

**USDA National Nutrient Database for Standard Reference, Release 18**  
**Lutein + zeaxanthin (µg) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	40
09011	Apples, dried, sulfured, uncooked	32	5 rings	6
09003	Apples, raw, with skin	138	1 apple	40
09004	Apples, raw, without skin	110	1 cup	20
09020	Applesauce, canned, sweetened, without salt	255	1 cup	46
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	44
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	67
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	63
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
09021	Apricots, raw	35	1 apricot	31
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	557
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	780
11015	Asparagus, canned, drained solids	72	4 spears	454
11012	Asparagus, cooked, boiled, drained	60	4 spears	463
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1112
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	371
09038	Avocados, raw, California	28.35	1 oz	77
18005	Bagels, cinnamon-raisin	89	4" bagel	48
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	38
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	37
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	46
19078	Baking chocolate, unsweetened, squares	28.35	1 square	11
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
09040	Bananas, raw	118	1 banana	26
09040	Bananas, raw	150	1 cup	33
20006	Barley, pearled, cooked	157	1 cup	88
20005	Barley, pearled, raw	200	1 cup	320
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	41
16008	Beans, baked, canned, with franks	259	1 cup	41
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	35
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
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	0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	595

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11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	886
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	761
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	595
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	886
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	761
22905	Beef stew, canned entree	232	1 cup	499
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0
13350	Beef, cured, dried	28.35	1 oz	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2619
11084	Beets, canned, drained solids	24	1 beet	0
11084	Beets, canned, drained solids	170	1 cup	0
11081	Beets, cooked, boiled, drained	50	1 beet	0
11081	Beets, cooked, boiled, drained	170	1 cup	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	3
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	2
09042	Blackberries, raw	144	1 cup	170
09055	Blueberries, frozen, sweetened	230	1 cup	168
09050	Blueberries, raw	145	1 cup	116
07008	Bologna, beef and pork	56.7	2 slices	0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	18
18027	Bread, egg	40	1/2" slice	18
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	13
18033	Bread, italian	20	1 slice	10
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	20
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	18
18039	Bread, oatmeal	27	1 slice	19
18040	Bread, oatmeal, toasted	25	1 slice	19
18041	Bread, pita, white, enriched	60	6-1/2" pita	32
18041	Bread, pita, white, enriched	28	4" pita	15
18044	Bread, pumpernickel	32	1 slice	15
18045	Bread, pumpernickel, toasted	29	1 slice	14

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18047	Bread, raisin, enriched	26	1 slice	11
18048	Bread, raisin, toasted, enriched	24	1 slice	11
18053	Bread, reduced-calorie, rye	23	1 slice	9
18055	Bread, reduced-calorie, wheat	23	1 slice	9
18057	Bread, reduced-calorie, white	23	1 slice	7
18060	Bread, rye	32	1 slice	17
18061	Bread, rye, toasted	24	1 slice	13
18064	Bread, wheat (includes wheat berry)	25	1 slice	12
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	12
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	20
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	11
18070	Bread, white, commercially prepared, toasted	22	1 slice	10
18075	Bread, whole-wheat, commercially prepared	28	1 slice	19
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	18
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	400
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1685
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2756
11090	Broccoli, raw	31	1 spear	435
11090	Broccoli, raw	88	1 cup	1235
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2012
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	2389
20011	Buckwheat flour, whole-groat	120	1 cup	264
20010	Buckwheat groats, roasted, cooked	168	1 cup	101
20013	Bulgur, cooked	182	1 cup	98
20012	Bulgur, dry	140	1 cup	308
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	65
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	380
11109	Cabbage, raw	70	1 cup	217
11112	Cabbage, red, raw	70	1 cup	230
11114	Cabbage, savoy, raw	70	1 cup	54
18088	Cake, angelfood, dry mix, prepared	50	1 piece	1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	25
18110	Cake, fruitcake, commercially prepared	43	1 piece	9
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	3
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4
18133	Cake, sponge, commercially prepared	30	1 shortcake	26
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4
18139	Cake, white, prepared from recipe without frosting	74	1 piece	4
19074	Candies, caramels	10.1	1 piece	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
19071	Candies, carob	28.35	1 oz	0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1
19104	Candies, fudge, vanilla with nuts	15	1 piece	0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0

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19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19107	Candies, hard	6	1 piece	0
19107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	9
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0
19080	Candies, semisweet chocolate	168	1 cup	30
19087	Candies, white chocolate	170	1 cup	0
09060	Carambola, (starfruit), raw	91	1 fruit	60
09060	Carambola, (starfruit), raw	108	1 cup	71
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0
16055	Carob flour	8	1 tbsp	0
11655	Carrot juice, canned	236	1 cup	786
11960	Carrots, baby, raw	10	1 medium	36
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1072
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	422
11124	Carrots, raw	110	1 cup	282
11124	Carrots, raw	72	1 carrot	184
11935	Catsup	6	1 packet	0
11935	Catsup	15	1 tbsp	0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	36
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	16
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	43
11135	Cauliflower, raw	13	1 floweret	4
11135	Cauliflower, raw	100	1 cup	33

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11144	Celery, cooked, boiled, drained, without salt	150	1 cup	548
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	137
11143	Celery, raw	40	1 stalk	113
11143	Celery, raw	120	1 cup	340
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	338
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	48
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	184
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	165
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	293
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	166
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	95
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	172
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	57
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	128
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	283
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	266

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08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	252
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	273
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	92
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	116
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	56
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	2
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	477
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	5
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	421
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01004	Cheese, blue	28.35	1 oz	0
01007	Cheese, camembert	38	1 wedge	0
01009	Cheese, cheddar	28.35	1 oz	0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0
01017	Cheese, cream	14.5	1 tbsp	0
01186	Cheese, cream, fat free	15.6	1 tbsp	0
01019	Cheese, feta	28.35	1 oz	0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0
01030	Cheese, muenster	28.35	1 oz	0
01032	Cheese, parmesan, grated	5	1 tbsp	0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0
01035	Cheese, provolone	28.35	1 oz	0
01037	Cheese, ricotta, part skim milk	246	1 cup	0
01036	Cheese, ricotta, whole milk	246	1 cup	0
01040	Cheese, swiss	28.35	1 oz	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	139

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09070	Cherries, sweet, raw	68	10 cherries	58
07017	Chicken roll, light meat	56.7	2 slices	0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	54
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0
05277	Chicken, canned, meat only, with broth	142	5 oz	0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0
11156	Chives, raw	3	1 tbsp	10
14181	Chocolate syrup	18.75	1 tbsp	1
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1
14192	Cocoa mix, powder	28.35	3 heaping tsp	1
14194	Cocoa mix, powder, prepared with water	206	1 serving	0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	14619
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	18527
18151	Cookies, brownies, commercially prepared	56	1 brownie	3
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18170	Cookies, fig bars	16	1 cookie	1
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	51
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	8
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	2
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	16
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	6
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	33
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2429

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2195
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	745
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1197
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	537
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	1870
20020	Cornmeal, whole-grain, yellow	122	1 cup	1653
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	39
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0
18214	Crackers, cheese, regular	10	10 crackers	1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18217	Crackers, matzo, plain	28.35	1 matzo	5
18220	Crackers, melba toast, plain	20	4 pieces	15
18226	Crackers, rye, wafers, plain	11	1 wafer	27
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1
18229	Crackers, standard snack-type, regular	12	4 crackers	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1
18232	Crackers, wheat, regular	8	4 crackers	6
18235	Crackers, whole-wheat	16	4 crackers	29
14242	Cranberry juice cocktail, bottled	253	8 fl oz	33
09081	Cranberry sauce, canned, sweetened	57	1 slice	36
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01049	Cream, fluid, half and half	15	1 tbsp	0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
01052	Cream, fluid, light whipping	15	1 tbsp	0
01056	Cream, sour, cultured	12	1 tbsp	0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	42
18243	Croutons, seasoned	40	1 cup	18
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0
15141	Crustaceans, crab, blue, canned	135	1 cup	0
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0
11206	Cucumber, peeled, raw	119	1 cup	19
11206	Cucumber, peeled, raw	280	1 large	45
11205	Cucumber, with peel, raw	301	1 large	69
11205	Cucumber, with peel, raw	104	1 cup	24
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	4944
18245	Danish pastry, cheese	71	1 danish	27



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18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	35
09087	Dates, deglet noor	178	1 cup	134
09087	Dates, deglet noor	41.5	5 dates	31
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	36
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	11
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	6
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	112
01143	Egg substitute, liquid	62.75	1/4 cup	0
01124	Egg, white, raw, fresh	33.4	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	165
01129	Egg, whole, cooked, hard-boiled	50	1 large	177
01131	Egg, whole, cooked, poached	50	1 large	165
01132	Egg, whole, cooked, scrambled	61	1 large	149
01123	Egg, whole, raw, fresh	50	1 large	166
01123	Egg, whole, raw, fresh	44	1 medium	146
01123	Egg, whole, raw, fresh	58	1 extra large	192
01125	Egg, yolk, raw, fresh	16.6	1 large	182
01057	Eggnog	254	1 cup	137
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
11213	Endive, raw	50	1 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	24
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	24
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	25
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	185
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	2
21024	Fast foods, french toast sticks	141	5 sticks	6
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	23
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	46
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	36
09094	Figs, dried, uncooked	38	2 figs	12
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	25
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0
07022	Frankfurter, beef	45	1 frank	0
07023	Frankfurter, beef and pork	45	1 frank	0
07024	Frankfurter, chicken	45	1 frank	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	26
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0
19294	Fruit butters, apple	17	1 tbsp	2
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	186
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	178
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	5
11215	Garlic, raw	3	1 clove	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
14277	Grape drink, canned	250	8 fl oz	10
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	89
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	180
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	542
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	25
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	25
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70
09128	Grapefruit juice, white, raw	247	1 cup	25
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	6
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	12
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	115
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	36
06116	Gravy, beef, canned	58.25	1/4 cup	1
06119	Gravy, chicken, canned	59.5	1/4 cup	1
06125	Gravy, turkey, canned	59.6	1/4 cup	1
07027	Ham, chopped, not canned	21	2 slices	0
07028	Ham, sliced, extra lean	56.7	2 slices	0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	94
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	1
19270	Ice creams, chocolate	66	1/2 cup	0

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19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	130
19095	Ice creams, vanilla	66	1/2 cup	0
19088	Ice creams, vanilla, light	66	1/2 cup	0
19089	Ice creams, vanilla, rich	74	1/2 cup	25
19297	Jams and preserves	20	1 tbsp	0
19300	Jellies	19	1 tbsp	4
11226	Jerusalem-artichokes, raw	150	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	23720
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	25606
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	93
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
09153	Lemon juice, canned or bottled	244	1 cup	27
09152	Lemon juice, raw	47	juice of 1 lemon	4
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
09150	Lemons, raw, without peel	58	1 lemon	6
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1993
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	92
11251	Lettuce, cos or romaine, raw	10	1 leaf	231
11251	Lettuce, cos or romaine, raw	56	1 cup	1295
11253	Lettuce, green leaf, raw	10	1 leaf	173
11253	Lettuce, green leaf, raw	56	1 cup	969
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	152
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	22
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1493
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0

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09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0
09160	Lime juice, raw	38	juice of 1 lime	0
22247	Macaroni and Cheese, canned entree	252	1 cup	5
20100	Macaroni, cooked, enriched	140	1 cup	10
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	2
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	7
09176	Mangos, raw	165	1 cup	0
09176	Mangos, raw	207	1 mango	0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0
09181	Melons, cantaloupe, raw	69	1/8 melon	18
09181	Melons, cantaloupe, raw	160	1 cup	42
09184	Melons, honeydew, raw	160	1/8 melon	43
09184	Melons, honeydew, raw	170	1 cup	46
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0
01111	Milk shakes, thick vanilla	313	11 fl oz	0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0
01095	Milk, canned, condensed, sweetened	306	1 cup	0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0
16112	Miso	68.75	1 cup	0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0
18274	Muffins, blueberry, commercially prepared	57	1 muffin	51
18279	Muffins, corn, commercially prepared	57	1 muffin	150
18283	Muffins, oat bran	57	1 muffin	7
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	16
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0
11264	Mushrooms, canned, drained solids	156	1 cup	0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0

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11260	Mushrooms, raw	70	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	8347
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4
09191	Nectarines, raw	136	1 nectarine	177
20113	Noodles, chinese, chow mein	45	1 cup	25
20110	Noodles, egg, cooked, enriched	160	1 cup	61
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3571
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7
12167	Nuts, chestnuts, european, roasted	143	1 cup	19
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	26
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	6
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	5
12142	Nuts, pecans	28.35	1 oz (20 halves)	5
12147	Nuts, pine nuts, dried	28.35	1 oz	3
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	342
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3
20033	Oat bran, raw	94	1 cup	169
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	624
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	857
09193	Olives, ripe, canned (small-extra large)	22	5 large	112
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	8
11284	Onions, dehydrated flakes	5	1 tbsp	2
11282	Onions, raw	110	1 whole	6
11282	Onions, raw	14	1 slice	1
11282	Onions, raw	160	1 cup	8
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	171
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1137
09207	Orange juice, canned, unsweetened	249	1 cup	286
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	286

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	867
09206	Orange juice, raw	86	juice from 1 orange	99
09206	Orange juice, raw	248	1 cup	285
09200	Oranges, raw, all commercial varieties	131	1 orange	169
09200	Oranges, raw, all commercial varieties	180	1 cup	232
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	7
09226	Papayas, raw	140	1 cup	105
09226	Papayas, raw	304	1 papaya	228
11297	Parsley, raw	10	10 sprigs	556
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	3
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	160
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	60
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	151
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	60
09246	Peaches, dried, sulfured, uncooked	39	3 halves	218
09250	Peaches, frozen, sliced, sweetened	250	1 cup	193
09236	Peaches, raw	170	1 cup	155
09236	Peaches, raw	98	1 peach	89
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
09340	Pears, asian, raw	122	1 pear	61
09340	Pears, asian, raw	275	1 pear	138
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	26
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	90
09254	Pears, canned, juice pack, solids and liquids	76	1 half	26
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	84
09252	Pears, raw	166	1 pear	75
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	1123
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1429
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	2295
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	3840
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
11670	Peppers, hot chili, green, raw	45	1 pepper	326
11819	Peppers, hot chili, red, raw	45	1 pepper	319
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	171
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	654
11333	Peppers, sweet, green, raw	119	1 pepper	406
11333	Peppers, sweet, green, raw	10	1 ring	34
11333	Peppers, sweet, green, raw	149	1 cup	508
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	435
11821	Peppers, sweet, red, raw	149	1 cup	76
11821	Peppers, sweet, red, raw	119	1 pepper	61
11945	Pickle relish, sweet	15	1 tbsp	28
11937	Pickles, cucumber, dill	65	1 pickle	27

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	69
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	18
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	11
18305	Pie, blueberry, commercially prepared	117	1 piece	18
18308	Pie, cherry, commercially prepared	117	1 piece	23
18319	Pie, fried pies, fruit	128	1 pie	10
18320	Pie, lemon meringue, commercially prepared	113	1 piece	10
18324	Pie, pecan, commercially prepared	113	1 piece	40
18326	Pie, pumpkin, commercially prepared	109	1 piece	22
11943	Pimento, canned	12	1 tbsp	49
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	30
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09266	Pineapple, raw, all varieties	155	1 cup	0
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	21
09278	Plantains, cooked	154	1 cup	43
09277	Plantains, raw	179	1 medium	54
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	126
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	23
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	123
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	161
09291	Plums, dried (prunes), uncooked	42	5 prunes	62
09279	Plums, raw	66	1 plum	48
07065	Pork and beef sausage, fresh, cooked	26	2 links	0
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0
07064	Pork Sausage, Fresh, Cooked	26	2 links	0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0
11672	Potato pancakes	76	1 pancake	66

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11399	Potato puffs, frozen, oven-heated	79	10 puffs	13
11674	Potato, baked, flesh and skin, without salt	202	1 potato	61
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	17
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	12
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	8
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	25
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	8
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	17
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	15
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
09294	Prune juice, canned	256	1 cup	102
19183	Puddings, chocolate, ready-to-eat	113	4 oz	14
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0
11424	Pumpkin, canned, without salt	245	1 cup	0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2484
11429	Radishes, raw	4.5	1 radish	0
09298	Raisins, seedless	14	1 packet	0
09298	Raisins, seedless	145	1 cup	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	283
09302	Raspberries, raw	123	1 cup	167
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	295
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	13
18350	Rolls, hamburger or hotdog, plain	43	1 roll	19
18353	Rolls, hard (includes kaiser)	57	1 roll	33
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	19
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	20
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	26
04015	Salad dressing, russian dressing	15.3	1 tbsp	26
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0



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04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	15
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	5
07069	Salami, cooked, beef and pork	56.7	2 slices	0
07072	Salami, dry or hard, pork, beef	20	2 slices	0
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	0
06150	Sauce, barbecue sauce	15.75	1 tbsp	0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7
06166	Sauce, homemade, white, medium	250	1 cup	3
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	6
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	696
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0
11445	Seaweed, kelp, raw	10	2 tbsp	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
14346	Shake, fast food, chocolate	333	16 fl oz	3
14347	Shake, fast food, vanilla	333	16 fl oz	0
19097	Sherbet, orange	74	1/2 cup	13
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	60
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	182
19013	Snacks, fruit leather, pieces	28.35	1 oz	14
19014	Snacks, fruit leather, rolls	21	1 large	9
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
19034	Snacks, popcorn, air-popped	8	1 cup	116
19036	Snacks, popcorn, cakes	10	1 cake	54
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	244
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	120
19041	Snacks, pork skins, plain	28.35	1 oz	0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	5
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	144

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	15
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	10
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	62
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	14
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	20
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	10
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	51
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	7
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	655
06174	Soup, stock, fish, home-prepared	233	1 cup	0
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	110
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	112
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	298
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	489
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0
16120	Soy milk, fluid	245	1 cup	0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	20
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	10
20125	Spaghetti, whole-wheat, cooked	140	1 cup	113
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	8
02010	Spices, cinnamon, ground	2.3	1 tsp	10
02015	Spices, curry powder	2	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	13
02028	Spices, paprika	2.1	1 tsp	276
02029	Spices, parsley, dried	1.3	1 tbsp	72
02030	Spices, pepper, black	2.1	1 tsp	4
11658	Spinach souffle	136	1 cup	4419
11461	Spinach, canned, drained solids	214	1 cup	22631
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	20354
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	29811
11457	Spinach, raw	30	1 cup	3659
11457	Spinach, raw	10	1 leaf	1220

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11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4048
11641	Squash, summer, all varieties, raw	113	1 cup	2401
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2901
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	54
09316	Strawberries, raw	12	1 strawberry	3
09316	Strawberries, raw	166	1 cup	43
09316	Strawberries, raw	18	1 strawberry	5
19334	Sugars, brown	3.2	1 tsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0
11512	Sweet potato, canned, vacuum pack	255	1 cup	0
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	42
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	0
09223	Tangerine juice, canned, sweetened	249	1 cup	413
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	411
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	116
20068	Tapioca, pearl, dry	152	1 cup	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	10
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
11954	Tomatillos, raw	34	1 medium	168
11540	Tomato juice, canned, with salt added	243	1 cup	146
11546	Tomato products, canned, paste, without salt added	262	1 cup	0
11547	Tomato products, canned, puree, without salt added	250	1 cup	0
11549	Tomato products, canned, sauce	245	1 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	306
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	192
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	25
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	221
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	151
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	21
11955	Tomatoes, sun-dried	2	1 piece	24

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18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	4
05292	Turkey patties, breaded, battered, fried	64	1 patty	25
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	12154
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	19541
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0
11578	Vegetable juice cocktail, canned	242	1 cup	194
04582	Vegetable oil, canola	14	1 tbsps	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	804
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1159
02048	Vinegar, cider	15	1 tbsps	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	17
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
09326	Watermelon, raw	286	1 wedge	23
09326	Watermelon, raw	152	1 cup	12
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	23
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	23
20083	Wheat flour, white, bread, enriched	137	1 cup	108
20084	Wheat flour, white, cake, enriched	137	1 cup	4
20080	Wheat flour, whole-grain	120	1 cup	264
20089	Wild rice, cooked	164	1 cup	105
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0