	822
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	6
16120	Soy milk, fluid	245	1 cup	135
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	902
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	25
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2
22401	Spaghetti with meat sauce, frozen entree	283	1 package	473
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1
20125	Spaghetti, whole-wheat, cooked	140	1 cup	4
02007	Spices, celery seed	2	1 tsp	3
02009	Spices, chili powder	2.6	1 tsp	26
02010	Spices, cinnamon, ground	2.3	1 tsp	1
02015	Spices, curry powder	2	1 tsp	1

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02020	Spices, garlic powder	2.8	1 tsp	1
02026	Spices, onion powder	2.1	1 tsp	1
02027	Spices, oregano, dried	1.5	1 tsp	0
02028	Spices, paprika	2.1	1 tsp	1
02029	Spices, parsley, dried	1.3	1 tbsp	6
02030	Spices, pepper, black	2.1	1 tsp	1
11658	Spinach souffle	136	1 cup	770
11461	Spinach, canned, drained solids	214	1 cup	58
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	126
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	184
11457	Spinach, raw	10	1 leaf	8
11457	Spinach, raw	30	1 cup	24
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2
11641	Squash, summer, all varieties, raw	113	1 cup	2
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	5
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	8
09316	Strawberries, raw	12	1 strawberry	0
09316	Strawberries, raw	18	1 strawberry	0
09316	Strawberries, raw	166	1 cup	2
19334	Sugars, brown	3.2	1 tsp	1
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	76
11512	Sweet potato, canned, vacuum pack	255	1 cup	135
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	53
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	42
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	74
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	230
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	250
19348	Syrups, chocolate, fudge-type	19	1 tbsp	66
19350	Syrups, corn, light	20	1 tbsp	12
19353	Syrups, maple	20	1 tbsp	2
19129	Syrups, table blends, pancake	20	1 tbsp	16
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	30
18360	Taco shells, baked	13.3	1 medium	49
09223	Tangerine juice, canned, sweetened	249	1 cup	2
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	15
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	2
20068	Tapioca, pearl, dry	152	1 cup	2
14355	Tea, brewed, prepared with tap water	178	6 fl oz	5
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	9
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	5
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	212

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18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	218
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	203
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	10
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10
11954	Tomatillos, raw	34	1 medium	0
11540	Tomato juice, canned, with salt added	243	1 cup	654
11546	Tomato products, canned, paste, without salt added	262	1 cup	257
11547	Tomato products, canned, puree, without salt added	250	1 cup	70
11549	Tomato products, canned, sauce	245	1 cup	1284
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	564
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	307
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	9
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	6
11955	Tomatoes, sun-dried	2	1 piece	42
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	8
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	12
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	204
21088	Tostada with guacamole	130.5	1 tostada	399
05286	Turkey and gravy, frozen	142	5-oz package	787
05292	Turkey patties, breaded, battered, fried	64	1 patty	512
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	578
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	66
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	93
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	54
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	98
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	85
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	42
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	25
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	25
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	57
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	78
11578	Vegetable juice cocktail, canned	242	1 cup	653
04582	Vegetable oil, canola	14	1 tbsps	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	243
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	64
02048	Vinegar, cider	15	1 tbsps	1
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	241
18367	Waffles, plain, prepared from recipe	75	1 waffle	383
14429	Water, municipal	237	8 fl oz	5
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	11
09326	Watermelon, raw	286	1 wedge	3
09326	Watermelon, raw	152	1 cup	2
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3

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20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1588
20083	Wheat flour, white, bread, enriched	137	1 cup	3
20084	Wheat flour, white, cake, enriched	137	1 cup	3
20080	Wheat flour, whole-grain	120	1 cup	6
20089	Wild rice, cooked	164	1 cup	5
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	476
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	383
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	132
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	159
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	175
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	104