

Appendix A. Key Foods List With Quartile Assignments and Scores (Blanks denote 4th quartile)

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
01001	Butter, with salt	1235		1	2							3			3	3			2	1	1	3
01002	Butter, whipped	92		3																3	3	
01003	Butter oil, anhydrous	168		3	3														3	3	3	
01009	Cheese, natural, Cheddar, American domestic	2077	2	2	2		2	3	2	1	3	2	1	3	3	3		3	2	1	2	3
01011	Cheese, natural, Colby	72					3													3		
01012	Cheese, natural, cottage, creamed, large or small curd	117	3							3		3								3		
01014	Cheese, natural, cottage, uncreamed, dry, large or small curd	26	3																			
01016	Cheese, natural, cottage, lowfat, (1% fat)	83	3							3		3										
01017	Cheese, natural, cream	246		3	3														3	3	3	
01025	Cheese, natural, Monterey	182	3	3	3		3			3		3								3	3	
01028	Cheese, natural, Mozzarella, part skim milk	105	3				3			3			3							3		
01029	Cheese, natural, Mozzarella, part skim milk, low moisture	1169	2	2	2		2		3	2	3	3	2	3	3	3		3	3	2	3	3
01032	Cheese, natural, Parmesan, grated	747	2	3	3		2	3	3	2		2	2			3			3	2	3	
01035	Cheese, natural, Provolone	181	3	3	3		3			3			3							3	3	
01036	Cheese, natural, Ricotta, whole milk	173	3	3	3		3			3			3						3	3	3	
01040	Cheese, natural, Swiss, domestic	397	3	3	3		3		3	2			3						3	3	3	
01042	Cheese, pasteurized processed, American, with di-sodium phosphate	496	3	3	3		3		3	2		3	3						3	2	3	
01044	Cheese, pasteurized processed, Swiss, with di-sodium phosphate	90					3			3										3		
01046	Cheese food, pasteurized processed, American, without di-sodium phosphate	2517	1	1	2		2	2	2	1	2	2	1	3	3	3		3	2	1	2	3
01048	Cheese spread, pasteurized processed, American, without di-sodium phosphate	440	3	3	3		3		3	2	3	3	3			3			3	3	3	

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01049	Cream, fluid, half & half, cream and milk	207		3	3		3			3	3								3	3	3	
01050	Cream, fluid, light, coffee or table	137		3	3														3	3	3	
01053	Cream, fluid, heavy whipping	86		3																3		
01056	Sour cream	330		3	3		3		3	3	3					3			3	2	3	
01067	Cream substitute, nondairy, liquid, with hydr veg oil & soy protein	61														3					3	
01069	Cream substitute, nondairy, powdered	121		3	3					3	3									3		
01073	Dessert topping, nondairy, semisolid, frozen	31																		3		
01077	Milk, cow, whole, past and raw, fluid, 3.3% fat	5743	1	1	1		1	3	1	1	1	2	1	2	2	2	3	2	2	1	1	3
01079	Milk, cow, lowfat, past and raw, fluid, 2% fat	5212	1	1	1		1	3	1	1	1	2	1	2	2	2	3	1	2	1	2	3
01082	Milk, cow, lowfat, past and raw, fluid, 1% fat	1491	2	3	2		2	3	1	1	2	3	2	3	3	3		2	3	3	3	
01085	Milk, cow, skim, past and raw, fluid, with added vit a	2158	1		2		2	3	1	1	1	3	1	2	3	3	3	2	3	3		
01088	Milk, buttermilk, fluid, cultured, from skim milk	47					3															
01091	Milk, cow, dry, skim, non-fat solids, regular, without added vit a	201	3		3		3		3	3	3		3									
01092	Milk, cow, dry, skim, non-fat solids, instant, with added vit a	42					3															
01096	Milk, cow, canned, evaporated, unsweetened, without added vit a	83					3			3												
01102	Milk, cow, chocolate drink, fluid, commercial, whole	384	3	3	3	3	3	3	3	3	3		3	3					3	3	3	
01103	Milk, cow, chocolate drink, fluid, commercial, lowfat, 2% fat	286	3	3	3	3	3		3	3	3		3	3						3		
01104	Milk, cow, chocolate drink, fluid, commercial, lowfat, 1% fat	56					3			3												
01117	Yogurt, plain, lowfat, (12 grams protein per 8 oz)	169	3				3		3	3	3		3									
01118	Yogurt, plain, skim milk, (13 grams protein per 8 oz)	250	3		3		3		3	3	3		3					3				
01119	Yogurt, coffee and vanilla, lowfat, 11 grams protein per 8 oz	69					3			3												
01121	Yogurt, fruit, lowfat, (10 grams protein per 8 oz)	196	3		3		3		3	3	3		3	3								
01123	Eggs, chicken, whole, raw, fresh, and frozen	4901	1	2	2		3	1	2	1	2	3	1	3	2	2		1	1	2	1	2

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
04018	Salad dressing, mayonnaise type, regular, with salt	411		3	3							3				2				3	3	2
04025	Salad dressing, mayonnaise, soybean oil, with salt	2189		1	2			3				3				1			3	2	1	1
04027	Salad dressing, mayonnaise, imitation, soybean	50														3						3
04034	Oil, soybean, salad or cooking, (hydrogenated)	170		3	3											3				3	3	3
04042	Oil, peanut, salad or cooking	79		3												3					3	3
04044	Oil, soybean, salad or cooking	1275		2	2											1				3	2	1
04047	Oil, vegetable, coconut	50		3																3		
04053	Oil, olive, salad or cooking	290		3	3											2				3	2	3
04114	Salad dressing, Italian, commercial, regular, with salt	924		2	2							3				1				3	3	2
04120	Salad dressing, French, commercial, regular, with salt	281		3	3							3				2				3	3	2
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	100		3																	3	3
04132	Margarine, regular, unspecified oils, with salt added	59														3						3
04502	Oil, vegetable, cottonseed, salad or cooking	221		3	3											2				3	3	3
04518	Oil, vegetable corn, salad or cooking	998		2	2											1				3	2	1
04539	Salad dressing, Blue and Roquefort cheese, commercial, regular, with salt	223		3	3							3				3				3	3	2
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	133		3												3					3	3
04582	Oil, vegetable, canola	452		2	3											2				3	2	2
04609	Animal fat, bacon grease	94		3	3															3	3	3
04610	Margarine, regular, stick, composite, 80% fat	2704		1	1		3		3		2				2	1				2	1	1
04611	Margarine, regular, tub, composite, 80% fat	319		3	3						3				3	2				3	3	2
04612	Margarine-like spread, stick, composite, 60% fat, with salt	136		3												3					3	3
04613	Margarine-like spread, tub, composite, 60% fat, with salt	528		2	3						3				3	2				3	2	2
04614	Margarine-like spread, stick/tub, composite, 60% fat, with salt	109		3												3					3	3

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	157	3	3	3					3			3						3	3	3	3
05166	Turkey, all classes, meat and skin, cooked, roasted	138	3					3		3			3						3			
05168	Turkey, all classes, meat only, cooked, roasted	67	3										3									
05182	Turkey, all classes, light meat, meat and skin, cooked, roasted	208	3	3	3			3	3	3	3		3						3			3
05186	Turkey, all classes, light meat, cooked, roasted	176	3		3			3	3	3	3		3						3			
05188	Turkey, all classes, dark meat, cooked, roasted	52	3										3									
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	63	3										3									
05306	Ground turkey, cooked	89	3										3									
06019	Soup, chicken noodle, canned, condensed, commercial	210	3		3			3				3		2								
06030	Soup, clam chowder, New England, canned, condensed	22																				
06043	Soup, cream of mushroom, canned, condensed, commercial	168		3	3							3		3		3				3		3
06053	Soup, cream of potato, canned, condensed	75										3		3								
06072	Soup, vegetable with beef broth, canned, condensed, commercial	97										3		3	3							
06080	Chicken broth or boullion, dehydrated	39										3										
06103	Sauce, cheese, dehydrated, dry	209	3	3	3		3			3	3	3	3							3	3	
06116	Gravy, beef, canned	209	3		3			3		3	3	3	3	3						3		
06119	Gravy, chicken, canned	132		3								3	3	3							3	3
06150	Sauce, barbecue sauce	242			3	3		3	3		3	3		2	3	3						
06159	Soup, tomato, canned, condensed, commercial	181						3			3	3		3		3	3					
06164	Salsa, commercial variety	207				3	3	3	3		3	3		3		3	3	3				
06166	Sauce, home-prepared, white, medium	121		3												3					3	3
06170	Stock, beef, home-prepared	117							3	3	3	3		3				3				
06172	Stock, chicken, home-prepared	74									3			3				3				

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
07081	Turkey roll, light meat	116	3							3			3									
07082	Turkey roll, light and dark meat	126	3							3	3		3									
07089	Sausage, Italian, cooked, pork	100	3	3																3	3	
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	182				3		3	3	3			3	3				3				
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	111						3					3					3				
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	189			3			2					2					2				
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	32						3					3									
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	875	3		3	2	3	1	2	3	3	3	1	3	3		3	2				
08017	Cereals ready-to-eat, Cookie-Crisp, chocolate chip and vanilla, (corn with other grains)	46						3					3					3				
08019	Cereals ready-to-eat, Corn Chex, (corn)	32						3														
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	606	3		3	3		1				3		3	3		3	1				
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Bran Flakes	216				3		2	3	3			3			3		3				
08029	Cereals ready-to-eat, Natural bran flakes, post, (wheat bran)	98				3		3	3									3				
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	210			3			2					2					2				
08031	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS	357	3		3	2		1	3	3	3		3	3				2				
08034	Cereals ready-to-eat, Fruity Pebbles, (rice)	67						3					3					3				
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	73						3					3					3				
08037	Cereals ready-to-eat, granola, homemade, (oats,wheat germ)	251		3	3	3		3	3	3	3		3	3		3		3				3
08038	Cereals ready-to-eat, Grape-Nuts, (wheat,barley)	336	3		3	3		2	3	3			3	3	3			2				
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	287			3	3		2	3	3			2	3				2				

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
08046	Cereals ready-to-eat, Honeycomb, (corn,oats)	41																3				
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	121						2					3					3				
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	149						2	3	3			3					3				
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	140						3					3					3				
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	127						3					3			3		3				
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	489	3		3	2		2	2	3	3	3	2	2		3		2				
08061	Cereals ready-to-eat, Raisin Bran, Post, (wheat)	308			3	3		2	3	3	3		3	3	3	3		2				
08062	Cereals ready-to-eat, Raisin Bran, Ralston Purina, (wheat)	45						3														
08064	Cereals ready-to-eat, Rice Chex, (rice)	65						3										3				
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	281			3			3	3	3		3	3	3	3		3	2				
08067	Cereals ready-to-eat, Special K, (rice,wheat)	101						3					3					3				
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS (formerly Sugar corn pops)	100						3					3					3				
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	387			3			2				3			3		3	2				
08070	Cereals ready-to-eat, Sugar Frosted Flakes, Ralston Purina, (corn)	20																				
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS (formerly Honey smacks)	76						3										3				
08073	Cereals ready-to-eat, Golden crisp, (wheat) (formerly Super golden crisp or Super sugar crisp)	38																3				
08074	Cereals ready-to-eat, Tasteeos, (oat with other grains)	27						3														
08076	Cereals ready-to-eat, Toasties, (corn)	33																3				
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	834				3	3	1	3	3			1	3		1	3	2				
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	58						3					3					3				
08082	Cereals ready-to-eat, Wheat Chex, (wheat)	101						3	3					3				3				

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08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	160				3		2	3					3				3				
08090	Cereals, corn grits, white, regular and quick, enriched, dry, (corn)	25																				
08092	Cereals, corn grits, instant, QUAKER, plain, dry	40						3														
08094	Cereals, corn grits, instant, QUAKER, cheddar cheese flavor, dry	25						3														
08102	Cereals, Cream of Wheat, regular, dry, (wheat)	29						3														
08104	Cereals, Cream of Wheat, quick, dry, (wheat)	24						3														
08106	Cereals, cream of wheat, instant, dry, (wheat)	27						3														
08120	Cereals, oats, reg and quick and instant, without fortified, dry,(oats)	397	3		3	2		2	2	2	3		3	2				3				3
08122	Cereals, oats, instant, fortified, plain, dry, (oats)	532	3		3	3	3	2	3	3	3	3	3	3	3			2				
08128	Cereals, oats, instant, QUAKER, with cinnamon and spice, dry	147				3	3	2	3	3								3				
08132	Cereals, oats, instant, QUAKER, with raisins and spice, dry	129					3	3	3					3				3				
08147	Cereals ready-to-eat, Wheat, Shredded, large biscuit, (wheat)	84				3			3	3				3								
08148	Cereals ready-to-eat, Wheat, Shredded, small biscuit, (wheat)	88				3		3	3	3			3	3								
08152	Cereals ready-to-eat, Nutri-Grain, Wheat, (wheat)	32														3						
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	34						3														
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	54											3									
08242	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT with Crunchy Nuggets (formerly Just right)	48						3														
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	31				3																
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	51						3					3			3						
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	163						3					3			2		3				

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	53																3				
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	75						3					3									
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	70						3					3					3				
08265	Cereals ready-to-eat, GENERAL MILLS, MULTIGRAIN CHEERIOS	58						3					3									
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	80						3					3					3				
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	100						3					3					3				
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	61						3					3					3				
09003	Apples, raw, with skin	709			2	1	3	3	3	3	2			2		2	3	3				3
09016	Apple juice, canned or bottled, unsweetened,without added ascorbic acid	288			2	3	3	2	3	3	2			2								
09020	Applesauce, canned, sweetened, without salt	55			3	3								3								
09037	Avocados, raw, all commercial varieties	182		3		3			3		3			3		3		3			3	
09040	Bananas, raw	1445	3	3	2	1	3	2	1	3	1		3	1		2	2	2		3		
09111	Grapefruit, raw, pink and red and white, all areas	209				3			3		3			3			3	3				
09123	Grapefruit juice, canned, unsweetened	140							3		3			3			3	3				
09132	Grapes, European type (adherent skin), raw	229			3	3		3	3		3			2		3	3					
09135	Grape juice, canned or bottled, unsweetened	115			3			3	3		3			3								
09148	Kiwifruit, (Chinese gooseberries), fresh, raw	66															3					
09176	Mangos, raw	79													3							
09181	Melons, cantaloupe, raw	600			3	3			3		2			3	2		2	3				
09184	Melons, honeydew, raw	64															3					
09191	Nectarines, raw	85				3								3		3						
09193	Olives, ripe, canned(small-extra large)	75						3						3		3						

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10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	216	3	3	3			3		3			3	3					3	3	3	3
10093	Pork, fresh, composite cuts, separable lean only, cooked	56	3																			
10124	Pork products, cured, bacon, cooked, broiled, pan-fried or roasted	814	2	2	2			3	3	2	3	2	2	3		3			3	2	2	3
10136	Pork products, cured, ham, boneless, regular (approx 11% fat),roasted	158	3							3	3	3	3	3								
10151	Pork products, cured, ham, whole, fully cooked,separable lean and fat, roasted	77	3																			
10153	Pork products, cured, ham, whole, fully cooked,separable lean only, roasted	308	2	3	3			3	3	3	3	3	2	3					3		3	
10165	Pork products, cured, salt pork, raw	171		3	3															3	3	3
10176	Pork, fresh, loin, center loin, separable lean only, cooked, pan-fried	45	3																			
10179	Pork, fresh, loin, center loin, separable lean and fat, cooked, pan-fried	57	3																			
10182	Pork products, cured, ham, boneless, extra lean and regular,unheated	822	2	3	2			3	3	2	3	2	2	2		3			3	3	3	3
10183	Pork products, cured, ham, boneless, extra lean and regular,roasted	197	3		3			3		3	3	3	3	3					3		3	
10227	Pork, fresh, composite of loin and shoulder, separable lean and fat, cooked	51	3																			
11012	Asparagus, cooked, boiled, drained	67																3				
11032	Beans, Lima, immature seeds, cooked, boiled, drained,without salt	83				3		3	3		3			3								
11053	Beans, snap, green variety, cooked, boiled, drained, without salt	285				2	3	3	3	3	3		3	3	3			3				
11056	Beans, snap, green variety, canned, regular pack, drained solids	267				3	3	3	3		3	3	3	3				3				

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
11234	Kale, cooked, boiled, drained, without salt	64													3							
11251	Lettuce, Cos or Romaine, raw	104													3		3					
11252	Lettuce, Iceberg (includes Crisphead types), raw	1023	3		3	1	3	2	2	3	2		3	2	3	3	3	1				3
11260	Mushrooms, raw	64									3			3								
11261	Mushrooms, cooked, boiled, drained, without salt	69						3			3			3								
11264	Mushrooms, canned, drained solids	46												3								
11282	Onions, raw	495	3		3	2	3	3	3	3	2		3	2		3	3	2				
11283	Onions, cooked, boiled, drained, without salt	105				3			3		3			3				3				
11291	Onions, spring (includes tops and bulb), raw	67																3				
11304	Peas, green, raw	77				3																
11305	Peas, green, cooked, boiled, drained, without salt	83				3			3					3				3				
11308	Peas, green, canned, regular pack, drained solids	253	3		3	2		3	3	3	3	3	3	3	3			3				
11313	Peas, green, frozen, cooked, boiled, drained, without salt	204	3			2		3	3	3	3		3	3				3				
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	48													3							
11333	Peppers, sweet, green, raw	333				3			3		3			3		3	2	3				
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	66																				
11352	Potatoes, raw, flesh	467	3		3	3		3	3	3	2		3	1			3	3				
11363	Potatoes, baked, flesh, without salt	328	3		3	3		3	2	3	2		3	2			3	3				
11365	Potatoes, boiled, cooked in skin, flesh, without salt	592	3		3	2		3	2	3	2		3	1			3	3				
11367	Potatoes, boiled, cooked without skin, flesh, without salt	1155	3		2	1	3	2	1	2	1		2	1		3	2	2				
11370	Potatoes, hashed brown, home-prepared	226		3	3	3		3	3		3			3						3	3	3
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	78				3					3											
11391	Potatoes, hashed brown, frozen, plain, prepared	157		3	3	3		3			3			3						3	3	
11399	Potato puffs, frozen, prepared	114			3	3		3			3	3								3		

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
11403	Potatoes, frozen, french-fried, par-fried, home-prepared,heated in oven, without salt	203		3	3	3		3	3	3	3			3							3	
11424	Pumpkin, canned, without salt	31													3							
11457	Spinach, raw	143						3	3		3				3			3				
11458	Spinach, cooked, boiled, drained, without salt	235				3	3	3	3		3			3	3			3				
11461	Spinach, canned, drained solids	118							3						3			3				
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained,without salt	162							3						3			3				
11508	Sweetpotatoes, cooked, baked in skin, without salt	323				3					3			3	2							
11510	Sweetpotatoes, cooked, boiled, without skin, without salt	179												3	2							
11529	Tomatoes, red, ripe, raw, year round average	1120	3		3	2		2	2	3	2		3	1	2	2	2	2				3
11530	Tomatoes, red, ripe, cooked, boiled, without salt	179				3		3	3		3			3	3	3	3					
11531	Tomatoes, red, ripe, canned, whole, regular pack	485	3			3	3	3	3	3	2	3	3	2	3	3	3	3				
11540	Tomato juice, canned, with salt added	134									3	3		3			3					
11546	Tomato products, canned, paste, without salt added	265				3		3	3		3			2	3	3	3					
11547	Tomato products, canned, puree, without salt added	380				3		3	3	3	3			2	3	2	3	3				
11549	Tomato products, canned, sauce	878	3		3	2	3	2	2	3	2	2	3	1	3	2	3	3				
11569	Turnip greens, cooked, boiled, drained, without salt	123												3	3	3		3				
11578	Vegetable juice cocktail, canned	145									3			3	3		3	3				
11581	Vegetables, mixed, canned, drained solids	61													3							
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	218				3		3	3		3			3	3							
11642	Squash, summer, all varieties, cooked, boiled, drained,without salt	114				3			3		3			3				3				
11644	Squash, winter, all varieties, cooked, baked, without salt	77									3				3							
11645	Sweetpotatoes, canned, sirup pack, solid and liquid	89													3							

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
14347	Shake, fast food, vanilla	116			3		3			3	3											
14355	Tea, brewed, prepared with tap water	631						3	1	3	2		3	2				1				
14376	Tea, instant, sweetened with na saccharin, lemon flavored, prepared	22																				
14381	Tea, herb, other than chamomile, brewed	18																				
14382	Thirst Quencher drink, bottled	49			3									3								
14400	Carbonated beverage, cola	933			1		3	2	2	1		3	3	1								
14407	Orange flavor drink, breakfast type, powder	120															3	3				
14416	Carbonated beverage, low calorie cola, with aspartame	257	3				3	3	3	2			2	2								
14429	Water, municipal	273					3	3	2			3	2	2								
14435	Orange breakfast drink, ready-to-drink	188			3				3		3			3	3		3	3				
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey)86 proof	23			3																	
15019	Fish/shellfish, cod, pacific, raw	63	3							3	3											
15027	Fish/shellfish, fish portions and sticks, frozen, reheated	114	3							3									3			
15028	Fish/shellfish, flatfish (flounder and sole species), raw	120	3						3	3	3					3			3			
15033	Fish/shellfish, haddock, raw	39	3																			
15060	Fish/shellfish, perch, mixed species, raw	48	3																			
15065	Fish/shellfish, pollock, Atlantic, raw	43	3						3													
15080	Fish/shellfish, salmon, chum, canned, drained solids with bone	69	3							3												
15083	Fish/shellfish, salmon, Pink, raw	80	3							3												
15114	Fish/shellfish, trout, mixed species, raw	35																				
15119	Fish/shellfish, tuna, canned, drained solids, light meat,canned in oil	94	3							3												
15121	Fish/shellfish, tuna, canned, drained solids, light meat,canned in water	298	2		3			3	3	3	3	3	3	3		3			3			

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
15140	Fish/shellfish, crab, Blue, cooked, moist heat	113	3							3			3	3								
15148	Fish/shellfish, lobster, Northern, cooked, moist heat	49												3								
15149	Fish/shellfish, shrimp, mixed species, raw	266	3		3			3	3	3	3		3	3		3			3			
15152	Fish/shellfish, shrimp, mixed species, canned	92	3					3		3				3					3			
15157	Fish/shellfish, clam, mixed species, raw	57						3														
15160	Fish/shellfish, clam, mixed species, canned, drained solids	86						2						3								
15164	Fish/shellfish, mussel, Blue, raw	11																				
15166	Fish/shellfish, octopus, common, raw	9																				
15167	Fish/shellfish, oyster, Eastern, raw	150											2	2								
15170	Fish/shellfish, oyster, Eastern, canned	14											3									
15175	Fish/shellfish, squid, mixed species, raw	53												3								
15234	Finfish, catfish, channel, farmed, raw	123	3							3	3					3						
16006	Beans, baked, canned, plain or vegetarian	114				3			3		3		3	3								
16008	Beans, baked, canned with franks	71				3																
16010	Beans, baked, canned, with pork and sweet sauce	77				3																
16011	Beans, baked, canned, with pork and tomato sauce	305	3		3	3		3	3	3	3	3	2	2					3			
16014	Beans, black, raw	201	3			3		3	3	3	3		3	3					2			
16033	Beans, kidney, red, cooked, boiled, without salt	193	3			3		3	3	3	3		3	3					3			
16034	Beans, kidney, red, canned	304	3		3	2		3	3	3	3	3	3	3					3			
16042	Beans, pinto, raw	870	3		3	1	3	2	2	2	2		3	2					1			
16043	Beans, pinto, cooked, boiled, without salt	686	3		3	1	3	2	2	3	3		3	2		3			1			
16049	Beans, white, raw	179	3			3		3	3		3		3	3					3			
16050	Beans, white, cooked, boiled, without salt	322	3		3	2	3	2	3	3	3		3	2					3			
16056	Chickpeas (garbanzo beans, bengal gram), raw	81				3								3					3			

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
18033	Bread, Italian	161	3		3	3		3	3	3		3		3				3				
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	124			3	3		3	3	3				3								
18041	Bread, pita, white, enriched	66			3			3														
18055	Bread, reduced-calorie, wheat	100				3		3														
18057	Bread, reduced-calorie, white	108				3		3						3								
18060	Bread, rye	179	3		3	3		3	3	3		3	3	3				3				
18064	Bread, wheat (includes wheat berry)	335	3		3	3	3	2	3	3	3	3	3	2		3		3				
18065	Bread, wheat, toasted (includes wheat berry)	177	3		3	3		3	3	3		3	3	3								
18069	Bread, white, commercially prepared (includes soft bread crumbs)	2086	1	2	1	1	3	1	1	2	2	2	2	1		3		1		3	2	2
18070	Bread, white, commercially prepared, toasted	718	2	3	2	2	3	2	2	3	3	2	3	2		3		3		3	3	3
18075	Bread, whole-wheat, commercially prepared	946	2	3	2	1	3	2	2	2	3	3	2	2		3		2		3	3	3
18076	Bread, whole-wheat, commercially prepared, toasted	397	3		3	2	3	2	2	3	3	3	3	2		3		3				
18079	Bread crumbs, dry, grated, plain	362	3	3	3	3	3	2	3	3	3	3	3	3		3		3				3
18081	Bread stuffing, bread, dry mix	119			3			3	3			3		3				3				
18127	Cake, snackcakes, creme-filled, chocolate with frosting	194		3	3			3	3					3		3					3	3
18128	Cake, snackcakes, creme-filled, sponge	86			3											3						3
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	383	3	3	2	3		3	3	3		3	3	3		3				3	3	3
18166	Cookies, chocolate sandwich, with creme filling, regular	303		3	3	3		3	3	3		3		2		3				3	3	3
18172	Cookies, gingersnaps	42						3														
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	118			3			3						3		3						
18185	Cookies, peanut butter, commercially prepared, regular	96			3											3						3
18192	Cookies, shortbread, commercially prepared, plain	69																			3	
18210	Cookies, vanilla sandwich with creme filling	91		3	3											3					3	

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
18214	Crackers, cheese, regular	134		3	3			3												3	3	3
18228	Crackers, saltines (includes oyster, soda, soup)	284	3	3	3	3	3	2	3	3		3		3		3					3	3
18229	Crackers, standard snack-type, regular	236		3	3			3		3		3		3						3	3	3
18239	Croissants, butter	89			3															3		
18246	Danish Pastry, fruit, enriched, (include apple, cinnamon, raisin, lemon, raspberry, strawberry)	89		3	3																3	
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	327		3	3			3	3	3		3		3		3				3	3	3
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	156		3	3									3		3				3	3	
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	441	3	3	2	3		3	3	3		3	3	3		2		3		3	3	3
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	164	3		3	3	3	3	3	3		3		3				3				
18270	Hush puppies, prepared from recipe	90																				3
18274	Muffins, blueberry, commercially prepared	215	3	3	3	3		3	3	3		3		3		3						3
18279	Muffins, corn, commercially prepared	122			3	3		3	3	3												
18286	Muffins, wheat bran, toaster-type with raisins	69				3																
18288	Pancakes, plain, frozen, ready-to-heat (includes buttermilk)	476	3	3	2	3	3	2	3	2	3	3	3	3		3		3			3	3
18301	Pie, apple, commercially prepared, enriched flour	191		3	3	3										3				3	3	3
18326	Pie, pumpkin, commercially prepared	245		3	3	3									3	3					3	3
18347	Rolls, dinner, wheat	74						3														
18348	Rolls, dinner, whole-wheat	95				3			3					3								
18350	Rolls, hamburger or hotdog, plain	3094	1	2	1	1	2	1	1	2	2	2	1	1		2		1		2	2	2
18353	Rolls, hard (includes kaiser)	80			3			3														
18356	Sweet rolls, cinnamon, commercially prepared with raisins	386	3	3	3	3	3	3	3	3		3	3	3		3		3	3	3	3	3
18360	Taco shells, baked	323	3	3	3	3	3	3	3	3			3	3		3					3	3

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	317	3	3	3	3		3	3	3		3	3	3		3		3			3	3
18363	Tortillas, ready-to-bake or -fry, corn	347	3		3	2	3	3	2	2	3		3	3				3				3
18364	Tortillas, ready-to-bake or -fry, flour	862	2	3	2	2	3	2	2	2	3	3	3	2		2		3		3	3	2
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	189					3	3		3		3										
18370	Leavening agents, baking powder, double-acting, straight phosphate	38					3			3												
18374	Leavening agents, yeast, baker's, compressed	51											3					3				
18375	Leavening agents, yeast, baker's, active dry	86																2				
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	429	3	3	3	3	3	2	3	2	3	3	3	3	3	3		3			3	3
18460	Breakfast bar, cereal crust with fruit filling, fat free	33						3														
19003	Snacks, corn-based, extruded, chips, plain	356		3	3	3	3	3	3	3		3	3	3		3				3	3	2
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	366	3	3	3			3		3		3				3		3		3	3	3
19014	Fruit leather, rolls	36																				
19034	Snacks, popcorn, air-popped	71				3			3					3								
19035	Snacks, popcorn, oil-popped	555	3	3	3	2		3	2	3	3	3	3	3						3	3	2
19047	Snacks, pretzels, hard, plain, salted	354	3		3	3		2	3	3	3	2	3	2				3				3
19056	Snacks, tortilla chips, plain	830	3	2	2	2	3	3	2	2	3	3	2	3		3				3	2	3
19069	Sweets, candies, butterfinger bar	56												3								
19078	Sweets, baking chocolate, unsweetened, squares	124		3		3			3					3						3		
19080	Sweets, candies, semisweet chocolate	76							3					3						3		
19083	Sweets, candies, sweet chocolate coated fondant	39												3								
19088	Sweets, frozen desserts, ice milk, vanilla	74					3			3												
19089	Sweets, frozen desserts, ice cream, vanilla, rich	77																		3		

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
19351	Sweets, syrups, corn, high-fructose	9			3																	
19353	Sweets, syrups, maple	44			3								3									
19360	Sweets, syrups, table blends, pancake, with 2% maple	45			3									3								
19410	Snacks, potato chips, made from dried potatoes, plain, salted	119		3	3						3					3						3
19411	Snacks, potato chips, plain, salted	1997	3	2	2	2		2	2	2	2	2	2	1		2	2	2		2	2	2
19422	Snacks, potato chips, light	53									3											
20022	Cornmeal, degermed, enriched, yellow	93			3	3		3	3													
20037	Rice, brown, long-grain, cooked	136			3	3			3	3			3	3		3						
20044	Rice, white, long-grain, regular, raw, enriched	81			3			3						3								
20045	Cereal grains, rice, white, long-grain, regular, cooked, enriched	969	2		1	2	3	1	2	2	3		2	1		3		3				3
20047	Rice, white, long-grain, parboiled, cooked, enriched	73			3			3	3					3								
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	57			3			3						3								
20080	Wheat flour, whole-grain	196	3		3	3		3	3	3	3		3	3								
20081	Wheat flour, white, all-purpose, enriched, bleached	1450	1	3	1	1	3	1	2	2	3		2	1				2				3
20083	Wheat flour, white, bread, enriched	102	3		3	3		3						3								
20084	Wheat flour, white, cake, enriched	173	3		3	3		2	3	3				3								
20099	Macaroni, dry, enriched	49						3														
20100	Macaroni, cooked, enriched	892	2	3	2	2	3	1	2	2	3		2	1				3				3
20110	Noodles, egg, cooked, enriched	533	3	3	2	2		2	2	3			2	2				3	3			3
20113	Noodles, Chinese, chow mein	80																				3
20116	Noodles, Japanese, somen, dry	142	3		3	3		3	3			3		3								
20121	Spaghetti, cooked, enriched, without added salt	1062	2	3	2	1	3	1	2	2	3		2	1		3		3				3
21005	Breakfast items, biscuit with egg and sausage	137		3	3					3									3	3	3	

NDB No	Description	Score	Protein	Total Fat	Energy	TDF	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Vitamin A (IU)	Vitamin E	Vitamin C	Folate	Cholesterol	Total Saturated FA	Total Monounsaturated FA	Total Polyunsaturated FA
43570	Cereal ready-to-eat, Honey Bunches of Oats	152						3							3			2				
43581	Crackers, sandwich type, peanut butter-filled	175	3	3	3			3	3	3		3		3		3					3	3
43595	Breakfast bar, corn flake crust with fruit, lowfat	79						3					3					3				
47011	Beverage, fruit-flavored, powder, unsweetened, dry mix	41															3					
77820	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	68				3			3					3								
84060	Olives, pickled, canned or bottled, green	52										3										
85390	Peppers, hot, chili, immature green, canned, chili sauce	48									3											
85420	Peppers, hot, chili, mature red, canned, chili sauce	46													3							
92871	Sauce, tomato chili sauce, bottled, with salt added	95				3						3				3						