NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09003	Apples, raw, with skin	138	1 apple	0
09004	Apples, raw, without skin	110	1 cup	0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
09021	Apricots, raw	35	1 apricot	7
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0
11015	Asparagus, canned, drained solids	72	4 spears	0
11012	Asparagus, cooked, boiled, drained	60	4 spears	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0
09038	Avocados, raw, California	28.35	1 oz	7
09039	Avocados, raw, Florida	28.35	1 oz	8
18005	Bagels, cinnamon-raisin	89	4" bagel	0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
09040	Bananas, raw	118	1 banana	30
09040	Bananas, raw	150	1 cup	38
20006	Barley, pearled, cooked	157	1 cup	0
20005	Barley, pearled, raw	200	1 cup	0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0
16008	Beans, baked, canned, with franks	259	1 cup	0
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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
1056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	211
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0
1061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0
16051	Beans, white, mature seeds, canned	262	1 cup	0
22402	Beef Macaroni, frozen entree	240	1 package	2
22905	Beef stew, canned entree	232	1 cup	826
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0
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	9
1087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	6
1084	Beets, canned, drained solids	170	1 cup	0
11084	Beets, canned, drained solids	24	1 beet	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	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0
09042	Blackberries, raw	144	1 cup	0
09055	Blueberries, frozen, sweetened	230	1 cup	0
)9050	Blueberries, raw	145	1 cup	0
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
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0
8027	Bread, egg	40	1/2" slice	0
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
18033	Bread, italian	20	1 slice	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0
8039	Bread, oatmeal	27	1 slice	0
8040	Bread, oatmeal, toasted	25	1 slice	0
8041	Bread, pita, white, enriched	60	6-1/2" pita	0
8041	Bread, pita, white, enriched	28	4" pita	0
8044	Bread, pumpernickel	32	1 slice	0
8045	Bread, pumpernickel, toasted	29	1 slice	0
18047	Bread, raisin, enriched	26	1 slice	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
8055	Bread, reduced-calorie, wheat	23	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	0
18060	Bread, rye	32	1 slice	0
18061	Bread, rye, toasted	24	1 slice	0
18064	Bread, wheat	25	1 slice	0
18065	Bread, wheat, toasted	23	1 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
8070	Bread, white, commercially prepared, toasted	22	1 slice	0
8075	Bread, whole-wheat, commercially prepared	28	1 slice	0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	35
1090	Broccoli, raw	31	1 spear	8
1090	Broccoli, raw	88	1 cup	22
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
20013	Bulgur, cooked	182	1 cup	0
20012	Bulgur, dry	140	1 cup	0
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	2
1110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0
11109	Cabbage, raw	70	1 cup	23
1112	Cabbage, red, raw	70	1 cup	0
1114	Cabbage, savoy, raw	70	1 cup	0
8088	Cake, angelfood, dry mix, prepared	50	1 piece	0
8090	Cake, boston cream pie, commercially prepared	92	1 piece	0
8110	Cake, fruitcake, commercially prepared	43	1 piece	0
8451	Cake, pound, commercially prepared, fat-free	28	1 slice	0
8127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0
8133	Cake, sponge, commercially prepared	30	1 shortcake	0
8102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0
19074	Candies, caramels	10.1	1 piece	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
19071	Candies, carob, unsweetened	28.35	1 oz	0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0
19104	Candies, fudge, vanilla with nuts	15	1 piece	0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19107	Candies, hard	3	1 small piece	0
19107	Candies, hard	6	1 piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0
19116	Candies, marshmallows	50	1 cup	0
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	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)	0
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	0
19087	Candies, white chocolate	170	1 cup	0
09060	Carambola, (starfruit), raw	108	1 cup	26
09060	Carambola, (starfruit), raw	91	1 fruit	22
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
1655	Carrot juice, canned	236	1 cup	10247
1960	Carrots, baby, raw	10	1 medium	377
1128	Carrots, canned, regular pack, drained solids	146	1 cup	4005
1125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5891
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5425

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11124	Carrots, raw	72	1 carrot	2503
11124	Carrots, raw	110	1 cup	3825
11935	Catsup	6	1 packet	0
11935	Catsup	15	1 tbsp	0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0
11135	Cauliflower, raw	100	1 cup	0
11135	Cauliflower, raw	13	1 floweret	0
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0
11143	Celery, raw	120	1 cup	0
11143	Celery, raw	40	1 stalk	0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	9
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	8
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	2
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	16
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	4
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	6
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	10
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	1
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	6
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	14
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5
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	6
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	5
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	8
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	6
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	11
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	13
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
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	12
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	11
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	12
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	3
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	4
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
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	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	22
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
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

Content per NDB No Description Weight (g) **Common Measure** Measure 01030 Cheese, muenster 28.35 1 oz 0 01032 5 1 tbsp 0 Cheese, parmesan, grated 01042 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz n 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 244 1 cup 0 USDA commodity red tart cherries, canned) 09070 Cherries, sweet, raw 68 10 cherries 0 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 44 05073 Chicken, broilers or fryers, drumstick, meat only, cooked, roasted 1 drumstick 0 05022 Chicken, broilers or fryers, giblets, cooked, simmered 145 1 cup 7 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 Chicken, liver, all classes, cooked, simmered 19.6 05028 1 liver 2 05126 Chicken, stewing, meat only, cooked, stewed 140 1 cup 0 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 0 1 cup boiled, without salt 11156 Chives, raw 3 1 tbsp 0 14181 Chocolate syrup 18.75 1 tbsp 0 Chocolate-flavor beverage mix for milk, powder, without added 21.6 2-3 heaping tsp 0 14175 nutrients 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 0 28.35 14192 Cocoa mix, powder 3 heaping tsp 0 206 14194 Cocoa mix, powder, prepared with water 1 serving 0 192 14390 Cocoa mix, with aspartame, powder, prepared with water 1 serving 0 5.4 19165 Cocoa, dry powder, unsweetened 1 tbsp 0 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 0 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 0 179 6 fl oz 14215 Coffee, instant, regular, prepared with water 0 171 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 216 0 18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0 18155 Cookies, butter, commercially prepared, enriched 5 1 cookie 0 1 cookie 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, 10 0 enriched 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0 18170 1 cookie 0 Cookies, fig bars 16 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 0 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0 18177 Cookies, molasses 15 1 cookie, medium 0 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 4" 0 Cookies, oatmeal, commercially prepared, fat-free 1 cookie 18456 11 0 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0
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	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	59
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	55
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	18
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	28
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	13
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	87
20020	Cornmeal, whole-grain, yellow	122	1 cup	77
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	0
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	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	0
18226	Crackers, rye, wafers, plain	11	1 wafer	0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
18232	Crackers, wheat, regular	8	4 crackers	0
18235	Crackers, whole-wheat	16	4 crackers	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0
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	0
18243	Croutons, seasoned	40	1 cup	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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	10
11206	Cucumber, peeled, raw	280	1 large	22
11205	Cucumber, with peel, raw	301	1 large	33
11205	Cucumber, with peel, raw	104	1 cup	11
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	256
18245	Danish pastry, cheese	71	1 danish	0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0
09087	Dates, deglet noor	178	1 cup	0
09087	Dates, deglet noor	41.5	5 dates	0
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)	14	1 hole	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0
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	0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0
01131	Egg, whole, cooked, poached	50	1 large	0
01132	Egg, whole, cooked, scrambled	61	1 large	0
01123	Egg, whole, raw, fresh	58	1 extra large	0
01123	Egg, whole, raw, fresh	44	1 medium	0
01123	Egg, whole, raw, fresh	50	1 large	0
01125	Egg, yolk, raw, fresh	16.6	1 large	6
01057	Eggnog	254	1 cup	0
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	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	3
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0
21024	Fast foods, french toast sticks	141	5 sticks	0
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	1
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0
09094	Figs, dried, uncooked	38	2 figs	0
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")	0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	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
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	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)	0
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	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0
11215	Garlic, raw	3	1 clove	0
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	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	5
)9126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	5
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	17
09128	Grapefruit juice, white, raw	247	1 cup	5
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	1
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	2
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0
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
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	0
19270	Ice creams, chocolate	66	1/2 cup	0
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	4
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	1
19297	Jams and preserves	20	1 tbsp	0
19300	Jellies	19	1 tbsp	0
11226	Jerusalem-artichokes, raw	150	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0
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	4	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0
09153	Lemon juice, canned or bottled	244	1 cup	0
09152	Lemon juice, raw	47	juice of 1 lemon	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
09150	Lemons, raw, without peel	58	1 lemon	1
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0

11250Lettuce, butterhead (includes boston and bibb types), raw7.5I medium leaf011251Lettuce, coor romaine, raw56I cup011253Lettuce, coor romaine, raw56I cup011254Lettuce, green leaf, raw56I cup011255Lettuce, icberg (includes crisphead types), raw8I medium011252Lettuce, icberg (includes crisphead types), raw8I medium011252Lettuce, icberg (includes crisphead types), raw8I medium011253Lettuce, icberg (includes crisphead types), raw59I head2211000Lina beans, imanture seed, forzen, baby, cooked, boiled, drained,180I cup011037Lina beans, imanture seed, cooked, boiled, drained,188I cup011038Lina beans, imanture seed, cooked, boiled, without salt188I cup011041Lina beans, incode, anaveened246I cup001616Line juice, canael o botted, unaveened213 heaping typ001616Line juice, canael o botted, unaveened250I cup001616Line juice, canael o botted, unaveened213 heaping typ001716Magor, naw140I cup001816Maled drain rink, chootas, with added narriens, provder, prepared26I cup001816Magor, naw165I cup001816Magor, naw165I cup0 <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11251 Lattuce, cos or romaine, raw 10 1 leaf 0 11251 Lattuce, cos or romaine, raw 56 1 cup 0 11253 Lattuce, coene laf, raw 10 1 leaf 0 11252 Lattuce, icoberg (includes criphead types), raw 8 1 medourn 0 11252 Lattuce, icoberg (includes criphead types), raw 8 1 medourn 0 11253 Lattuce, icoberg (includes criphead types), raw 539 1 head 22 11040 Lina bena, innermans esch, forzen, forchhot, coched, boiled, drained, winnort alt 18 1 cup 0 11038 Linne bena, innermans esch, forzen, forchhot, coched, boiled, drained 246 1 cup 0 01161 Line juice, canned or botted, unsweetened 15.4 1 thep 0 21200 Macaroni, coclet, enriched 140 1 cup 0 21415 Malact drink nir, chocolats, with added nurrients, provder 21 3 bairping tep 0 14316 Malact drink nir, chocolats, with added nurrients, provder, prepared 165 1 cup 0	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0
11211Lettuce, cos or romaine, raw561 cup011233Lettuce, green lef, raw561 cup011234Lettuce, green lef, raw571 cup011235Lettuce, icberg (includes criphead types), raw591 head011236Lettuce, icberg (includes criphead types), raw591 head011236Line, icberg (includes criphead types), raw591 head011336Lina beans, inmature seeds, frozen, fordhock, cocked, boiled, drined, units sit1801 cup011037Lina beans, inmature seeds, cocked, boiled, drined, units sit1881 cup010072Lina beans, inmature seeds, cocked, boiled, drinot alt1881 cup010071Line juice, canned or bottled, unswerened2461 cup000160Line juice, canned or bottled, unswerened38juice of 1 line001716Maited drink mix, chocolate, with added nutrients, powder214-5 heaping tap001818Maited drink mix, chocolate, with added nutrients, powder, prepared2651 cup001810Maited drink mix, chocolate, with added nutrients, powder, prepared with with whole mik2651 cup001811Maited drink mix, nutrul, with added nutrients, powder, prepared with 	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
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11253 Lettuce, iceture (includes crisphead types), raw 55 1 cup 2 11252 Lettuce, iceture (includes crisphead types), raw 53 1 neudium 2 11252 Lettuce, iceture (includes crisphead types), raw 539 1 head 2 11254 Lettuce, iceture (includes crisphead types), raw 539 1 cup 0 11038 Linus beans, inmuture seeds, forzen, hohy, cooked, boiled, drinied, 180 1 cup 0 11037 Linus beans, immuture seeds, cooked, boiled, drinied, 188 1 cup 0 10617 Linus beans, immuture seeds, cooked, boiled, drinied, 188 1 cup 0 10617 Linus beans, immuture seeds, cooked, boiled, without salt 188 1 cup 0 20160 Line juice, canned or bottled, unsweretened 252 1 cup 0 20100 Macaroni, cooked, enriched 140 1 cup 0 20100 Macaroni, cooked, enriched 165 1 cup 0 214316 Malted drink mix, choolare, with added nutrients, powder 21 4.5 heaping tsp <td< td=""><td>11251</td><td>Lettuce, cos or romaine, raw</td><td>56</td><td>1 cup</td><td>0</td></td<>	11251	Lettuce, cos or romaine, raw	56	1 cup	0
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11252Lettuce, iceberg (includes criphend types), raw81 medium011252Lettuce, iceberg (includes criphend types), raw5391 head2211264Line beas, immatures seeds, frozen, baby, coxed, boiled, drained, without sait1801 cup011038Line beas, immatures seeds, frozen, brothy, coxed, boiled, drained, without sait1701 cup00072Line baes, large, mature seeds, coxeds, boiled, without sait1881 cup000716Line juice, canned or bottled, unsweetened2461 cup000716Mataroni and Chesse, canned entree2521 cup0022247Mataroni and Chesse, canned entree2521 cup00210100Mataroni, coxel, enriched1401 cup0041315Matled drink mis, natural, with added nutrients, powder214 sheaping tsp00414316Malted drink mis, natural, with added nutrients, powder, prepared2651 cup0041317Matled drink mis, natural, with added nutrients, powder, prepared2651 cup004131Matled drink mis, natural, with added nutrients, powder, prepared2651 cup004131Matled drink mis, natural, with added nutrients, powder, prepared2651 cup004131Margarine, regular, ush, consella, 60% fat, tub4.81 tsp004111Margarine, regular, ush, consella, 60% fat, tub4.81 tsp004122Margarine, regular, ush, consella, 60% fat, sti	11253	Lettuce, green leaf, raw	10	1 leaf	0
11252Lettuce, leeberg (includes cripphend types), raw5391 head2211040Lina beans, immature seeds, frozen, haby, cooked, boiled, drained, lind, and the seeds, frozen, haby, cooked, boiled, drained, lind, and the seeds, frozen, forthook, cooked, boiled, iff, and beans, immature seeds, frozen, forthook, cooked, boiled, lind, and the seeds, frozen, forthook, cooked, boiled, iff, and beans, immature seeds, frozen, forthook, cooked, boiled, lind, and the seeds, forthook, cooked, lind, and the seeds, forthook, cooked, boiled, lind, and the seeds, forthook, cooked, forthook, forthook, cooked, forth	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	2
11040Lina beams, immuture seeds, frozen, fordhook, cooked, boiled, drained, silvour sait1 cup01108Lina beams, immuture seeds, frozen, fordhook, cooked, boiled, 1701 cup01072Lina beams, large, muture seeds, cooked, boiled, virhout salt1881 cup01072Lina beams, large, muture seeds, cooked, boiled, virhout salt1881 cup01071Line juice, canned or bottled, unsweetened2461 cup020161Line juice, canned or bottled, unsweetened38juice of 1 line022247Macroni and Cheese, canned entree2521 cup021010Macroni, cooked, enriched1401 cup0211431Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp0214316Walted drink mix, netural, with added nutrients, powder214 Sheaping tsp0214316Malted drink mix, natural, with added nutrients, powder, prepared251 cup02176Mangos, raw1651 cup2321831Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp021431Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp021431Margarine, vegetable oil spread, 60% fat, stick4.81 tsp021431Margarine, vegetable oil spread, 60% fat, stick4.81 tsp021431Margarine, vegetable oil spread, 60% fat, stick4.81 tsp021432M	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0
without sail intervention intervention 11038 Limb beam, large, matre seeds, cooked, boiled, without sail 188 1 cup 0 16072 Limb beam, large, matre seeds, cooked, boiled, without sail 188 1 cup 0 16071 Lime juice, canned or bottled, unsweetened 246 1 cup 0 190160 Lime juice, canned or bottled, unsweetened 252 1 cup 0 20100 Macaroni and Cheses, canned entree 252 1 cup 0 20100 Macaroni, cooked, enriched 140 1 cup 0 20110 Matted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 20 14310 Matted drink mix, natural, with added nutrients, powder, prepared with whole milk 265 1 cup 20 14310 Matted drink mix, natural, with added nutrients, powder, prepared with whole milk 265 1 cup 20 14310 Matted drink mix, natural, with added nutrients, powder, prepared with whole milk 265 1 cup 20 14310 Matted drink mix, natural, with added nutrients, powder, prepared with whole milk <td>11252</td> <td>Lettuce, iceberg (includes crisphead types), raw</td> <td>539</td> <td>1 head</td> <td>22</td>	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	22
drained, without salt Issay I cup 1072 Lims batus, large, matur seeds, coled, boiled, without salt 188 I cup 0 09161 Lime juice, canned or bottled, unsweetened 246 I cup 0 09160 Lime juice, canned or bottled, unsweetened 15.4 I bap 0 09160 Lime juice, canned or bottled, unsweetened 252 I cup 0 20100 Macaroni an Chesee, canned entree 21 4 sup 3 hearping top 0 20101 Macaroni a, cooked, enriched 140 I cup 120 4 shearping top 0 14315 Malted drink mix, chocolate, with added nutrients, powder, prepared 21 4 shearping top 0 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 I cup 22 109176 Mangos, raw 207 I mango 32 10413 Margarine, regular, unspecified oils, with salt 14.2 I top 0 10412 Margarine, vegetable oil spread, 60% fat, tubk 4.8 I top 0	11040	•	180	1 cup	0
Dep 161Line juice, canned or bottled, unsweetened2461 cup1009160Line juice, canned or bottled, unsweetened15.41 thsp009160Line juice, raw38juice of 1 line022277Macaroni and Cheese, canned entree2521 cup020100Macaroni, cooked, enriched1401 cup014315Malled drink mix, chocolate, with added nutrients, powder213 heaping tsp014316Malled drink mix, chocolate, with added nutrients, powder, prepared2651 cup014310Malled drink mix, natural, with added nutrients, powder, prepared with whole milk2551 cup009176Mangos, raw1651 cup2304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp004612Margarine, regular, unspecified oils, with salt added14.11 tbsp004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tsp004612Margarine, vegetable oil spread, 60% fat, stick14.		drained, without salt		1 cup	0
09161Line juice, cannel or bottled, unsweetened15.41 tbsp009160Line juice, raw38juice of 1 line022247Macaroni, cocket, enriched1401 cup014315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp014316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup014309Malted drink mix, natural, with added nutrients, powder, prepared2551 cup014310Malted drink mix, natural, with added nutrients, powder, prepared2551 cup009176Mangos, raw1651 cup2309176Mangos, raw2071 mango3504131Margarine, regular, tub, composite, 80% fat, tub4.81 tsp004132Margarine, regular, tub, composite, 80% fat, stick4.81 tsp004132Margarine, vegetable oil spread, 60% fat, stick4.81 tsp004133Margarine, segulable oil spread, 60% fat, stick4.81 tsp004124Margarine, segulable oil spread, 60% fat, stick4.81 tsp004134Margarine, segulable oil spread, 60% fat, stick16.01.6 up0		-		1 cup	0
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22247Macaroni and Cheese, canned entree252I cup020100Macaroni, cooked, enriched140I cup014315Malted drink mix, chocolate, with added nutrients, powder, prepared265I cup014316Malted drink mix, natural, with added nutrients, powder, prepared265I cup014310Malted drink mix, natural, with added nutrients, powder, prepared265I cup014310Malted drink mix, natural, with added nutrients, powder, prepared with265I cup014310Malted drink mix, natural, with added nutrients, powder, prepared with265I cup2214310Malted drink mix, natural, with added nutrients, powder, prepared with265I cup2214310Malted drink mix, natural, with added nutrients, powder, prepared207I mango3304613Margosr, raw207I mango3304613Margarine, regular, tub, composite, 80% fat, with salt14.2I fbsp004612Margarine, regular, tub, composite, 80% fat, with salt added14.1I fbsp004612Margarine, regular, tub, composite, 80% fat, stick4.8I fsp004412Margarine, vegetable oil spread, 60% fat, stick4.8I fsp004412Margarine-butter blend, soybean oil and butter14.2I fbsp00412Margarine, vegetable oil spread, 60% fat, stick14.3I fbsp00418Melons, cantaloupe, raw60I cup0 <td>09161</td> <td>Lime juice, canned or bottled, unsweetened</td> <td>15.4</td> <td>1 tbsp</td> <td>0</td>	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0
20100Macaroni, cooked, enriched1401 cup014315Matted drink mix, chocolate, with added nutrients, powder213 heaping tsp014316Matted drink mix, chocolate, with added nutrients, powder, prepared2651 cup014309Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup014310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup2619076Mangos, raw1651 cup2819076Mangos, raw2071 mango3804611Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp004612Margarine, regular, utb, composite, 80% fat, with salt14.21 tbsp004612Margarine, regular, uspecified oils, with salt added14.11 tbsp004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp004513Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004514Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004515Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004514Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004515Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004514Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004515Margarine, vegetable oil	09160	Lime juice, raw	38	juice of 1 lime	0
Malted drink mix, chocolate, with added nutrients, powder, prepared213 heaping tsp014316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup014309Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup014310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup009176Mangos, raw1651 cup2809176Mangos, raw2071 mango3204613Margarine, regular, tub, composite, 80% fat, tub4.81 tsp004611Margarine, regular, tub, composite, 80% fat, with salt14.11 tbsp004612Margarine, regular, unspecified oils, with salt added14.11 tbsp004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004612Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp009181Melons, cantaloupe, raw691/8 melon1109184Melons, honeydew, raw1701 cup009184Melons, honeydew, raw13311 fl oz00110Mik, buttermik, fuid, cultured, lowfat2451 cup001010Mik, buttermik, fuid, cultured, lowfat2561 cup0 <t< td=""><td>22247</td><td>Macaroni and Cheese, canned entree</td><td>252</td><td>1 cup</td><td>0</td></t<>	22247	Macaroni and Cheese, canned entree	252	1 cup	0
Hall Halled drink mix, chocolate, with added nutrients, powder, prepared with whole milkLepLepHallow Walled drink mix, natural, with added nutrients, powder214-5 heaping tspCHallow whole milk2651 cup2809176Mangos, raw2071 mango2804613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tspC04614Margarine, regular, tub, composite, 80% fat, with salt14.21 dtspC04612Margarine, regular, tub, composite, 80% fat, stick14.31 tspC04612Margarine, vegetable oil spread, 60% fat, stick14.31 tspC04128Margarine, vegetable oil spread, 60% fat, stick14.31 tspC04128Margarine, vegetable oil spread, 60% fat, stick1601 cupC04128Margarine, vegetable oil spread, 60% fat, stick1601 cupC04129Melons, cantaloupe, raw691 // smelonC04114Melons, cantaloupe, raw1601 cupC04118	20100	Macaroni, cooked, enriched	140	1 cup	0
with whole milk with whole milk a structure 041131414 <td>14315</td> <td>Malted drink mix, chocolate, with added nutrients, powder</td> <td>21</td> <td>3 heaping tsp</td> <td>0</td>	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0
Halled drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup26709176Mangos, raw1651 cup2809176Mangos, raw2071 mango3204613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp004611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp004128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp004181Melons, cantaloupe, raw1601 cup2009184Melons, honeydew, raw1701 cup009184Melons, honeydew, raw13311 fl oz001011Milk shakes, thick chocolate30010.6 fl oz001038Milk, buttermilk, fuid, cultured, lowfat2551 cup001095Milk, canned, evaporated, norfat2561 cup001096Milk, canned, evaporated, omfat2501 cup001097Milk, canned, evaporated, norfat2501 cup001098Milk, chocolate, fluid, commercial, neduced fat2501 cup		with whole milk		*	0
whole milk 164 1 cup 28 09176 Mangos, raw 165 1 cup 33 09176 Margos, raw 207 1 mango 33 04613 Margarine, mergarine-like vegetable oil spread, 60% fat, tub 4.8 1 tsp 6 04611 Margarine, mergarine-like vegetable oil spread, 60% fat, with salt 14.2 1 thsp 6 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 6 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 thsp 6 04612 Margarine-butter blend, soybean oil and butter 14.2 1 tsp 6 04128 Margarine-butter blend, soybean oil and butter 14.2 1 tsp 6 0418 Melons, cantaloupe, raw 66 1 ksmelon 11 09181 Melons, cantaloupe, raw 160 1 cup 6 01110 Milk shakes, thick chocolate 300 10.6 fl oz 6 01111 Milk shakes, thick chocolate 306 1 cup 6	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0
Dyperior Mangos, raw 207 I mango 35 04613 Margarine, margarine-like vegetable oil spread, 60% fat, tub 4.8 1 tsp 0 04611 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 0 04612 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0 04612 Margarine-ike spread, 60% fat, stick 14.3 1 tbsp 0 04612 Margarine-bitter blend, soybean oil and butter 14.2 1 tbsp 0 04618 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp 0 0418 Melons, cantaloupe, raw 69 1/8 melon 0 0 09181 Melons, honeydew, raw 160 1 cup 0 0 09184 Melons, honeydew, raw 160 1/8 melon 0 0 0110 Mik shakes, thick chocolate 300 10.6 fl oz 0 0 <		whole milk		1 cup	0
04613 Margarine, margarine-like vegetable oil spread, 60% fat, tub 4.8 1 tsp 0 04611 Margarine, 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 4.8 1 tsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0 04612 Margarine-butter blend, soybean oil and butter 14.2 1 tbsp 0 04585 Margarine-butter blend, soybean oil and butter 14.2 1 tbsp 0 0412 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp 0 04181 Melons, cantaloupe, raw 69 1/8 melon 11 09184 Melons, honeydew, raw 160 1 cup 0 09184 Melons, honeydew, raw 160 1/8 melon 0 0110 Milk shakes, thick chocolate 300 10.6 fl oz 0 01111 Milk shakes, thick vanilla 313 11 fl oz 0	09176	Mangos, raw		1 cup	28
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 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0 04585 Margarine-butter blend, soybean oil and butter 14.2 1 tbsp 0 04128 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp 0 09181 Melons, cantaloupe, raw 69 1/8 melon 11 09184 Melons, honeydew, raw 160 1 cup 0 09184 Melons, honeydew, raw 160 1/8 melon 0 0110 Milk shakes, thick chocolate 300 10.6 fl oz 0 0111 Milk shakes, thick vanilla 313 11 fl oz 0 01094 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 0 <t< td=""><td>09176</td><td>Mangos, raw</td><td>207</td><td>1 mango</td><td>35</td></t<>	09176	Mangos, raw	207	1 mango	35
Margarine, regular, unspecified oils, with salt added14.11 tbsp(0)04612Margarine, regular, unspecified oils, with salt added14.11 tbsp(0)04612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp(0)04612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp(0)04585Margarine-butter blend, soybean oil and butter14.21 tbsp(0)04128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp(0)04128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp(0)04128Melons, cantaloupe, raw1601 cup(0)09181Melons, honeydew, raw1601 cup(0)09184Melons, honeydew, raw1601/8 melon(0)0110Milk shakes, thick vanilla31311 fl oz(0)0111Milk shakes, thick vanilla31311 fl oz(0)0104Milk, buttermilk, fluid, cultured, lowfat2451 cup(0)0105Milk, canned, evaporated, nonfat2501 cup(0)0104Milk, chocolate, fluid, commercial, neduced fat2501	04613		4.8	1 tsp	0
04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp (0 04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp (0 04512 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp (0 04585 Margarine-butter blend, soybean oil and butter 14.2 1 tbsp (0 04128 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp (0 04128 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp (0 04128 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp (0 04128 Margarine, vegetable oil spread, (approximately 37% fat), unspecified oils 4.8 1 tsp (0 04128 Margarine, intervention of the spread, (approximately 37% fat), unspecified oils 4.8 1 tsp (0 0418 Melons, cantaloupe, raw 160 1 cup (0 0414 Melons, honeydew, raw 160 1/8 melon (0 01110 Milk shakes, thick chocolate 300 10.6 fl oz (0 010111 Milk sh	04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
04612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 bsp (0 04585 Margarine, butter blend, soybean oil and butter 14.2 1 bsp (0 04128 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp (0 09181 Melons, cantaloupe, raw 69 1/8 melon 11 09181 Melons, cantaloupe, raw 160 1 cup 20 09184 Melons, honeydew, raw 170 1 cup (0 09184 Melons, honeydew, raw 160 1/8 melon (0 01110 Milk shakes, thick chocolate 300 10.6 fl oz (0 01111 Milk shakes, thick vanilla 313 11 fl oz (0 01111 Milk shakes, thick vanilla 313 11 fl oz (0 01094 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup (0 01095 Milk, canned, condensed, sweetened 306 1 cup (0 01096 Milk, canned, evaporated, nonfat 250 1 cup (0 01097 Milk, chocolate, fluid, commercial, lowfat 2	04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
Margarine-butter blend, soybean oil and butter14.21 thsp(2)04128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp(2)09181Melons, cantaloupe, raw691/8 melon1109181Melons, cantaloupe, raw1601 cup2609184Melons, honeydew, raw1701 cup(2)09184Melons, honeydew, raw1601/8 melon(2)09184Melons, honeydew, raw1601/8 melon(2)00110Milk shakes, thick chocolate30010.6 fl oz(2)01111Milk shakes, thick vanilla31311 fl oz(2)01094Milk, buttermilk, dried6.51 tbsp(2)01095Milk, canned, condensed, sweetened3061 cup(2)01096Milk, canned, evaporated, nonfat2561 cup(2)01096Milk, chocolate, fluid, commercial, lowfat2501 cup(2)0103Milk, chocolate, fluid, commercial, whole2501 cup(2)0102Milk, chocolate, fluid, commercial, whole2501 cup(2)01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup(2)	04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04128 Margarine-like spread, (approximately 37% fat), unspecified oils 4.8 1 tsp 0 09181 Melons, cantaloupe, raw 69 1/8 melon 11 09181 Melons, cantaloupe, raw 160 1 cup 26 09184 Melons, honeydew, raw 170 1 cup 0 09184 Melons, honeydew, raw 160 1/8 melon 0 09184 Melons, honeydew, raw 160 1/8 melon 0 0 09184 Melons, honeydew, raw 160 1/8 melon 0		Margarine, vegetable oil spread, 60% fat, stick		1 tbsp	0
Op 181Melons, cantaloupe, raw691/8 melon1109181Melons, cantaloupe, raw1601 cup2609184Melons, honeydew, raw1701 cup009184Melons, honeydew, raw1601/8 melon000110Milk shakes, thick chocolate30010.6 fl oz001111Milk shakes, thick vanilla31311 fl oz001094Milk, buttermilk, dried6.51 tbsp001095Milk, cultured, lowfat2451 cup001097Milk, canned, condensed, sweetened3061 cup001096Milk, canned, evaporated, nonfat2561 cup001096Milk, canned, evaporated, without added vitamin A2521 cup00103Milk, chocolate, fluid, commercial, lowfat2501 cup00102Milk, chocolate, fluid, commercial, whole2501 cup00102Milk, chocolate, fluid, commercial, whole2501 cup00102Milk, chocolate, fluid, commercial, whole2501 cup0	04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0
Dep 181 Melons, cantaloupe, raw 160 1 cup 26 Dep 184 Melons, honeydew, raw 170 1 cup 6 Dep 184 Melons, honeydew, raw 160 1/8 melon 6 Dep 184 Melons, honeydew, raw 160 1/8 melon 6 Dep 184 Melons, honeydew, raw 160 1/8 melon 6 Dep 184 Milk shakes, thick chocolate 300 10.6 fl oz 6 Dep 111 Milk shakes, thick chocolate 300 10.6 fl oz 6 Dep 111 Milk shakes, thick vanilla 313 11 fl oz 6 Dep 104 Milk, buttermilk, dried 6.5 1 btsp 6 Dep 104 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 6 Dep 105 Milk, canned, evaporated, nonfat 256 1 cup 6 Dep 104 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 6 Dep 104 Milk, chocolate, fluid, commercial, whole 250 1 cup 6 Dep	04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0
Op184Melons, honeydew, raw170I cup09184Melons, honeydew, raw1601/8 melon00110Milk shakes, thick chocolate30010.6 fl oz001111Milk shakes, thick vanilla31311 fl oz001094Milk, buttermilk, dried6.51 tbsp001095Milk, buttermilk, fluid, cultured, lowfat2451 cup001097Milk, canned, condensed, sweetened3061 cup001096Milk, canned, evaporated, nonfat2561 cup001096Milk, condent, fluid, commercial, lowfat2501 cup001103Milk, chocolate, fluid, commercial, reduced fat2501 cup001092Milk, chocolate, fluid, commercial, whole2501 cup001092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	09181	Melons, cantaloupe, raw	69	1/8 melon	11
Dep 184Melons, honeydew, raw1601/8 melon0D01110Milk shakes, thick chocolate30010.6 fl oz0D01111Milk shakes, thick vanilla31311 fl oz0D0194Milk, buttermilk, dried6.51 tbsp0D01088Milk, buttermilk, fluid, cultured, lowfat2451 cup0D01095Milk, canned, condensed, sweetened3061 cup0D01097Milk, canned, evaporated, nonfat2561 cup0D01096Milk, canned, evaporated, without added vitamin A2521 cup0D0103Milk, chocolate, fluid, commercial, lowfat2501 cup0D0102Milk, chocolate, fluid, commercial, whole2501 cup0D0102Milk, chocolate, fluid, commercial, whole231/3 cup0	09181	Melons, cantaloupe, raw	160	1 cup	26
D1110Milk shakes, thick chocolate30010.6 fl oz0D1111Milk shakes, thick vanilla31311 fl oz0D1094Milk, buttermilk, dried6.51 tbsp0D1088Milk, buttermilk, fluid, cultured, lowfat2451 cup0D1095Milk, canned, condensed, sweetened3061 cup0D1097Milk, canned, evaporated, nonfat2561 cup0D1096Milk, canned, evaporated, without added vitamin A2521 cup0D103Milk, chocolate, fluid, commercial, lowfat2501 cup0D103Milk, chocolate, fluid, commercial, whole2501 cup0D1092Milk, chocolate, fluid, commercial, whole231/3 cup0	09184	Melons, honeydew, raw	170	1 cup	0
01111Milk shakes, thick vanilla31311 fl oz010001094Milk, buttermilk, dried6.51 tbsp010801088Milk, buttermilk, fluid, cultured, lowfat2451 cup010901095Milk, canned, condensed, sweetened3061 cup010901097Milk, canned, evaporated, nonfat2561 cup010901096Milk, canned, evaporated, without added vitamin A2521 cup01000104Milk, chocolate, fluid, commercial, lowfat2501 cup010001103Milk, chocolate, fluid, commercial, reduced fat2501 cup010001102Milk, chocolate, fluid, commercial, whole2501 cup010001092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0100	09184	Melons, honeydew, raw	160	1/8 melon	0
01094Milk, buttermilk, dried6.51 tbsp001088Milk, buttermilk, fluid, cultured, lowfat2451 cup001095Milk, canned, condensed, sweetened3061 cup001097Milk, canned, evaporated, nonfat2561 cup001096Milk, canned, evaporated, without added vitamin A2521 cup001104Milk, chocolate, fluid, commercial, lowfat2501 cup001103Milk, chocolate, fluid, commercial, reduced fat2501 cup001102Milk, chocolate, fluid, commercial, whole2501 cup001092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01110	Milk shakes, thick chocolate	300	10.6 fl oz	0
D1088Milk, buttermilk, fluid, cultured, lowfat2451 cup0D1095Milk, canned, condensed, sweetened3061 cup0D1097Milk, canned, evaporated, nonfat2561 cup0D1096Milk, canned, evaporated, without added vitamin A2521 cup0D104Milk, chocolate, fluid, commercial, lowfat2501 cup0D103Milk, chocolate, fluid, commercial, reduced fat2501 cup0D102Milk, chocolate, fluid, commercial, whole2501 cup0D102Milk, chocolate, fluid, commercial, whole231/3 cup0	01111	Milk shakes, thick vanilla	313	11 fl oz	0
D1095Milk, canned, condensed, sweetened3061 cup0D1097Milk, canned, evaporated, nonfat2561 cup0D1096Milk, canned, evaporated, without added vitamin A2521 cup0D1104Milk, chocolate, fluid, commercial, lowfat2501 cup0D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup0D1102Milk, chocolate, fluid, commercial, whole2501 cup0D1092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01094	Milk, buttermilk, dried	6.5	1 tbsp	0
D1097Milk, canned, evaporated, nonfat2561 cup0D1096Milk, canned, evaporated, without added vitamin A2521 cup0D104Milk, chocolate, fluid, commercial, lowfat2501 cup0D103Milk, chocolate, fluid, commercial, reduced fat2501 cup0D102Milk, chocolate, fluid, commercial, whole2501 cup0D102Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0
D1096Milk, canned, evaporated, without added vitamin A2521 cup0D1104Milk, chocolate, fluid, commercial, lowfat2501 cup0D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup0D1102Milk, chocolate, fluid, commercial, whole2501 cup0D1092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01095	Milk, canned, condensed, sweetened	306	1 cup	0
D1104Milk, chocolate, fluid, commercial, lowfat2501 cup0D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup0D1102Milk, chocolate, fluid, commercial, whole2501 cup0D1092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01097	Milk, canned, evaporated, nonfat	256	1 cup	0
D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup0D1102Milk, chocolate, fluid, commercial, whole2501 cup0D1092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0
D1102Milk, chocolate, fluid, commercial, whole2501 cup0D1092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0	01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0
Milk, dry, nonfat, instant, with added vitamin A231/3 cup	01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0
	01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0
Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup	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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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 (Includes mini-muffins)	57	1 muffin	0
18279	Muffins, corn, commercially prepared	57	1 muffin	7
18283	Muffins, oat bran	57	1 muffin	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
11264	Mushrooms, canned, drained solids	156	1 cup	0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11260	Mushrooms, white, raw	70	1 cup	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
09191	Nectarines, raw	136	1 nectarine	0
20113	Noodles, chinese, chow mein	45	1 cup	0
20110	Noodles, egg, cooked, enriched	160	1 cup	0
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0
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	0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0
12167	Nuts, chestnuts, european, roasted	143	1 cup	0
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	1
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	0
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12147	Nuts, pine nuts, dried	28.35	1 oz	0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
12652	Nuts, pile nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0
12052	Nuts, walnuts, english	28.35	1 oz (14 halves)	0
20033	Oat bran, raw	94	1 cup	0
)4053	Oil, olive, salad or cooking	13.5	1 tbsp	0
)4033)4042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04042 04058	· ·		*	0
	Oil, sesame, salad or cooking	13.6	1 tbsp	
)4034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
)4543	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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04582	Oil, vegetable, canola	14	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	0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
11284	Onions, dehydrated flakes	5	1 tbsp	0
11282	Onions, raw	160	1 cup	0
11282	Onions, raw	110	1 whole	0
11282	Onions, raw	14	1 slice	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0
09207	Orange juice, canned, unsweetened	249	1 cup	12
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	7
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	21
09206	Orange juice, raw	86	juice from 1 orange	5
09206	Orange juice, raw	248	1 cup	15
09200	Oranges, raw, all commercial varieties	180	1 cup	20
09200	Oranges, raw, all commercial varieties	131	1 orange	14
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0
09226	Papayas, raw	140	1 cup	0
09226	Papayas, raw	304	1 papaya	0
11297	Parsley, raw	10	10 sprigs	0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	2
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0
09236	Peaches, raw	98	1 peach	0
09236	Peaches, raw	170	1 cup	0
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		0
09340 09340	Pears, asian, raw	275	1 pear	0
		275	1 pear	
09257	Pears, canned, heavy syrup pack, solids and liquids		1 cup	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09252	Pears, raw	166	1 pear	0

Content per NDB No Description Weight (g) **Common Measure** Measure 11303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 160 85 1 cup 11308 Peas, green, canned, regular pack, drained solids 170 1 cup 0 Peas, green, frozen, cooked, boiled, drained, without salt 160 32 11313 1 cup 16086 Peas, split, mature seeds, cooked, boiled, without salt 196 1 cup 0 11670 Peppers, hot chili, green, raw 45 1 pepper 10 11819 Peppers, hot chili, red, raw 45 1 pepper 16 11632 Peppers, jalapeno, canned, solids and liquids 26 1/4 cup 8 11334 Peppers, sweet, green, cooked, boiled, drained, without salt 136 1 cup 35 10 2 11333 Peppers, sweet, green, raw 1 ring 25 11333 Peppers, sweet, green, raw 119 1 pepper 11333 149 1 cup 31 Peppers, sweet, green, raw 11823 Peppers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 24 149 11821 Peppers, sweet, red, raw 1 cup 30 11821 Peppers, sweet, red, raw 119 1 pepper 24 11945 Pickle relish, sweet 15 1 tbsp 19 11937 Pickles, cucumber, dill or kosher dill 65 1 pickle 12 18330 Pie crust, cookie-type, prepared from recipe, graham cracker, baked 239 1 pie shell 0 18335 Pie crust, standard-type, frozen, ready-to-bake, baked 126 1 pie shell 0 18336 Pie crust, standard-type, prepared from recipe, baked 180 1 pie shell 0 74 19312 Pie fillings, apple, canned 1/8 of 21-oz can 0 18301 Pie, apple, commercially prepared, enriched flour 0 117 1 piece 18305 Pie, blueberry, commercially prepared 117 1 piece 0 Pie, cherry, commercially prepared 18308 117 1 piece 0 18319 Pie, fried pies, fruit 128 1 pie 0 18320 Pie, lemon meringue, commercially prepared 113 1 piece 0 Pie, pecan, commercially prepared 18324 113 1 piece 0 18326 Pie, pumpkin, commercially prepared 109 1 piece 748 1 tbsp 11943 Pimento, canned 12 29 250 0 14334 Pineapple and grapefruit juice drink, canned 8 fl oz 250 8 fl oz 0 14341 Pineapple and orange juice drink, canned 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 2 09278 Plantains, cooked 154 544 1 cup 09277 Plantains, raw 179 1 medium 784 09284 1 plum 0 Plums, canned, purple, heavy syrup pack, solids and liquids 46 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 258 1 cup 0 09282 Plums, canned, purple, juice pack, solids and liquids 252 1 cup 0 09282 Plums, canned, purple, juice pack, solids and liquids 46 1 plum 0 09292 Plums, dried (prunes), stewed, without added sugar 248 1 cup 62 09291 Plums, dried (prunes), uncooked 42 5 prunes 24 09279 Plums, raw 66 1 plum 0 07065 Pork and beef sausage, fresh, cooked 26 2 links 0 07064 0 Pork sausage, fresh, cooked 27 1 patty

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85 85	3 oz 3 oz	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised			
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0
11672	Potato pancakes	76	1 pancake	0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
09294	Prune juice, canned	256	1 cup	0
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0
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	11748
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	853
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	73
09302	Raspberries, raw	123	1 cup	20
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0
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	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
18353	Rolls, hard (includes kaiser)	57	1 roll	0
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	1
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0
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	0
04015	Salad dressing, russian dressing	15.3	1 tbsp	1
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0
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	15.75	1 tbsp	1
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0
06166	Sauce, homemade, white, medium	250	1 cup	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	75
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	12
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	15	1 tbsp	0
12100	common type)	15	1 tosp	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
14346	Shake, fast food, chocolate	333	16 fl oz	0
14347	Shake, fast food, vanilla	333	16 fl oz	0
19097	Sherbet, orange	74	1/2 cup	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0

9903 Snacks, com-based, estruded, pfirst rutists, cheese-flavor 28.35 1 oz 0 99036 Snacks, com-based, estruded, pfirst rutists, cheese-flavor 28.35 1 oz 0 99041 Snacks, fruit lacher, rulis 21 1 harge 0 99441 Snacks, fruit lacher, rulis 21 1 harge 0 99431 Snacks, fruit lacher, rulis 28.35 1 oz (about 1/4 cup) 0 99035 Snacks, popcorn, rules 10 1 cake 2 99035 Snacks, popcorn, rules 10 1 cake 0 99035 Snacks, popcorn, rules 35.2 1 oz 0 99035 Snacks, popcorn, curumel-coated, without peanuts 32.3 1 oz 0 99035 Snacks, potat chips, made from dried potators, light 28.35 1 oz 0 19041 Snacks, potat chips, made from dried potators, light 28.35 1 oz 0 190415 Snacks, potat chips, made from dried potators, light 28.35 1 oz 0 190415 Snacks, potat chips, made from dried potators, light 28.35 1 oz 0 1	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9008Snacks, com based, extraded, puffs or twists, cheese-flavor28.351 or090193Snacks, fruit taber, picces28.51 or091944Snacks, fruit taber, rolls211 larger091934Snacks, fruit taber, rolls28.551 or (about 1/4 cup)091934Snacks, roll min, fris-based28.551 or (about 1/4 cup)091934Snacks, popcon, air-popped81 cup191935Snacks, popcon, carmed-coated, without peanors35.21 cup191938Snacks, popcon, carmed-coated, without peanors28.551 oz091934Snacks, popcon, carmed-coated, without peanors28.351 oz091944Snacks, popcon, carmed-coated, without peanors28.351 oz091945Snacks, popcon, carmed-coated, without peanors28.351 oz091944Snacks, ponta chips, male from dried potatoes, liph28.351 oz091945Snacks, ponta chips, male from dried potatoes, liph28.351 oz091947Snacks, ponta chips, male from dried potatoes, liph28.351 oz091947Snacks, ponta chips, male from dried potatoes, liph28.351 oz091947Snacks, ponta chips, polin, shite28.351 oz091947Snacks, ponta chips, polin, shite con28.351 oz091947Snacks, ponta chips, polin, shite28.351 oz091947Snacks, ponta chi	19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0
9013Sacks, finit leadher, pieces28,85i oror9014Sacks, finit leadher, rols21large09044Sacks, KELLOGG SLUTRI-GRAIN Cereal Bars, fruit filled7lbr09013Sacks, one and mix, fixe-based28,35loc (about 1/4 cup)090148Sacks, oppeon, camel-coadd, with peanuts42lappe290159Sacks, oppeon, camel-coadd, with peanuts35.2locy090161Sacks, oppeon, camel-coadd, without peanuts35.2locy0901625Sacks, oppoon, camel-coadd, without peanuts28.35locz0901615Sacks, opoto, chip, pead, finizoway, regular flavor11lacup0901615Sacks, opoto, chip, pead, finizoway, regular flavor28.35locz0901615Sacks, opoto, chip, palin, suled28.35locz0901615Sacks, pototo, chips, plain, suled28.35locz0901615Sacks, pototo, chips, plain, suled28.35locz0901615Sacks, pototo, chips, plain, suled0010 prezide0901615Sacks, pototo, chips, plain, white con28.35locz00901615Sacks, pototo, chips, plain, white con28.35locz00901625Sacks, pototo, chips, plain, white con28.35locz00901635Sacks, pototo, chips, plain, white con24.4lcup0901645Song, hear moodle, canned,	19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
9014Snacks, firit leader, rolls211 large09411Snacks, KELLOGG NUTELGRAIN Cereal Bars, firiti- 101371 har09031Snacks, opecen, airsne-losade28.351 or (about 1/4 cup)09036Snacks, opecen, airsne-losade, with pearuts421 cup09037Snacks, opecen, airsne-locade, with pearuts42.11 cup09038Snacks, opecen, airsne-locade, with pearuts42.21 cup09035Snacks, opecen, airsne-locade, with pearuts28.351 oz090410Snacks, porta chips, male from dried potanos, light28.351 oz0904111Snacks, porta chips, male from dried potanos, light28.351 oz0914112Snacks, porta chips, plain, subtod28.351 oz091413Snacks, porta chips, plain, subtod28.351 oz091414Snacks, porta chips, plain, subtod28.351 oz091415Snacks, porta chips, plain, subtod28.351 oz091416Snacks, protaco chips, plain, subtod61 packet091417Snacks, protaco chips, chain91 cake091418Snacks, tortill chips, plain, white com28.351 oz091418Snacks, tortill chips, plain, white com28.351 oz091415Snacks, tortill chips, plain, white com28.351 oz09145Snacks, tortill chips, plain, white com28.351 oz </td <td>9008</td> <td>Snacks, corn-based, extruded, puffs or twists, cheese-flavor</td> <td>28.35</td> <td>1 oz</td> <td>0</td>	9008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0
9441 Smacks, KELLOGG, KELLOGG S NUTRL-GRAIN Cereal Ban, fruit 97 1 bar 0 9031 Snacks, opienn, air-poped 28,35 1 or (about 1/4 cup) 0 9034 Snacks, opienn, air-poped 8 1 cup 2 9035 Snacks, oppeon, carmel-coated, with peanuts 35.2 1 cup 10 9035 Snacks, oppeon, carmel-coated, with peanuts 35.2 1 cup 0 9034 Snacks, oppeon, carmel-coated, with out peanuts 35.2 1 cup 0 9041 Snacks, optoto, chips, pender, microware, regular flavor 11 1 cup 0 90415 Snacks, pototo, chips, plain, salted 28.35 1 oz 0 90415 Snacks, pototo, chips, plain, salted 28.35 1 oz 0 91411 Snacks, pototo, chips, plain, salted 28.35 1 oz 0 91411 Snacks, pototo, chips, plain, salted 28.35 1 oz 0 91411 Snacks, pototo, chips, plain, salted 0 1 oz 0 91421 Snacks, pototo, chips, chick, nanod, p	19013	Snacks, fruit leather, pieces	28.35	1 oz	0
Intel 9114 Snacks, opecorn, air, rine-based 28.0 I cup 27.0 90340 Snacks, opecorn, air, rine-based 10 I cup 27.0 90350 Snacks, opecorn, caramel-coated, with peanuts 35.2 I cup 0.0 90305 Snacks, popcorn, caramel-coated, without peanuts 35.2 I cup 0.0 90305 Snacks, popcorn, caramel-coated, without peanuts 35.2 I cup 0.0 90415 Snacks, postan, chips, male from dried potatoes, light 28.35 I oz 0.0 91410 Snacks, potan chips, male from dried potatoes, plain 28.35 I oz 0.0 91411 Snacks, potan chips, reduced fat 28.35 I oz 0.0 91422 Snacks, potan chips, reduced fat 28.35 I oz 0.0 91423 Snacks, rotral chips, reduced fat 0.0 10 pretzels 0.0 91442 Snacks, rotral chips, reduced with equal volume water 24.1 I cup 0.0 91454 Snacks, rotral chips, reduced with equal volume water 24.1 I cup	19014	Snacks, fruit leather, rolls	21	1 large	0
9934 Snacks, popcorn, air popped 8 1 cup 2 99036 Snacks, popcorn, cakes 10 1 cup 11 19038 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 10 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 0 19041 Snacks, ports offin, made from dried potatoes, lpfin 28.35 1 oz 0 19041 Snacks, potato chips, made from dried potatoes, lpfin 28.35 1 oz 0 19410 Snacks, potato chips, plain, usafed 28.35 1 oz 0 19411 Snacks, potato chips, plain, usafed 28.35 1 oz 0 19422 Snacks, protato chips, plain, usafed 60 10 pretzis 0 19047 Snacks, pretzich, hard, plain, salted 60 1 packet 0 19051 Snacks, tree calks, brown ince, plain 9 1 cake 0 06040 Soup, berf brown ince, plain 9 1 cake 0 06105 Sonack, tree calks, brown ince, plain 1 c	19441		37	1 bar	0
99036 Snacks, popcon., ear. 10 1 cake 2 9038 Snacks, popcon,, ear. 42 1 cup 10 9038 Snacks, popcon,, ear. 10 1 cup 10 9034 Snacks, popcon, ear. 11 1 cup 2 9041 Snacks, popcon, oil-poped, nicrowave, regular flavor 11 1 cup 2 90441 Snacks, pototo chips, made from dried potatoes, light 28.35 1 oz 0 90410 Snacks, potato chips, made from dried potatoes, plain 28.35 1 oz 0 90411 Snacks, potato chips, plain, salted 28.35 1 oz 0 90422 Snacks, potato chips, plain, salted 60 10 prezels 0 9055 Snacks, tortil chips, plain, white com 28.35 1 oz 0 9056 Snacks, tortil chips, plain, white com 28.35 1 oz 0 9056 Snacks, tortil chips, plain, white com 28.35 1 oz 0 9056 Snacks, tortil chips, plain, white com 28.35 1 oz <t< td=""><td>19031</td><td>Snacks, oriental mix, rice-based</td><td>28.35</td><td>1 oz (about 1/4 cup)</td><td>0</td></t<>	19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
9038Snacks, popcom, caramel-coated, withou peanuts42l cup119039Snacks, popcom, caramel-coated, withou peanues55.2l cup690343Snacks, popcom, cit-poped, microwave, regular flavor11l cup690445Snacks, potto chips, made from dried potatoes, light28.35l oz690410Snacks, potto chips, made from dried potatoes, light28.35l oz691411Snacks, potto chips, plain, salted28.35l oz691412Snacks, potto chips, plain, salted6010 pertzels691422Snacks, potto chips, plain, salted6010 pertzels690556Snacks, toretal, fand, plain, salted6010 pertzels690551Snacks, toretal, fand, canade, prepared with equal volume water253l cup690556Snacks, toretal, and, canade, prepared with equal volume water253l cup690567Soup, bedr noodle, canade, prepared with equal volume water244l cup690578Soup, chicken noodle, ande, prepared with equal volume water241l cup690679Soup, chicken noodle, ande, prepared with equal volume water244l cup690670Soup, chicken noodle, nonde, prepared with equal volume water244l cup690731Soup, chicken noodle, nonde, prepared with equal volume water244l cup69074Soup, chunky vicken noodle, anned, prepared with equal volume water246l cup <td< td=""><td>19034</td><td>Snacks, popcorn, air-popped</td><td>8</td><td>1 cup</td><td>5</td></td<>	19034	Snacks, popcorn, air-popped	8	1 cup	5
19039 Snacks, popcor, oit-popped, microwave, regular flavor 11 1 cup 0 190345 Snacks, pork skins, plain 28.35 1 oz 0 190441 Snacks, pork skins, plain 28.35 1 oz 0 190440 Snacks, portat chips, made from dried potatoes, plain 28.35 1 oz 0 194111 Snacks, potato chips, plain, usalted 28.35 1 oz 0 19422 Snacks, potato chips, reduced fat 28.35 1 oz 0 19422 Snacks, ripetzels, hard, plain, salted 60 10 pretzels 0 19051 Snacks, ripetzels, hard, plain, salted 9 1 cake 0 19056 Snacks, ripetzels, hard, plain, shite com 28.35 1 oz 0 19051 Snacks, ripetzels, hard, prepared with equal volume water 253 1 eup 0 19054 Soup, beef broth or bouillon, powder, dry 6 1 packet 0 19053 Soup, chicken moodle, canned, prepared with equal volume water 241 1 cup 0 16049 Soup, ch	19036	Snacks, popcorn, cakes	10	1 cake	2
99035 Snacks, popeorn, oil-papped, microwave, regular flavor 11 Leap 5 99044 Snacks, potato chips, made from dried potatoes, light 28.35 Loz 0 99045 Snacks, potato chips, made from dried potatoes, light 28.35 Loz 0 99141 Snacks, potato chips, plain, susted 28.35 Loz 0 99811 Snacks, potato chips, reduced fat 28.35 Loz 0 199422 Snacks, potato chips, reduced fat 28.35 Loz 0 19955 Snacks, prote chips, hin, wisited 60 10 prezzels 0 19056 Snacks, troite chips, hin, withe corn 28.35 Loz 0 16005 Soup, befan colite, camed, prepared with equal volume water 253 Lozp 14 16075 Soup, befan colite, camed, prepared with water 244 Loap 0 16149 Soup, chicken noodle, anned, prepared with water 252.3 Loap 122 1623 Soup, chicken noodle, anned, prepared with water 244 Loap 122 16423 Soup, chicken noodle, anned, prepared with equal volume water 240 Loap	19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	10
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, sufted 28.35 1 oz 0 19422 Snacks, potato chips, reduced fat 28.35 1 oz 0 19425 Snacks, protecti, hard, plain, sufted 28.35 1 oz 0 19427 Snacks, retecti, hard, plain, sufted 60 10 pretzels 0 19051 Snacks, retecti, hard, plain, sufted 6 1 packet 0 06044 Soup, bear with pork, canned, prepared with equal volume water 244 1 cup 0 06175 Soup, chicken noodle, canned, prepared with equal volume water 241 1 cup 0 0628 Soup, chicken noodle, canned, reepared with equal volume water 241 1 cup 0 0630 Soup, chicken nowdle, anned, prepared with equal volume water 244 1 cup 0 06423 Soup, chicken nowdle, canned, reepared with equal volume water	19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0
19045Snacks, potato chips, made from dried potatoes, light28.35 $1 oz$ $1 oz$ $0 oz$ 19410Snacks, potato chips, made from dried potatoes, plain28.35 $1 oz$ $0 oz$ $0 oz$ 19411Snacks, potato chips, plain, usalted28.35 $1 oz$ $0 oz$ $0 oz$ 19422Snacks, potato chips, reduced fat28.35 $1 oz$ $0 oz$ $0 oz$ 19047Snacks, potato chips, reduced fat28.35 $1 oz$ $0 oz$ $0 oz$ 19051Snacks, trite cakes, brown rice, plain9 $1 cake$ $0 oz$ 20605Snacks, trite cakes, brown rice, plain9 $1 cake$ $0 oz$ 20614Soup, bean with pork, canned, prepared with equal volume water253 $1 oz$ $0 oz$ 20605Snacks, trite canned, prepared with equal volume water244 $1 cup$ $0 oz$ 20618Soup, chicken noodle, canned, prepared with equal volume water241 $1 cup$ $0 oz$ 20628Soup, chicken noodle, canned, prepared with equal volume water240 $1 cup$ $0 oz$ 20647Soup, chunky chicken noodle, canned, prepared with equal volume water244 $1 cup$ $0 oz$ 20647Soup, chunky chicken noodle, canned, prepared with equal volume244 $1 cup$ $0 oz$ 20647Soup, chunky chicken noodle, canned, prepared with equal volume248 $1 cup$ $0 oz$ 20647Soup, chunky chicken noodle, canned, prepared with equal volume244 $1 cup$	19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	5
19410Snacks, potato chips, made from dried potatoes, plain28.351 oz019411Snacks, potato chips, plain, unsalted28.351 oz019811Snacks, potato chips, plain, unsalted28.351 oz019811Snacks, potato chips, plain, unsalted28.351 oz019047Snacks, pretzels, hard, plain, salted6010 pretzels019056Snacks, toreilla chips, plain, white com28.351 oz019056Snacks, toreilla chips, plain, white com28.351 oz020649Soup, bean with pork, canned, prepared with equal volume water25.31 cup020640Soup, beef noodle, canned, prepared with equal volume water2441 cup020642Soup, chicken noodle, canned, prepared with equal volume water2411 cup020643Soup, chicken noodle, canned, prepared with equal volume water2411 cup020643Soup, chicken noodle, canned, prepared with equal volume water2441 cup020643Soup, chinkar y cegtable, canned, reneay-to-serve2401 cup020644Soup, chunky y cegtable, canned, prepared with equal volume water2481 cup020643Soup, cham chowder, manhattan, canned, prepared with equal volume water2441 cup020644Soup, canne chowder, manhattan, canned, prepared with equal volume water2461 cup020644Soup, ceam of mushroom, canned, prepared with equal volume water<	19041	Snacks, pork skins, plain	28.35	1 oz	0
19411Snacks, potato chips, plain, unsalted28.351 oz019811Snacks, potato chips, plain, unsalted28.351 oz019422Snacks, protato chips, reduced fat28.351 oz019425Snacks, pretes, hard, plain, salted6010 pretzels019056Snacks, rice cakes, brown rice, plain91 cake019056Snacks, rice cakes, brown rice, plain91 cake006404Soup, bean with pork, canned, prepared with equal volume water2531 oz006409Soup, beef hordle, canned, prepared with equal volume water2441 cup006419Soup, chicken noodle, canned, repared with equal volume water2411 cup006423Soup, chicken noodle, canned, repared with equal volume water2401 cup006438Soup, chinks with rice, canned, ready-to-serve2401 cup1006443Soup, chunky vegetable, canned, ready-to-serve2401 cup006433Soup, chunky vegetable, canned, ready-to-serve2401 cup006433Soup, cream of mushroom, canned, prepared with equal volume water2481 cup006443Soup, orien of weils, mink391 packet006443Soup, orien of mushroom, canned, prepared with equal volume water2461 cup006443Soup, orien, dring, mink, prepared with equal volume water2461 cup006443Soup, orin, dry, mix39 <td< td=""><td>19045</td><td>Snacks, potato chips, made from dried potatoes, light</td><td>28.35</td><td>1 oz</td><td>0</td></td<>	19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
19811Snacks, potato chips, reduced fat28.351 oz019422Snacks, potato chips, reduced fat28.351 oz019047Snacks, pretzels, hard, plain, salted6010 pretzels019051Snacks, tortilla chips, plain, white corn28.351 oz006404Soup, bean with pork, canned, prepared with equal volume water2531 cup140675Soup, beef nordhe, canned, prepared with equal volume water2411 cup00649Soup, beef nordhe, canned, prepared with equal volume water2411 cup00649Soup, chicken noodle, canned, prepared with equal volume water2411 cup00648Soup, chicken noodle, canned, prepared with equal volume water2411 cup00649Soup, chicken noodle, canned, prepared with equal volume water2411 cup006423Soup, chicken with rice, canned, prepared with equal volume2441 cup00667Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup006230Soup, clam chowder, new england, canned, prepared with equal volume2431 cup006243Soup, clam chowder, new england, canned, prepared with equal volume water2441 cup006243Soup, clam chowder, new england, canned, prepared with equal volume water2441 cup006243Soup, clam chowder, new england, canned, prepared with equal volume water2441 cup006444Soup,	19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19422Snacks, protato chips, reduced fat28.351 oz019047Snacks, pretzels, hard, plain, salted6010 pretzels019051Snacks, trice cakes, brown rice, plain91 cake006064Soup, bean with pock, canned, prepared with equal volume water2531 coz006075Soup, beef nordh or k, canned, prepared with equal volume water2441 cup006079Soup, chicken noodle, canned, prepared with equal volume water2411 cup006283Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup906473Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup906483Soup, chicken noodle, dry, mix, prepared with equal volume water2441 cup006473Soup, chicken noodle, dry, mix, prepared with equal volume2441 cup006483Soup, chunky chicken noodle, ranned, prepared with equal volume2441 cup006474Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup006478Soup, clam chowder, manhattan, canned, prepared with equal volume water2441 cup006478Soup, cream of mushroom, canned, prepared with equal volume water2441 cup006474Soup, cream of mushroom, canned, prepared with equal volume water2441 cup006474Soup, orien, drug, mix, prepared with equal volume water2441 cup006484	19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19047Snacks, pretzels, hard, plain, salted6010 pretzels6019051Snacks, rice cakes, brown rice, plain91 cake6019056Snacks, rice cakes, brown rice, plain91 cake6019056Snacks, torilla chips, plain, white corn28.351 oz6006404Soup, beat with pork, canned, prepared with equal volume water2531 cup1406409Soup, beef broth or bouillon, powder, dry61 packet6006409Soup, chicken noodle, canned, prepared with equal volume water2441 cup6006423Soup, chicken noodle, canned, repared with equal volume water2411 cup6306434Soup, chicken noodle, canned, ready-to-serve2401 cup6306067Soup, chunky vegetable, canned, ready-to-serve2401 cup6306067Soup, clam chowder, mahntata, canned, prepared with equal volume2441 cup6006230Soup, clam chowder, mahntata, canned, prepared with equal volume low2481 cup6006433Soup, craum of mushroom, canned, prepared with equal volume low2481 cup6006444Soup, orion, dry, mix391 packet6006445Soup, noin, dry, mix391 packet6006446Soup, onin, dry, mix2461 cup6006447Soup, canned, prepared with equal volume water2501 cup6006448Soup, canned, prepared with equal volume water250<	19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19051Snacks, rice cakes, brow rice, plain91 cake019056Snacks, torilla chips, plain, white corn28.351 oz006040Soup, bean with pork, canned, prepared with equal volume water2531 cup14'06075Soup, beef hooth or bouillon, powder, dry61 packet006409Soup, bein oodle, canned, prepared with equal volume water2441 cup006419Soup, chicken noodle, canned, prepared with equal volume water2411 cup006423Soup, chicken noodle, canned, prepared with equal volume water2411 cup90643Soup, chuky chicken noodle, canned, ready-to-serve2401 cup6306667Soup, chunky otheken noodle, canned, ready-to-serve2401 cup000618Soup, chunky otheken noodle, canned, ready-to-serve2401 cup0006230Soup, clam chowder, nahatata, canned, prepared with equal volume2441 cup006243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup006244Soup, orien of mushroom, canned, prepared with equal volume water2441 cup006443Soup, orien of mushroom, canned, prepared with equal volume water2461 cup006444Soup, onion, dry, mix, prepared with equal volume water2461 cup006445Soup, cream of mushroom, canned, prepared with equal volume water2461 cup006444Soup, onion, dry, mix, prepared w	19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
19956Snacks, torilla chips, plain, white com28.351 oz006404Soup, bean with pork, canned, prepared with equal volume water2531 cup14706775Soup, beef broth or bouillon, powder, dry61 packet006409Soup, chicken noodle, canned, prepared with equal volume water2441 cup006419Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup006423Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup940618Soup, churky chicken noodle, canned, ready-to-serve2401 cup63306067Soup, churky vegetable, canned, ready-to-serve2401 cup00628Soup, clain chowder, manhatan, canned, prepared with equal volume2441 cup006230Soup, clain chowder, new england, canned, prepared with equal volume2481 cup006243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup006444Soup, oriam of mushroom, canned, prepared with equal volume water2441 cup006444Soup, oriam of mushroom, canned, prepared with equal volume water2441 cup006444Soup, oriam of mushroom, canned, prepared with equal volume water2441 cup006444Soup, oriam of mushroom, canned, prepared with equal volume water2441 cup006444Soup, stock, fish, home-prepared2331 cup0006445 <td>19047</td> <td>Snacks, pretzels, hard, plain, salted</td> <td>60</td> <td>10 pretzels</td> <td>0</td>	19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
b6404Soup, bean with pork, canned, prepared with equal volume water2531 cup14b6075Soup, beef broth or bouillon, powder, dry61 packet0b6409Soup, beef noodle, canned, prepared with equal volume water2441 cup0b6419Soup, chicken noodle, canned, prepared with equal volume water2411 cup0b6423Soup, chicken noodle, canned, prepared with equal volume water2411 cup0b6433Soup, chicken with rice, canned, prepared with equal volume water2401 cup633b6067Soup, chunky vegetable, canned, ready-to-serve2401 cup102b6428Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup102b6429Soup, clam chowder, manhattan, canned, prepared with equal volume2481 cup0b6431Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0b6443Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0b6443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0b6444Soup, onion, dry, mix391 packet0b6449Soup, onion, dry, mix391 packet0b6449Soup, onion, dry, mix331 cup0b6449Soup, onion, dry, mix331 cup0b6449Soup, onion, dry, mix331 cup0b6459Soup, peagreen, canned, pre	19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
Soup, beef broth or bouillon, powder, dry61 packet006409Soup, beef noodle, canned, prepared with equal volume water2441 cup006419Soup, chicken noodle, anned, prepared with equal volume water2411 cup006528Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup006618Soup, chucken with rice, canned, prepared with equal volume water2401 cup06306067Soup, chunky chicken noodle, canned, prepared with equal volume water2401 cup020618Soup, chunky vejtable, canned, ready-to-serve2401 cup0006230Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup0006243Soup, clam chowder, new england, canned, prepared with equal volume2481 cup0006230Soup, clam chowder, new england, canned, prepared with equal volume water2441 cup0006443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0006443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0006449Soup, soup, stock, fish, home-prepared2331 cup0006449Soup, stock, fish, home-prepared2331 cup0006559Soup, tomato, canned, prepared with equal volume water2441 cup0006559Soup, tomato, canned, prepared with equal volume water2441 cup0006559Soup, tomato	19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0
Soup, beef noodle, canned, prepared with equal volume water244I cup(0)06419Soup, chicken noodle, canned, prepared with equal volume water2411 cup(0)06528Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup(0)06423Soup, chicken noodle, canned, prepared with equal volume water2411 cup(0)0618Soup, chunky chicken noodle, canned, ready-to-serve2401 cup(0)0617Soup, chunky vegetable, canned, ready-to-serve2401 cup(0)06230Soup, clam chowder, manhattan, canned, prepared with equal2441 cup(0)06230Soup, clam chowder, new england, canned, prepared with equal2481 cup(0)06243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup(0)06443Soup, oream of mushroom, canned, prepared with equal volume water2401 cup(0)06444Soup, onin, dry, mix391 packet(0)06445Soup, onin, dry, mix, prepared with equal volume water2501 cup(0)06446Soup, stock, fish, home-prepared2331 cup(0)06174Soup, stock, fish, home-prepared with equal volume water2441 cup(0)06174Soup, stock, fish, home-prepared with equal volume water2501 cup(0)06174Soup, stock, fish, home-prepared with equal volume water2441 cup(0)06175Soup, torato, canned, prepared with equal volu	06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	147
b6419Soup, chicken noodle, canned, prepared with equal volume water2411 cup(0)06528Soup, chicken noodle, dry, mix, prepared with equal volume water252.31 cup(3)06423Soup, chicken with rice, canned, prepared with equal volume water2411 cup(9)06018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup(63)06067Soup, chunky vegetable, canned, ready-to-serve2401 cup(10)0628Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup(10)06230Soup, clam chowder, new england, canned, prepared with equal volume low volume low fat (2%) milk2481 cup(10)06243Soup, cream of mushroom, canned, prepared with equal volume water2441 cup(10)06443Soup, cream of mushroom, canned, prepared with equal volume water2461 cup(10)06444Soup, onion, dry, mix391 packet(10)06445Soup, onion, dry, mix391 packet(10)06446Soup, stock, fish, home-prepared2331 cup(10)06174Soup, stock, fish, home-prepared with equal volume water2441 cup(10)06174Soup, stock, fish, home-prepared with equal volume water2461 cup(10)06174Soup, stock, fish, home-prepared with equal volume water2441 cup(10)06174Soup, stock, fish, home-prepared with equal volume water2441 cup(20)06175<	06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup306423Soup, chicken with rice, canned, prepared with equal volume water2411 cup9406018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup63306067Soup, chunky vegetable, canned, ready-to-serve2401 cup10206428Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup10206230Soup, clam chowder, new england, canned, prepared with equal volume2481 cup0606243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0606443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0606443Soup, onion, dry, mix391 packet0606444Soup, onion, dry, mix, prepared with equal volume water2461 cup0606445Soup, onion, dry, mix, prepared with equal volume water2501 cup0606446Soup, stock, fish, home-prepared2331 cup0606559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup0606559Soup, tomato, canned, prepared with equal volume water2411 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup5906468Soup, vegetarian vegetable, canned, prepa	06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0
506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup306423Soup, chicken with rice, canned, prepared with equal volume water2411 cup9406018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup63306067Soup, chunky vegetable, canned, ready-to-serve2401 cup10206288Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup10206230Soup, clam chowder, new england, canned, prepared with equal volume2481 cup0606243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0606443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0606443Soup, onion, dry, mix391 packet0606444Soup, onion, dry, mix, prepared with equal volume water2461 cup0606445Soup, onion, dry, mix, prepared with equal volume water2501 cup0606446Soup, onion, dry, mix, prepared with equal volume water2501 cup0606459Soup, tomato, canned, prepared with equal volume water, commercial2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606471Soup, tomato, canned, prepared with equal volume water2441 cup0606478Soup, opea, green, canned, prepared with equal volume water2441 cup0606479Soup, tomato,	06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0
506423Soup, chicken with rice, canned, prepared with equal volume water2411 cup9406018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup63306067Soup, chunky vegetable, canned, ready-to-serve2401 cup10206280Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup10206230Soup, clam chowder, new england, canned, prepared with equal volume2481 cup0606243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0606443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0606094Soup, onion, dry, mix391 packet0606443Soup, onion, dry, mix, prepared with equal volume water2461 cup0606449Soup, eream of mushroom, canned, prepared with equal volume water2501 cup0606449Soup, eream, canned, prepared with equal volume water2501 cup0606449Soup, sonio, dry, mix, prepared with equal volume water2501 cup0606459Soup, tomato, canned, prepared with equal volume water2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606688Soup, vegetable beef, canned, prepared with equal volume water2441 cup5906648Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup5906648<	06528		252.3	1 cup	3
bothSoup, chunky chicken noodle, canned, ready-to-serve2401 cup63306067Soup, chunky vegetable, canned, ready-to-serve2401 cup122906428Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup100water06030Soup, clam chowder, new england, canned, prepared with equal2481 cup0606230Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0606243Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0606443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0606094Soup, onion, dry, mix391 packet0606449Soup, onion, dry, mix, prepared with equal volume water2501 cup0606449Soup, stock, fish, home-prepared2331 cup0606559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606648Soup, vegetable beef, canned, prepared with equal volume water2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606648Soup, vegetable beef, canned, prepared with equal volume water2441 cup0606648Soup, vegetable be	06423		241	•	94
Soup, chuky vegetable, canned, ready-to-serve2401 cup122906428Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup10706230Soup, clam chowder, new england, canned, prepared with equal2481 cup0606243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0606243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup0606443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup0606094Soup, onion, dry, mix391 packet0606449Soup, pea, green, canned, prepared with equal volume water2501 cup0606174Soup, stock, fish, home-prepared2331 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup060648Soup, tomato, canned, prepared with equal volume water2441 cup0606559Soup, tomato, canned, prepared with equal volume water2441 cup060648Soup, vegetable beef, canned, prepared with equal volume water2411 cup990648Soup, vegetable beef, canned, prepared with equal volume water2411 cup990648Soup, vegetable beef, canned, prepared with equal volume water2411 cup990648Soup vegetable beef, canned, prepared with equal vol			240	•	638
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06230Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk1 cup006243Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk2481 cup006443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup006094Soup, onion, dry, mix391 packet006443Soup, onion, dry, mix, prepared with equal volume water2461 cup006444Soup, pea, green, canned, prepared with equal volume water2501 cup006449Soup, stock, fish, home-prepared2331 cup006174Soup, toranto, canned, prepared with equal volume water2441 cup006359Soup, tomato, canned, prepared with equal volume water, commercial2441 cup006471Soup, vegetable beef, canned, prepared with equal volume water2441 cup006480Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup006481Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup006482Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup006483Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup006484Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup006484Soup, vegetarian vegetable, canned, prepared with equal volume water241 </td <td>06428</td> <td>Soup, clam chowder, manhattan, canned, prepared with equal volume</td> <td>244</td> <td></td> <td>102</td>	06428	Soup, clam chowder, manhattan, canned, prepared with equal volume	244		102
fat (2%) milk1106443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup06094Soup, onion, dry, mix391 packet06494Soup, onion, dry, mix, prepared with water2461 cup06499Soup, pea, green, canned, prepared with equal volume water2501 cup06174Soup, stock, fish, home-prepared2331 cup06359Soup, tomato, canned, prepared with equal volume water, commercial2441 cup06471Soup, vegetable beef, canned, prepared with equal volume water2441 cup06468Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp16123Soybeans, mature cooked, boiled, without salt1721 cup016120Soymilk, original and vanilla, unfortified2451 cup0	06230	Soup, clam chowder, new england, canned, prepared with equal	248	1 cup	0
DefinitionNote of the second seco	06243		248	1 cup	0
DocklyaSoup, onion, dry, mix, prepared with water2461 cupDocklyaSoup, pea, green, canned, prepared with equal volume water2501 cupDocklyaSoup, stock, fish, home-prepared2331 cupDocklyaSoup, stock, fish, home-prepared2331 cupDocklyaSoup, tomato, canned, prepared with equal volume low fat (2%) milk2481 cupDocklyaSoup, tomato, canned, prepared with equal volume water, commercial2441 cupDocklyaSoup, vegetable beef, canned, prepared with equal volume water2441 cupDocklyaSoup, vegetable beef, canned, prepared with equal volume water2441 cupDocklyaSoup, vegetable, canned, prepared with equal volume water2411 cupDocklyaSoup, vegetarian vegetable, canned, prepared with equal volume water2411 cupDocklyaSoup, vegetarian vegetable, canned, prepared with equal volume water2411 cupDocklyaSoup, vegetarian vegetable, canned, prepared with equal volume water2411 cupDocklyaSoup, vegetarian vegetable, canned, prepared with equal volume water2411 cupDocklyaSour dressing, non-butterfat, cultured, filled cream-type121 tbspDocklyaSoy sauce made from soy and wheat (shoyu)161 tbsp0DocklyaSoybeans, mature cooked, boiled, without salt1721 cup0DocklyaSoymilk, original and vanilla, unfortified2451 cup0	06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0
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D6174Soup, stock, fish, home-prepared2331 cupD6359Soup, tomato, canned, prepared with equal volume low fat (2%) milk2481 cupD6559Soup, tomato, canned, prepared with equal volume water, commercial2441 cupD6471Soup, vegetable beef, canned, prepared with equal volume water2441 cupD6468Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cupD6468Sour, vegetatian vegetable, canned, prepared with equal volume water2411 cupD1058Sour dressing, non-butterfat, cultured, filled cream-type121 tbspD16123Soy sauce made from soy and wheat (shoyu)161 tbspD6109Soybeans, mature cooked, boiled, without salt1721 cupD6120Soymilk, original and vanilla, unfortified2451 cup)6494	Soup, onion, dry, mix, prepared with water	246	1 cup	0
Default <t< td=""><td>06449</td><td>Soup, pea, green, canned, prepared with equal volume water</td><td>250</td><td>1 cup</td><td>0</td></t<>	06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0
D06559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup60D06471Soup, vegetable beef, canned, prepared with equal volume water2441 cup598D06468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup494D01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp6D1058Soy sauce made from soy and wheat (shoyu)161 tbsp6D109Soybeans, mature cooked, boiled, without salt1721 cup6D102Soymilk, original and vanilla, unfortified2451 cup6	06174	Soup, stock, fish, home-prepared	233	1 cup	0
D6471Soup, vegetable beef, canned, prepared with equal volume water2441 cup598D6468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup494D1058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp016123Soy sauce made from soy and wheat (shoyu)161 tbsp016109Soybeans, mature cooked, boiled, without salt1721 cup016120Soymilk, original and vanilla, unfortified2451 cup0)6359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0
D6468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup494D1058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp(16123Soy sauce made from soy and wheat (shoyu)161 tbsp(16109Soybeans, mature cooked, boiled, without salt1721 cup(16120Soymilk, original and vanilla, unfortified2451 cup()6559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0
D1058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp016123Soy sauce made from soy and wheat (shoyu)161 tbsp016109Soybeans, mature cooked, boiled, without salt1721 cup016120Soymilk, original and vanilla, unfortified2451 cup0)6471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	598
16123Soy sauce made from soy and wheat (shoyu)161 tbsp016109Soybeans, mature cooked, boiled, without salt1721 cup016120Soymilk, original and vanilla, unfortified2451 cup0)6468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	494
16109Soybeans, mature cooked, boiled, without salt1721 cup016120Soymilk, original and vanilla, unfortified2451 cup0	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0
16120 Soymilk, original and vanilla, unfortified 245 l cup (16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
22401Spaghetti with meat sauce, frozen entree2831 package	16120	Soymilk, original and vanilla, unfortified	245	1 cup	0
	22401	Spaghetti with meat sauce, frozen entree	283	1 package	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	54
02010	Spices, cinnamon, ground	2.3	1 tsp	0
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	0
02028	Spices, paprika	2.1	1 tsp	0
02029	Spices, parsley, dried	1.3	1 tbsp	19
02030	Spices, pepper, black	2.1	1 tsp	0
11658	Spinach souffle	136	1 cup	4
11461	Spinach, canned, drained solids	214	1 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0
11457	Spinach, raw	10	1 leaf	0
11457	Spinach, raw	30	1 cup	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0
11641	Squash, summer, all varieties, raw	113	1 cup	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1398
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0
09316	Strawberries, raw	12	1 strawberry	0
09316	Strawberries, raw	18	1 strawberry	0
09316	Strawberries, raw	166	1 cup	0
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	63
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, com, nght	20	1 tbsp	0
19333	Syrups, table blends, pancake	20	1 tbsp	0
19129	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	35
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	330
09220	Tangerines, (mandarin oranges), canned, nght synup pack	84	1 tangerine	85
20068	Tapioca, pearl, dry	152	1 cup	0
14355	Tea, brewed, prepared with tap water	132	6 fl oz	0
14535 14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14381				-
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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	2
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	3
11540	Tomato juice, canned, with salt added	243	1 cup	0
11546	Tomato products, canned, paste, without salt added	262	1 cup	76
11547	Tomato products, canned, puree, without salt added	250	1 cup	0
11549	Tomato products, canned, sauce	245	1 cup	0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	17
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	20
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	182
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	124
11955	Tomatoes, sun-dried	2	1 piece	0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
05292	Turkey patties, breaded, battered, fried	64	1 patty	1
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	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0
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	508
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4297
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1762
02048	Vinegar, cider	15	1 tbsp	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0
14429	Water, tap, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
09326	Watermelon, raw	286	1 wedge	0
09326	Watermelon, raw	152	1 cup	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20083	Wheat flour, white, bread, enriched	137	1 cup	0
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20080	Wheat flour, whole-grain	120	1 cup	0
20089	Wild rice, cooked	164	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	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