

USDA National Nutrient Database for Standard Reference, Release 18

Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	3132
16112	Miso	68.75	1 cup	2563
02047	Salt, table	6	1 tsp	2325
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	2111
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1860
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1651
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1588
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1560
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1446
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1365
11414	Potato salad, home-prepared	250	1 cup	1323
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1293
11549	Tomato products, canned, sauce	245	1 cup	1284
18372	Leavening agents, baking soda	4.6	1 tsp	1259
21082	Fast foods, taco	263	1 large	1233
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1203
01164	Cheese sauce, prepared from recipe	243	1 cup	1198
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1141
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1128
16008	Beans, baked, canned, with franks	259	1 cup	1114
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1108
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1106
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1106
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1104
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	1076
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1068
22247	Macaroni and Cheese, canned entree	252	1 cup	1061
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1061
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1053
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	1051
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	1047
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	1043
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1019
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1010
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1009
21042	Fast foods, chili con carne	253	1 cup	1007
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
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	976
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	973
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	972
21129	Fast foods, hush puppies	78	5 pieces	965
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	957
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	952

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06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	951
22905	Beef stew, canned entree	232	1 cup	947
22904	Chili con carne with beans, canned entree	222	1 cup	941
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	939
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	918
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	918
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	918
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	918
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	911
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	911
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	910
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	908
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	902
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	891
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	889
06166	Sauce, homemade, white, medium	250	1 cup	885
21077	Fast foods, frijoles with cheese	167	1 cup	882
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	881
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	873
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	871
22906	Chicken pot pie, frozen entree	217	1 small pie	857
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	856
13348	Beef, cured, corned beef, canned	85.05	3 oz	856
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	851
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	850
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	849
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	845
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	845
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	835
21043	Fast foods, clams, breaded and fried	115	3/4 cup	834
11937	Pickles, cucumber, dill	65	1 pickle	833
15128	Fish, tuna salad	205	1 cup	824
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	824
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	822
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	821
21078	Fast foods, nachos, with cheese	113	6-8 nachos	816
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	815
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	815
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	814
16073	Lima beans, large, mature seeds, canned	241	1 cup	810
21082	Fast foods, taco	171	1 small	802
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	792
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	791
13350	Beef, cured, dried	28.35	1 oz	791

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06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	791
05286	Turkey and gravy, frozen	142	5-oz package	787
21074	Fast foods, enchilada, with cheese	163	1 enchilada	784
01013	Cheese, cottage, creamed, with fruit	226	1 cup	777
11658	Spinach souffle	136	1 cup	770
21083	Fast foods, taco salad	198	1-1/2 cups	762
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	753
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	744
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	742
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	740
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	739
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	730
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	729
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	719
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	718
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	718
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	715
05277	Chicken, canned, meat only, with broth	142	5 oz	714
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	699
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	695
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	690
21118	Fast foods, hotdog, plain	98	1 sandwich	670
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	670
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	668
15077	Fish, salmon, chinook, smoked	85.05	3 oz	667
11264	Mushrooms, canned, drained solids	156	1 cup	663
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	661
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	658
11540	Tomato juice, canned, with salt added	243	1 cup	654
11578	Vegetable juice cocktail, canned	242	1 cup	653
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	636
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	636
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	634
07028	Ham, sliced, extra lean	56.7	2 slices	627
07024	Frankfurter, chicken	45	1 frank	617
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	616
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	608
07069	Salami, cooked, beef and pork	56.7	2 slices	604
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	586
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	583
11672	Potato pancakes	76	1 pancake	581
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	578
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	578
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	578
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	571
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	564
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	543

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21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	534
11370	Potatoes, hashed brown, home-prepared	156	1 cup	534
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	529
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	526
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	522
19041	Snacks, pork skins, plain	28.35	1 oz	521
21023	Breakfast items, french toast with butter	135	2 slices	513
07022	Frankfurter, beef	45	1 frank	513
05292	Turkey patties, breaded, battered, fried	64	1 patty	512
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	508
07023	Frankfurter, beef and pork	45	1 frank	504
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	500
21024	Fast foods, french toast sticks	141	5 sticks	499
18243	Croutons, seasoned	40	1 cup	495
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	492
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	488
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	484
21119	Fast foods, hotdog, with chili	114	1 sandwich	480
18324	Pie, pecan, commercially prepared	113	1 piece	479
18444	Pie, fried pies, cherry	128	1 pie	479
18319	Pie, fried pies, fruit	128	1 pie	479
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	476
22401	Spaghetti with meat sauce, frozen entree	283	1 package	473
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	471
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	470
18023	Bread, cornbread, dry mix, prepared	60	1 piece	467
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	466
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
15141	Crustaceans, crab, blue, canned	135	1 cup	450
18003	Bagels, egg	89	4" bagel	449
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	444
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	443
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	439
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	438
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	438
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	434
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	432
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	430
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	430
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	428
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	428
18239	Croissants, butter	57	1 croissant	424
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	422

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19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	417
07008	Bologna, beef and pork	56.7	2 slices	417
07072	Salami, dry or hard, pork, beef	20	2 slices	402
21088	Tostada with guacamole	130.5	1 tostada	399
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	399
18280	Muffins, corn, dry mix, prepared	50	1 muffin	398
01004	Cheese, blue	28.35	1 oz	395
01095	Milk, canned, condensed, sweetened	306	1 cup	389
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	388
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	385
18367	Waffles, plain, prepared from recipe	75	1 waffle	383
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	383
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	381
18305	Pie, blueberry, commercially prepared	117	1 piece	380
11399	Potato puffs, frozen, oven-heated	79	10 puffs	379
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	367
06174	Soup, stock, fish, home-prepared	233	1 cup	363
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	363
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	362
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	359
18003	Bagels, egg	71	3-1/2" bagel	359
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	354
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	354
11128	Carrots, canned, regular pack, drained solids	146	1 cup	353
18327	Pie, pumpkin, prepared from recipe	155	1 piece	349
18316	Pie, coconut custard, commercially prepared	104	1 piece	348
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	348
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	347
06125	Gravy, turkey, canned	59.6	1/4 cup	344
18309	Pie, cherry, prepared from recipe	180	1 piece	344
06119	Gravy, chicken, canned	59.5	1/4 cup	343
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	342
06121	Gravy, mushroom, canned	59.6	1/4 cup	340
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	339
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	337
01110	Milk shakes, thick chocolate	300	10.6 fl oz	333
21017	Fast foods, danish pastry, fruit	94	1 pastry	333
07017	Chicken roll, light meat	56.7	2 slices	331
11084	Beets, canned, drained solids	170	1 cup	330
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	329
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	328
18302	Pie, apple, prepared from recipe	155	1 piece	327
06116	Gravy, beef, canned	58.25	1/4 cup	326
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	325
14346	Shake, fast food, chocolate	333	16 fl oz	323
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	323

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18041	Bread, pita, white, enriched	60	6-1/2" pita	322
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	320
01007	Cheese, camembert	38	1 wedge	320
18325	Pie, pecan, prepared from recipe	122	1 piece	320
18245	Danish pastry, cheese	71	1 danish	320
21015	Fast foods, danish pastry, cheese	91	1 pastry	319
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	318
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	318
01019	Cheese, feta	28.35	1 oz	316
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	316
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	314
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	311
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	311
18353	Rolls, hard (includes kaiser)	57	1 roll	310
01037	Cheese, ricotta, part skim milk	246	1 cup	308
18326	Pie, pumpkin, commercially prepared	109	1 piece	307
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	307
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	307
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	306
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	305
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	301
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	299
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	298
01111	Milk shakes, thick vanilla	313	11 fl oz	297
18279	Muffins, corn, commercially prepared	57	1 muffin	297
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	296
01097	Milk, canned, evaporated, nonfat	256	1 cup	294
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	292
18268	French toast, frozen, ready-to-heat	59	1 slice	292
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	292
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	290
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	288
18308	Pie, cherry, commercially prepared	117	1 piece	288
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	288
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	288
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	287
18005	Bagels, cinnamon-raisin	89	4" bagel	287
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	284
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	282
07027	Ham, chopped, not canned	21	2 slices	279
18306	Pie, blueberry, prepared from recipe	147	1 piece	272
14347	Shake, fast food, vanilla	333	16 fl oz	270
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	269
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	269
21127	Fast foods, coleslaw	99	3/4 cup	267
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	267
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	267
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	267

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21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	260
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	258
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	257
11546	Tomato products, canned, paste, without salt added	262	1 cup	257
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	257
18274	Muffins, blueberry, commercially prepared	57	1 muffin	255
18088	Cake, angelfood, dry mix, prepared	50	1 piece	255
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	253
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	251
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	251
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	250
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	250
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	249
01035	Cheese, provolone	28.35	1 oz	248
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	248
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	248
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	244
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	243
11581	Vegetables, mixed, canned, drained solids	163	1 cup	243
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	242
18116	Cake, gingerbread, prepared from recipe	74	1 piece	242
18139	Cake, white, prepared from recipe without frosting	74	1 piece	242
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	241
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	241
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	240
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	239
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	239
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	238
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	237
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	236
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	231
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	230
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	230
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	229
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	225
18283	Muffins, oat bran	57	1 muffin	224
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	224
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	224
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	223
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	222
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	221
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	220
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	218
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	218
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	216

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	216
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	216
18044	Bread, pumpernickel	32	1 slice	215
18045	Bread, pumpernickel, toasted	29	1 slice	214
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	214
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	213
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	213
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	213
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	212
18060	Bread, rye	32	1 slice	211
18086	Cake, angelfood, commercially prepared	28	1 piece	210
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	209
07065	Pork and beef sausage, fresh, cooked	26	2 links	209
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	209
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	208
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	207
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	207
01036	Cheese, ricotta, whole milk	246	1 cup	207
11015	Asparagus, canned, drained solids	72	4 spears	207
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	206
18350	Rolls, hamburger or hotdog, plain	43	1 roll	206
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	205
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	205
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	204
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	204
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	204
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	203
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	203
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	202
07064	Pork Sausage, Fresh, Cooked	27	1 patty	202
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	202
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	198
20113	Noodles, chinese, chow mein	45	1 cup	198
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	197
18027	Bread, egg	40	1/2" slice	197
07064	Pork Sausage, Fresh, Cooked	26	2 links	195
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	194
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	194
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	194
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	192
09193	Olives, ripe, canned (small-extra large)	22	5 large	192
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	192
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	191
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	190
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	189

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	187
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	186
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	185
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	184
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	182
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	182
21033	Fast foods, sundae, hot fudge	158	1 sundae	182
21139	Fast foods, potato, mashed	80	1/3 cup	182
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	181
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	181
19218	Puddings, tapioca, ready-to-eat	113	4 oz	180
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	179
01030	Cheese, muenster	28.35	1 oz	178
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	178
01026	Cheese, mozzarella, whole milk	28.35	1 oz	178
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	178
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	177
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	177
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	177
01009	Cheese, cheddar	28.35	1 oz	176
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	175
18151	Cookies, brownies, commercially prepared	56	1 brownie	175
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	175
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	174
18061	Bread, rye, toasted	24	1 slice	174
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	174
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	171
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	171
01132	Egg, whole, cooked, scrambled	61	1 large	171
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	170
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	167
11935	Catsup	15	1 tbsp	167
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	167
18220	Crackers, melba toast, plain	20	4 pieces	166
18147	Cheesecake commercially prepared	80	1 piece	166
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	165
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	165
18320	Pie, lemon meringue, commercially prepared	113	1 piece	165
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	165
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	164
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	163
18040	Bread, oatmeal, toasted	25	1 slice	163
18039	Bread, oatmeal	27	1 slice	162
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	160
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	159
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	157
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	155

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	155
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	155
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	155
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	154
18310	Pie, chocolate creme, commercially prepared	113	1 piece	154
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	153
19087	Candies, white chocolate	170	1 cup	153
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	153
19201	Puddings, vanilla, ready-to-eat	113	4 oz	153
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	153
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	152
07073	Sandwich spread, pork, beef	15	1 tbsp	152
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	150
18041	Bread, pita, white, enriched	28	4" pita	150
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	150
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	150
19411	Snacks, potato chips, plain, salted	28.35	1 oz	149
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	148
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	148
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	148
18075	Bread, whole-wheat, commercially prepared	28	1 slice	148
01131	Egg, whole, cooked, poached	50	1 large	147
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	147
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	146
14194	Cocoa mix, powder, prepared with water	206	1 serving	146
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	146
19183	Puddings, chocolate, ready-to-eat	113	4 oz	146
04015	Salad dressing, russian dressing	15.3	1 tbsp	144
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	144
18134	Cake, sponge, prepared from recipe	63	1 piece	144
14192	Cocoa mix, powder	28.35	3 heaping tsp	143
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	143
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	141
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	141
11961	Hearts of palm, canned	33	1 piece	141
19422	Snacks, potato chips, reduced fat	28.35	1 oz	139
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	139
01057	Eggnog	254	1 cup	137
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	137
11512	Sweet potato, canned, vacuum pack	255	1 cup	135
16120	Soy milk, fluid	245	1 cup	135
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	135
18025	Bread, cracked-wheat	25	1 slice	135
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	133
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	133
18064	Bread, wheat (includes wheat berry)	25	1 slice	133
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	132
18090	Cake, boston cream pie, commercially prepared	92	1 piece	132

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	132
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	131
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	131
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	131
11081	Beets, cooked, boiled, drained	170	1 cup	131
15034	Fish, haddock, cooked, dry heat	150	1 fillet	131
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	130
18070	Bread, white, commercially prepared, toasted	22	1 slice	130
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	130
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	129
06150	Sauce, barbecue sauce	15.75	1 tbsp	128
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	127
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	127
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	127
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	127
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	126
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	126
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	125
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	124
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	124
15111	Fish, swordfish, cooked, dry heat	106	1 piece	122
11945	Pickle relish, sweet	15	1 tbsp	122
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	121
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	120
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	120
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	119
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	119
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	119
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	119
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	118
18055	Bread, reduced-calorie, wheat	23	1 slice	118
04134	Salad dressing, home recipe, cooked	16	1 tbsp	117
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	117
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	117
18033	Bread, italian	20	1 slice	117
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	116
18110	Cake, fruitcake, commercially prepared	43	1 piece	116
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	115
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	115
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	115
19013	Snacks, fruit leather, pieces	28.35	1 oz	114
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	114
01031	Cheese, neufchatel	28.35	1 oz	113
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	112
18120	Cake, pound, commercially prepared, butter	28	1 piece	111
01143	Egg substitute, liquid	62.75	1/4 cup	111
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	110

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	110
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	109
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	107
18235	Crackers, whole-wheat	16	4 crackers	105
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	104
18057	Bread, reduced-calorie, white	23	1 slice	104
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	104
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	103
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	102
18048	Bread, raisin, toasted, enriched	24	1 slice	102
18229	Crackers, standard snack-type, regular	12	4 crackers	102
18047	Bread, raisin, enriched	26	1 slice	101
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	101
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	100
18214	Crackers, cheese, regular	10	10 crackers	100
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	99
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	98
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	98
19040	Snacks, popcorn, cheese-flavor	11	1 cup	98
15111	Fish, swordfish, cooked, dry heat	85	3 oz	98
01077	Milk, whole, 3.25% milkfat	244	1 cup	98
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	97
19193	Puddings, rice, ready-to-eat	113.4	4 oz	96
11143	Celery, raw	120	1 cup	96
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	96
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	96
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	95
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	95
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	94
01128	Egg, whole, cooked, fried	46	1 large	94
18053	Bread, reduced-calorie, rye	23	1 slice	93
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	93
04133	Salad dressing, french, home recipe	14	1 tbsp	92
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	92
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	91
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	90
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	89
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	88
05306	Poultry food products, ground turkey, cooked	82	1 patty	88
18226	Crackers, rye, wafers, plain	11	1 wafer	87
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	87
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	87
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	86
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	86
14342	Rice beverage, RICE DREAM, canned	245	1 cup	86
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	85
01186	Cheese, cream, fat free	15.6	1 tbsp	85
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	85
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	85

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19015	Snacks, granola bars, hard, plain	28.35	1 bar	83
01001	Butter, salted	14.2	1 tbsp	82
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	82
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
01123	Egg, whole, raw, fresh	58	1 extra large	81
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	81
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	80
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	80
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	79
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	78
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	78
16097	Peanut butter, chunk style, with salt	16	1 tbsp	78
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	77
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	77
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	77
01032	Cheese, parmesan, grated	5	1 tbsp	76
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	76
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	76
11124	Carrots, raw	110	1 cup	76
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	75
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	75
14121	Carbonated beverage, club soda	355	12 fl oz	75
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	74
15034	Fish, haddock, cooked, dry heat	85	3 oz	74
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	74
16098	Peanut butter, smooth style, with salt	16	1 tbsp	73
18133	Cake, sponge, commercially prepared	30	1 shortcake	73
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	73
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	73
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	73
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	71
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	71
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	70
11547	Tomato products, canned, puree, without salt added	250	1 cup	70
01123	Egg, whole, raw, fresh	50	1 large	70
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	70
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	70
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	70
18177	Cookies, molasses	15	1 cookie, medium	69
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	69
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	69
11655	Carrot juice, canned	236	1 cup	68
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	68
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	68
11935	Catsup	6	1 packet	67
19014	Snacks, fruit leather, rolls	21	1 large	67

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	66
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	66
19348	Syrups, chocolate, fudge-type	19	1 tbsp	66
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	65
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	65
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	65
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	65
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	64
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	64
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	64
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	64
18232	Crackers, wheat, regular	8	4 crackers	64
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	63
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	62
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	62
01129	Egg, whole, cooked, hard-boiled	50	1 large	62
01123	Egg, whole, raw, fresh	44	1 medium	62
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	61
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	61
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	61
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	60
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	60
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	59
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	59
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	59
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	58
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	58
11461	Spinach, canned, drained solids	214	1 cup	58
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	58
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	57
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	56
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	56
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	56
18170	Cookies, fig bars	16	1 cookie	56
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	56
14142	Carbonated beverage, grape soda	372	12 fl oz	56
01124	Egg, white, raw, fresh	33.4	1 large	55
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	55
01040	Cheese, swiss	28.35	1 oz	54
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	54
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	54
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	54
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	54
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	54

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	54
16158	Hummus, commercial	14	1 tbsp	53
19095	Ice creams, vanilla	66	1/2 cup	53
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	53
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	52
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	52
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	52
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	52
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	52
09153	Lemon juice, canned or bottled	244	1 cup	51
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	51
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	50
19270	Ice creams, chocolate	66	1/2 cup	50
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	50
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	50
11124	Carrots, raw	72	1 carrot	50
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	49
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	49
19088	Ice creams, vanilla, light	66	1/2 cup	49
18360	Taco shells, baked	13.3	1 medium	49
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	48
14157	Carbonated beverage, root beer	370	12 fl oz	48
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	48
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	48
15157	Mollusks, clam, mixed species, raw	85	3 oz	48
11084	Beets, canned, drained solids	24	1 beet	47
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	46
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	46
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	46
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	45
19089	Ice creams, vanilla, rich	74	1/2 cup	45
14150	Carbonated beverage, orange	372	12 fl oz	45
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	44
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43
01017	Cheese, cream	14.5	1 tbsp	43
20020	Cornmeal, whole-grain, yellow	122	1 cup	43
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	42
11955	Tomatoes, sun-dried	2	1 piece	42
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	42
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	42
19116	Candies, marshmallows	50	1 cup	40
14277	Grape drink, canned	250	8 fl oz	40

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	40
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	40
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	39
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	39
11081	Beets, cooked, boiled, drained	50	1 beet	39
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	38
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	38
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	38
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	38
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	37
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	37
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	36
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	36
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	35
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	35
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	35
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	35
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	34
19097	Sherbet, orange	74	1/2 cup	34
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	34
01094	Milk, buttermilk, dried	6.5	1 tbsp	34
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	33
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	33
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	33
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	33
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	32
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	32
11143	Celery, raw	40	1 stalk	32
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	31
09184	Melons, honeydew, raw	170	1 cup	31
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	30
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	30
19071	Candies, carob	28.35	1 oz	30
11135	Cauliflower, raw	100	1 cup	30
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	30
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	30
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	30
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	29
11090	Broccoli, raw	88	1 cup	29
09184	Melons, honeydew, raw	160	1/8 melon	29
19036	Snacks, popcorn, cakes	10	1 cake	29
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
09011	Apples, dried, sulfured, uncooked	32	5 rings	28

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	28
11159	Coleslaw, home-prepared	120	1 cup	28
02009	Spices, chili powder	2.6	1 tsp	26
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	26
14136	Carbonated beverage, ginger ale	366	12 fl oz	26
09181	Melons, cantaloupe, raw	160	1 cup	26
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	25
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	25
19074	Candies, caramels	10.1	1 piece	25
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	25
20012	Bulgur, dry	140	1 cup	24
11457	Spinach, raw	30	1 cup	24
11445	Seaweed, kelp, raw	10	2 tbsp	23
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	23
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	23
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	22
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	21
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	21
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	20
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	20
11114	Cabbage, savoy, raw	70	1 cup	20
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	20
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	19
11112	Cabbage, red, raw	70	1 cup	19
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	19
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	19
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	19
19080	Candies, semisweet chocolate	168	1 cup	18
20005	Barley, pearled, raw	200	1 cup	18
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	18
20028	Couscous, dry	173	1 cup	17
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	17
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	17
09081	Cranberry sauce, canned, sweetened	57	1 slice	17
19129	Syrups, table blends, pancake	20	1 tbsp	16
19126	Candies, milk chocolate coated peanuts	40	10 pieces	16
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	16
09298	Raisins, seedless	145	1 cup	16
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	16
02055	Horseradish, prepared	5	1 tsp	16
11253	Lettuce, green leaf, raw	56	1 cup	16
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	16
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	15
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	15

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09250	Peaches, frozen, sliced, sweetened	250	1 cup	15
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	15
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	15
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	15
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	14
19108	Candies, jellybeans	28.35	10 large	14
14006	Alcoholic beverage, beer, light	354	12 fl oz	14
19061	Snacks, trail mix, tropical	140	1 cup	14
14181	Chocolate syrup	18.75	1 tbsp	14
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	13
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13
20011	Buckwheat flour, whole-groat	120	1 cup	13
16051	Beans, white, mature seeds, canned	262	1 cup	13
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	13
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	13
11109	Cabbage, raw	70	1 cup	13
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	12
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	12
19350	Syrups, corn, light	20	1 tbsp	12
11424	Pumpkin, canned, without salt	245	1 cup	12
11364	Potatoes, baked, skin, without salt	58	1 skin	12
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	12
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	12
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	12
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	12
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	11
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	11
09181	Melons, cantaloupe, raw	69	1/8 melon	11
11213	Endive, raw	50	1 cup	11
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	11
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	10
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	10
09294	Prune juice, canned	256	1 cup	10
11090	Broccoli, raw	31	1 spear	10
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	10
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	10
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	10
20037	Rice, brown, long-grain, cooked	195	1 cup	10
11667	Seaweed, spirulina, dried	0.93	1 tbsp	10
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	10
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	10
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	10

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16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	10
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	9
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	9
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	9
11028	Bamboo shoots, canned, drained solids	131	1 cup	9
09226	Papayas, raw	304	1 papaya	9
20013	Bulgur, cooked	182	1 cup	9
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	9
12104	Nuts, coconut meat, raw	45	1 piece	9
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	9
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	9
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	8
11012	Asparagus, cooked, boiled, drained	60	4 spears	8
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	8
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	8
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	8
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	8
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	8
20110	Noodles, egg, cooked, enriched	160	1 cup	8
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	8
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	8
01125	Egg, yolk, raw, fresh	16.6	1 large	8
11457	Spinach, raw	10	1 leaf	8
20029	Couscous, cooked	157	1 cup	8
11960	Carrots, baby, raw	10	1 medium	8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	8
11363	Potatoes, baked, flesh, without salt	156	1 potato	8
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	8
09278	Plantains, cooked	154	1 cup	8
09020	Applesauce, canned, sweetened, without salt	255	1 cup	8
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	8
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	8
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	8
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	8
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	8
14341	Pineapple and orange juice drink, canned	250	8 fl oz	8
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	7
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7
09277	Plantains, raw	179	1 medium	7
19104	Candies, fudge, vanilla with nuts	15	1 piece	7
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	7

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19078	Baking chocolate, unsweetened, squares	28.35	1 square	7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	7
20010	Buckwheat groats, roasted, cooked	168	1 cup	7
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	7
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	6
19297	Jams and preserves	20	1 tbsp	6
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	6
01056	Cream, sour, cultured	12	1 tbsp	6
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	6
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	6
01049	Cream, fluid, half and half	15	1 tbsp	6
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	6
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	6
11205	Cucumber, with peel, raw	301	1 large	6
20080	Wheat flour, whole-grain	120	1 cup	6
11226	Jerusalem-artichokes, raw	150	1 cup	6
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	6
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	6
02029	Spices, parsley, dried	1.3	1 tbsp	6
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	6
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	6
19300	Jellies	19	1 tbsp	6
01053	Cream, fluid, heavy whipping	15	1 tbsp	6
11297	Parsley, raw	10	10 sprigs	6
11206	Cucumber, peeled, raw	280	1 large	6
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	6
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	6
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	5
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5
14355	Tea, brewed, prepared with tap water	178	6 fl oz	5
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	5
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	5
01052	Cream, fluid, light whipping	15	1 tbsp	5
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	5
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	5
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	5
09207	Orange juice, canned, unsweetened	249	1 cup	5
20089	Wild rice, cooked	164	1 cup	5
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	5
08143	Cereals, WHEATENA, cooked with water	243	1 cup	5

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08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	5
11282	Onions, raw	160	1 cup	5
14429	Water, municipal	237	8 fl oz	5
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	5
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	5
20006	Barley, pearled, cooked	157	1 cup	5
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	5
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	5
11251	Lettuce, cos or romaine, raw	56	1 cup	4
11333	Peppers, sweet, green, raw	149	1 cup	4
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	4
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4
09226	Papayas, raw	140	1 cup	4
20125	Spaghetti, whole-wheat, cooked	140	1 cup	4
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	4
09176	Mangos, raw	207	1 mango	4
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	4
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	4
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	4
11819	Peppers, hot chili, red, raw	45	1 pepper	4
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	4
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	4
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	4
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
11135	Cauliflower, raw	13	1 floweret	4
09094	Figs, dried, uncooked	38	2 figs	4
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	4
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4
20033	Oat bran, raw	94	1 cup	4
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4
01069	Cream substitute, powdered	2	1 tsp	4
19127	Candies, milk chocolate coated raisins	10	10 pieces	4
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	4
11333	Peppers, sweet, green, raw	119	1 pepper	4
09087	Dates, deglet noor	178	1 cup	4
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	4
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	4
09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	4
11260	Mushrooms, raw	70	1 cup	4
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3
09176	Mangos, raw	165	1 cup	3

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11282	Onions, raw	110	1 whole	3
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	3
02007	Spices, celery seed	2	1 tsp	3
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3
11670	Peppers, hot chili, green, raw	45	1 pepper	3
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	3
09254	Pears, canned, juice pack, solids and liquids	76	1 half	3
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3
11821	Peppers, sweet, red, raw	149	1 cup	3
11740	Broccoli, flower clusters, raw	11	1 floweret	3
12167	Nuts, chestnuts, european, roasted	143	1 cup	3
09326	Watermelon, raw	286	1 wedge	3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	3
16055	Carob flour	8	1 tbsp	3
11253	Lettuce, green leaf, raw	10	1 leaf	3
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	3
20083	Wheat flour, white, bread, enriched	137	1 cup	3
20084	Wheat flour, white, cake, enriched	137	1 cup	3
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	3
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	3
19294	Fruit butters, apple	17	1 tbsp	3
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	3
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	3
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	3
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3
09306	Raspberries, frozen, red, sweetened	250	1 cup	3
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2
09223	Tangerine juice, canned, sweetened	249	1 cup	2
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	2
09209	Orange juice, chilled, includes from concentrate	249	1 cup	2
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	2
09206	Orange juice, raw	248	1 cup	2
01072	Dessert topping, pressurized	4	1 tbsp	2
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
09404	Grapefruit juice, pink, raw	247	1 cup	2
09128	Grapefruit juice, white, raw	247	1 cup	2
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2
11206	Cucumber, peeled, raw	119	1 cup	2

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11821	Peppers, sweet, red, raw	119	1 pepper	2
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	2
09055	Blueberries, frozen, sweetened	230	1 cup	2
19107	Candies, hard	6	1 piece	2
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2
09038	Avocados, raw, California	28.35	1 oz	2
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2
11641	Squash, summer, all varieties, raw	113	1 cup	2
20034	Oat bran, cooked	219	1 cup	2
09060	Carambola, (starfruit), raw	108	1 cup	2
11205	Cucumber, with peel, raw	104	1 cup	2
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	2
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	2
09060	Carambola, (starfruit), raw	91	1 fruit	2
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2
19353	Syrups, maple	20	1 tbsps	2
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
11429	Radishes, raw	4.5	1 radish	2
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	2
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2
11943	Pimento, canned	12	1 tbsps	2
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	2
09316	Strawberries, raw	166	1 cup	2
09252	Pears, raw	166	1 pear	2
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2
01145	Butter, without salt	14.2	1 tbsps	2
18373	Leavening agents, cream of tartar	3	1 tsp	2
09266	Pineapple, raw, all varieties	155	1 cup	2
09298	Raisins, seedless	14	1 packet	2
20068	Tapioca, pearl, dry	152	1 cup	2
09326	Watermelon, raw	152	1 cup	2
09040	Bananas, raw	150	1 cup	2
09050	Blueberries, raw	145	1 cup	1
09042	Blackberries, raw	144	1 cup	1
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1
20100	Macaroni, cooked, enriched	140	1 cup	1
09003	Apples, raw, with skin	138	1 apple	1
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1
19334	Sugars, brown	3.2	1 tsp	1
09302	Raspberries, raw	123	1 cup	1
11677	Shallots, raw	10	1 tbsps	1

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09040	Bananas, raw	118	1 banana	1
09150	Lemons, raw, without peel	58	1 lemon	1
19107	Candies, hard	3	1 small piece	1
02026	Spices, onion powder	2.1	1 tsp	1
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1
11284	Onions, dehydrated flakes	5	1 tbsp	1
02015	Spices, curry powder	2	1 tsp	1
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1
02030	Spices, pepper, black	2.1	1 tsp	1
09206	Orange juice, raw	86	juice from 1 orange	1
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1
19296	Honey	21	1 tbsp	1
09291	Plums, dried (prunes), uncooked	42	5 prunes	1
09087	Dates, deglet noor	41.5	5 dates	1
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
11251	Lettuce, cos or romaine, raw	10	1 leaf	1
09160	Lime juice, raw	38	juice of 1 lime	1
02048	Vinegar, cider	15	1 tbsp	1
02020	Spices, garlic powder	2.8	1 tsp	1
20027	Cornstarch	8.064	1 tbsp	1
02028	Spices, paprika	2.1	1 tsp	1
19034	Snacks, popcorn, air-popped	8	1 cup	1
02045	Dill weed, fresh	1	5 sprigs	1
02010	Spices, cinnamon, ground	2.3	1 tsp	1
18217	Crackers, matzo, plain	28.35	1 matzo	1
12147	Nuts, pine nuts, dried	28.35	1 oz	1
09039	Avocados, raw, Florida	28.35	1 oz	1
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1
11215	Garlic, raw	3	1 clove	1
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	1
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
09152	Lemon juice, raw	47	juice of 1 lemon	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
11282	Onions, raw	14	1 slice	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
02050	Vanilla extract	4.2	1 tsp	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
09021	Apricots, raw	35	1 apricot	0

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11954	Tomatillos, raw	34	1 medium	0
11333	Peppers, sweet, green, raw	10	1 ring	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
02027	Spices, oregano, dried	1.5	1 tsp	0
09316	Strawberries, raw	18	1 strawberry	0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
09316	Strawberries, raw	12	1 strawberry	0
11156	Chives, raw	3	1 tbsp	0
19336	Sugars, powdered	8	1 tbsp	0
19335	Sugars, granulated	4.2	1 tsp	0
04582	Vegetable oil, canola	14	1 tbsp	0
09004	Apples, raw, without skin	110	1 cup	0
09070	Cherries, sweet, raw	68	10 cherries	0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
09191	Nectarines, raw	136	1 nectarine	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09236	Peaches, raw	98	1 peach	0
09236	Peaches, raw	170	1 cup	0
09279	Plums, raw	66	1 plum	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
09340	Pears, asian, raw	275	1 pear	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	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
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04002	Lard	12.8	1 tbsp	0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
09340	Pears, asian, raw	122	1 pear	0