

USDA National Nutrient Database for Standard Reference, Release 20

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	1.566
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.502
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.500
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.500
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	1.375
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.289
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.275
20084	Wheat flour, white, cake, enriched	137	1 cup	1.222
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.153
20083	Wheat flour, white, bread, enriched	137	1 cup	1.112
20033	Oat bran, raw	94	1 cup	1.100
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.066
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.057
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1.003
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.981
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.967
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.936
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.889
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.847
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.843
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.817
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.755
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.750
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.734
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.704
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.688
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.686
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.681
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.680
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.644
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.641
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.638
19061	Snacks, trail mix, tropical	140	1 cup	0.630
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.615
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.603
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.601
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.600
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.596
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.596
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.587
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.587
21023	Fast foods, french toast with butter	135	2 slices	0.581
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.580

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10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.578
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.575
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	0.568
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.540
20080	Wheat flour, whole-grain	120	1 cup	0.536
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.535
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.530
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.527
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.520
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.518
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.516
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.511
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.510
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.509
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.508
20011	Buckwheat flour, whole-groat	120	1 cup	0.500
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.494
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.487
18003	Bagels, egg	89	4" bagel	0.477
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.470
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.468
20110	Noodles, egg, cooked, enriched	160	1 cup	0.462
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.462
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.461
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.460
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.460
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.458
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.453
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.442
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.442
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.441
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.432
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.431
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.427
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.426
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.426
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.420
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.416
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.414
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.414
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.413
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.410
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.410

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08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.407
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.402
21024	Fast foods, french toast sticks	141	5 sticks	0.400
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.394
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.392
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.392
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.390
35142	Frybread, made with lard (Navajo)	90	5" bread	0.387
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.384
20100	Macaroni, cooked, enriched	140	1 cup	0.384
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.383
20005	Barley, pearled, raw	200	1 cup	0.382
18003	Bagels, egg	71	3-1/2" bagel	0.381
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.378
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.377
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.375
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.375
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.375
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.375
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.375
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.375
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.375
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.375
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.375
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.375
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.375
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.374
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.374
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.374
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.372
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.372
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.371
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.370
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.370
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.364
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.363
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.362
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.362
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.360
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.359
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.359
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.355
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.353
20034	Oat bran, cooked	219	1 cup	0.350
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.349

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21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.348
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.347
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.347
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.347
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.345
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.344
18005	Bagels, cinnamon-raisin	89	4" bagel	0.342
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.339
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.335
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.333
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.330
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.328
20012	Bulgur, dry	140	1 cup	0.325
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.320
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	0.318
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.312
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.308
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.304
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.303
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.300
11226	Jerusalem-artichokes, raw	150	1 cup	0.300
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.296
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.291
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.288
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.287
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.283
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.282
20028	Couscous, dry	173	1 cup	0.282
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.281
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.280
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.280
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.279
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.276
22402	Beef Macaroni, frozen entree	240	1 package	0.276
01095	Milk, canned, condensed, sweetened	306	1 cup	0.275
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.274
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.273
18353	Rolls, hard (includes kaiser)	57	1 roll	0.272
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.272
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.271
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.268
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.267
18309	Pie, cherry, prepared from recipe	180	1 piece	0.266
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.266
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.266

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21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.264
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.264
20113	Noodles, chinese, chow mein	45	1 cup	0.260
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.258
22247	Macaroni and Cheese, canned entree	252	1 cup	0.255
22906	Chicken pot pie, frozen entree	217	1 small pie	0.254
16051	Beans, white, mature seeds, canned	262	1 cup	0.252
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.249
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.244
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.239
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.238
21082	Fast foods, taco	263	1 large	0.237
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.237
21118	Fast foods, hotdog, plain	98	1 sandwich	0.235
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.235
18302	Pie, apple, prepared from recipe	155	1 piece	0.229
18325	Pie, pecan, prepared from recipe	122	1 piece	0.229
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.229
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.225
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.225
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.225
09206	Orange juice, raw	248	1 cup	0.223
18239	Croissants, butter	57	1 croissant	0.221
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.221
11655	Carrot juice, canned	236	1 cup	0.217
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.217
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.214
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.213
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.211
07069	Salami, cooked, beef and pork	56.7	2 slices	0.208
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.207
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.207
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.206
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.205
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.205
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.204
18243	Croutons, seasoned	40	1 cup	0.202
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.202
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.201
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.201
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.201
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.201
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.201
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.197
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.197
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.194
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.194

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11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.193
14346	Shake, fast food, chocolate	333	16 fl oz	0.193
11414	Potato salad, home-prepared	250	1 cup	0.193
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.192
07028	Ham, sliced, extra lean	56.7	2 slices	0.191
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.190
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.190
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.189
20037	Rice, brown, long-grain, cooked	195	1 cup	0.187
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.187
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.187
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.187
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.187
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.187
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.186
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.183
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.183
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.182
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.182
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.182
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.181
18319	Pie, fried pies, fruit	128	1 pie	0.180
18444	Pie, fried pies, cherry	128	1 pie	0.180
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.179
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.178
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.176
18027	Bread, egg	40	1/2" slice	0.175
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.175
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.175
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.173
06166	Sauce, homemade, white, medium	250	1 cup	0.173
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.172
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.172
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.171
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.171
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.169
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.168
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.168
18041	Bread, pita, white, enriched	28	4" pita	0.168
22905	Beef stew, canned entree	232	1 cup	0.167
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.167
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.167
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.166
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.166

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.165
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.164
18268	French toast, frozen, ready-to-heat	59	1 slice	0.163
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.161
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.160
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.157
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.157
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.157
09200	Oranges, raw, all commercial varieties	180	1 cup	0.157
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.156
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.156
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.156
18279	Muffins, corn, commercially prepared	57	1 muffin	0.156
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.155
21082	Fast foods, taco	171	1 small	0.154
09298	Raisins, seedless	145	1 cup	0.154
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.153
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.151
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.150
16008	Beans, baked, canned, with franks	259	1 cup	0.150
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.150
09223	Tangerine juice, canned, sweetened	249	1 cup	0.149
09207	Orange juice, canned, unsweetened	249	1 cup	0.149
18283	Muffins, oat bran	57	1 muffin	0.149
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.149
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.148
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.147
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.147
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.146
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.146
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.145
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.144
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.143
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.143
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.143
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.141
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0.141
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.141
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.141
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.139
18060	Bread, rye	32	1 slice	0.139
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.138
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.137
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.136
18245	Danish pastry, cheese	71	1 danish	0.135
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.134
21077	Fast foods, frijoles with cheese	167	1 cup	0.134
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.134

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.133
07027	Ham, chopped, not canned	21	2 slices	0.133
11264	Mushrooms, canned, drained solids	156	1 cup	0.133
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.133
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.133
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.133
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.132
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.132
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.132
20006	Barley, pearled, cooked	157	1 cup	0.130
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.129
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.129
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.129
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.128
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.128
21042	Fast foods, chili con carne	253	1 cup	0.127
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.126
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.126
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.125
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.124
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.124
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.124
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.124
07008	Bologna, beef and pork	56.7	2 slices	0.123
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.123
09266	Pineapple, raw, all varieties	155	1 cup	0.122
11672	Potato pancakes	76	1 pancake	0.120
09176	Mangos, raw	207	1 mango	0.120
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.120
07072	Salami, dry or hard, pork, beef	20	2 slices	0.120
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.119
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.119
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.118
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.117
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.117
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.117
22904	Chili con carne with beans, canned entree	222	1 cup	0.115
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.115
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.115
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.114
11540	Tomato juice, canned, with salt added	243	1 cup	0.114
09200	Oranges, raw, all commercial varieties	131	1 orange	0.114
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.114
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.114
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.114
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.113
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.112

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.112
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.111
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.111
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.110
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.110
11658	Spinach souffle	136	1 cup	0.110
18217	Crackers, matzo, plain	28.35	1 matzo	0.110
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.110
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.110
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.110
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.109
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.109
06094	Soup, onion, dry, mix	39	1 packet	0.109
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.108
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.108
15141	Crustaceans, crab, blue, canned	135	1 cup	0.108
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.108
18039	Bread, oatmeal	27	1 slice	0.108
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.107
19087	Candies, white chocolate	170	1 cup	0.107
01164	Cheese sauce, prepared from recipe	243	1 cup	0.107
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.106
18044	Bread, pumpernickel	32	1 slice	0.105
11578	Vegetable juice cocktail, canned	242	1 cup	0.104
20013	Bulgur, cooked	182	1 cup	0.104
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.104
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.103
12147	Nuts, pine nuts, dried	28.35	1 oz	0.103
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.103
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.103
18324	Pie, pecan, commercially prepared	113	1 piece	0.103
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.103
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.102
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.102
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.102
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.102
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.101
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.101
18065	Bread, wheat, toasted	23	1 slice	0.101
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.101
18134	Cake, sponge, prepared from recipe	63	1 piece	0.100
09153	Lemon juice, canned or bottled	244	1 cup	0.100
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.100
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.100
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.100
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.099
21083	Fast foods, taco salad	198	1-1/2 cups	0.099

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20029	Couscous, cooked	157	1 cup	0.099
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.099
09404	Grapefruit juice, pink, raw	247	1 cup	0.099
09128	Grapefruit juice, white, raw	247	1 cup	0.099
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.098
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.098
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.097
18055	Bread, reduced-calorie, wheat	23	1 slice	0.097
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.097
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.097
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.097
09176	Mangos, raw	165	1 cup	0.096
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.095
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.095
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.095
18033	Bread, italian	20	1 slice	0.095
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.094
09326	Watermelon, raw	286	1 wedge	0.094
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.094
18057	Bread, reduced-calorie, white	23	1 slice	0.094
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.094
01111	Milk shakes, thick vanilla	313	11 fl oz	0.094
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.094
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.094
18064	Bread, wheat	25	1 slice	0.093
09277	Plantains, raw	179	1 medium	0.093
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.093
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.093
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.093
09087	Dates, deglet noor	178	1 cup	0.093
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.093
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.093
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.093
19080	Candies, semisweet chocolate	168	1 cup	0.092
18061	Bread, rye, toasted	24	1 slice	0.092
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.092
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.092
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.091
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.090
07023	Frankfurter, beef and pork	45	1 frank	0.090
18025	Bread, cracked-wheat	25	1 slice	0.090
11575	Tumip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.089
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.088
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.088
18047	Bread, raisin, enriched	26	1 slice	0.088
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.088
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.087
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.087

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.087
11206	Cucumber, peeled, raw	280	1 large	0.087
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.087
18040	Bread, oatmeal, toasted	25	1 slice	0.087
14347	Shake, fast food, vanilla	333	16 fl oz	0.087
01057	Eggnog	254	1 cup	0.086
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.086
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.086
20089	Wild rice, cooked	164	1 cup	0.085
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.085
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.085
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.085
11333	Peppers, sweet, green, raw	149	1 cup	0.085
18053	Bread, reduced-calorie, rye	23	1 slice	0.084
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.084
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.084
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.084
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.083
18045	Bread, pumpernickel, toasted	29	1 slice	0.083
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.083
18220	Crackers, melba toast, plain	20	4 pieces	0.083
09226	Papayas, raw	304	1 papaya	0.082
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.082
11205	Cucumber, with peel, raw	301	1 large	0.081
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.081
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.081
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.081
11821	Peppers, sweet, red, raw	149	1 cup	0.080
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.080
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.080
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.080
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.080
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.080
07064	Pork sausage, fresh, cooked	27	1 patty	0.079
11159	Coleslaw, home-prepared	120	1 cup	0.079
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.079
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.078
09206	Orange juice, raw	86	juice from 1 orange	0.077
06174	Soup, stock, fish, home-prepared	233	1 cup	0.077
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.077
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.077
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.077
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.077
07064	Pork sausage, fresh, cooked	26	2 links	0.076
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.076
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.076

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.076
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.075
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.075
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.075
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.075
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.075
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.075
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.074
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.074
11282	Onions, raw	160	1 cup	0.074
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.073
11124	Carrots, raw	110	1 cup	0.073
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.073
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.072
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.072
21139	Fast foods, potato, mashed	80	1/3 cup	0.072
09278	Plantains, cooked	154	1 cup	0.071
11364	Potatoes, baked, skin, without salt	58	1 skin	0.071
18048	Bread, raisin, toasted, enriched	24	1 slice	0.071
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.070
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.070
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.069
01143	Egg substitute, liquid	62.75	1/4 cup	0.069
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.069
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.069
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.068
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.068
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.068
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.068
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.068
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.068
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.068
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.068
11333	Peppers, sweet, green, raw	119	1 pepper	0.068
16112	Miso	68.75	1 cup	0.067
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.067
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.067
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.067
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.067
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.066
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.066
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.066
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.066
09181	Melons, cantaloupe, raw	160	1 cup	0.066
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.066
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.065
21088	Tostada with guacamole	130.5	1 tostada	0.065

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.065
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.065
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.065
09184	Melons, honeydew, raw	170	1 cup	0.065
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.065
11821	Peppers, sweet, red, raw	119	1 pepper	0.064
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.064
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.064
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.064
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.064
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.064
15128	Fish, tuna salad	205	1 cup	0.064
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.063
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.063
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.063
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.063
11090	Broccoli, raw	88	1 cup	0.062
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.062
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.062
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.062
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.061
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.061
09184	Melons, honeydew, raw	160	1/8 melon	0.061
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.060
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.060
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.060
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.060
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.060
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.060
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.060
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.060
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.060
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.060
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.060
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.060
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.059
11549	Tomato products, canned, sauce	245	1 cup	0.059
11424	Pumpkin, canned, without salt	245	1 cup	0.059
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.059
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.058
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.058
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.058
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.058
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.057
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.057

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11135	Cauliflower, raw	100	1 cup	0.057
18214	Crackers, cheese, regular	10	10 crackers	0.057
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.057
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.057
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.057
11260	Mushrooms, white, raw	70	1 cup	0.057
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.056
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.056
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.056
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.055
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.055
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.055
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.054
11641	Squash, summer, all varieties, raw	113	1 cup	0.054
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.054
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.054
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.054
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.054
09050	Blueberries, raw	145	1 cup	0.054
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.054
18177	Cookies, molasses	15	1 cookie, medium	0.053
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.053
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.053
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.053
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.053
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.052
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.052
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.052
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.052
01037	Cheese, ricotta, part skim milk	246	1 cup	0.052
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.052
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.052
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.051
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.051
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.051
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.051
11282	Onions, raw	110	1 whole	0.051
09326	Watermelon, raw	152	1 cup	0.050
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.050
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.050
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.049
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.049
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.049
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.049
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.049

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11114	Cabbage, savoy, raw	70	1 cup	0.049
18229	Crackers, standard snack-type, regular	12	4 crackers	0.049
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.049
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.049
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.049
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.048
11124	Carrots, raw	72	1 carrot	0.048
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.048
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.047
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.047
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.047
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.047
18226	Crackers, rye, wafers, plain	11	1 wafer	0.047
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.047
09040	Bananas, raw	150	1 cup	0.047
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.046
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.046
09191	Nectarines, raw	136	1 nectarine	0.046
09055	Blueberries, frozen, sweetened	230	1 cup	0.046
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.046
11081	Beets, cooked, boiled, drained	170	1 cup	0.046
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.046
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.046
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.045
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.045
11112	Cabbage, red, raw	70	1 cup	0.045
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.045
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.045
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.044
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.044
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.044
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.044
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.044
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.044
11015	Asparagus, canned, drained solids	72	4 spears	0.044
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.044
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.044
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.044
01019	Cheese, feta	28.35	1 oz	0.044
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.043
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.043
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.043
11109	Cabbage, raw	70	1 cup	0.043
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.043
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.043
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.042
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.042

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.042
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.042
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.042
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.041
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.041
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.041
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.041
09294	Prune juice, canned	256	1 cup	0.041
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.041
09236	Peaches, raw	170	1 cup	0.041
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.041
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.041
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.041
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.041
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.041
11670	Peppers, hot chili, green, raw	45	1 pepper	0.041
18232	Crackers, wheat, regular	8	4 crackers	0.040
11251	Lettuce, cos or romaine, raw	56	1 cup	0.040
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.040
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.040
01123	Egg, whole, raw, fresh	58	1 extra large	0.040
11213	Endive, raw	50	1 cup	0.040
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.040
09316	Strawberries, raw	166	1 cup	0.040
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.040
21127	Fast foods, coleslaw	99	3/4 cup	0.040
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.039
09302	Raspberries, raw	123	1 cup	0.039
11253	Lettuce, green leaf, raw	56	1 cup	0.039
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.039
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.039
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.039
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.039
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.039
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.039
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.038
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.038
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.038
09226	Papayas, raw	140	1 cup	0.038
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.038
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.037
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.037
11206	Cucumber, peeled, raw	119	1 cup	0.037
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.037
09040	Bananas, raw	118	1 banana	0.037
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.037
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.036

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.035
19088	Ice creams, vanilla, light	66	1/2 cup	0.035
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.035
01123	Egg, whole, raw, fresh	50	1 large	0.035
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.035
01128	Egg, whole, cooked, fried	46	1 large	0.035
11461	Spinach, canned, drained solids	214	1 cup	0.034
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	0.034
05286	Turkey and gravy, frozen	142	5-oz package	0.034
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.034
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.034
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.034
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.033
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.033
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.033
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.033
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.033
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.033
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.033
11819	Peppers, hot chili, red, raw	45	1 pepper	0.032
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.032
09094	Figs, dried, uncooked	38	2 figs	0.032
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.032
18235	Crackers, whole-wheat	16	4 crackers	0.032
01036	Cheese, ricotta, whole milk	246	1 cup	0.032
01132	Egg, whole, cooked, scrambled	61	1 large	0.032
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.032
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.031
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.031
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.031
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.031
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.030
01123	Egg, whole, raw, fresh	44	1 medium	0.030
19089	Ice creams, vanilla, rich	74	1/2 cup	0.030
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.030
12104	Nuts, coconut meat, raw	45	1 piece	0.030
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.030
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.030
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.029
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.029
01125	Egg, yolk, raw, fresh	16.6	1 large	0.029
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.029
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.029
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.029
09042	Blackberries, raw	144	1 cup	0.029
18360	Taco shells, baked	13.3	1 medium	0.029
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.029
18086	Cake, angelfood, commercially prepared	28	1 piece	0.029

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.028
19071	Candies, carob, unsweetened	28.35	1 oz	0.028
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.028
09181	Melons, cantaloupe, raw	69	1/8 melon	0.028
11205	Cucumber, with peel, raw	104	1 cup	0.028
19041	Snacks, pork skins, plain	28.35	1 oz	0.028
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0.028
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.028
19270	Ice creams, chocolate	66	1/2 cup	0.028
01131	Egg, whole, cooked, poached	50	1 large	0.028
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.027
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.027
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.027
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.027
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.027
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.027
19095	Ice creams, vanilla	66	1/2 cup	0.027
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.027
18308	Pie, cherry, commercially prepared	117	1 piece	0.027
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.027
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.027
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.027
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.026
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.026
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.026
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.026
07073	Sandwich spread, pork, beef	15	1 tbsp	0.026
07024	Frankfurter, chicken	45	1 frank	0.026
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.026
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.026
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.025
18170	Cookies, fig bars	16	1 cookie	0.025
11143	Celery, raw	120	1 cup	0.025
16158	Hummus, commercial	14	1 tbsp	0.025
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.025
11284	Onions, dehydrated flakes	5	1 tbsp	0.025
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.025
09340	Pears, asian, raw	275	1 pear	0.025
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.025
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.025
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.024
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.024
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.024
07017	Chicken roll, light meat	56.7	2 slices	0.024
09236	Peaches, raw	98	1 peach	0.024
09003	Apples, raw, with skin	138	1 apple	0.023
11457	Spinach, raw	30	1 cup	0.023

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.023
09150	Lemons, raw, without peel	58	1 lemon	0.023
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.023
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.023
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.023
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.023
18147	Cheesecake commercially prepared	80	1 piece	0.022
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.022
11090	Broccoli, raw	31	1 spear	0.022
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.022
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.022
09087	Dates, deglet noor	41.5	5 dates	0.022
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.022
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.021
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.021
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.021
05277	Chicken, canned, meat only, with broth	142	5 oz	0.021
09038	Avocados, raw, California	28.35	1 oz	0.021
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.021
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.021
09004	Apples, raw, without skin	110	1 cup	0.021
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.021
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.020
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.020
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.020
19097	Sherbet, orange	74	1/2 cup	0.020
09252	Pears, raw	166	1 pear	0.020
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.020
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.020
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.020
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.020
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.019
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.019
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.019
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.019
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.019
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.019
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.019
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.019
09279	Plums, raw	66	1 plum	0.018
13350	Beef, cured, dried	28.35	1 oz	0.018
09070	Cherries, sweet, raw	68	10 cherries	0.018
07022	Frankfurter, beef	45	1 frank	0.018
01040	Cheese, swiss	28.35	1 oz	0.018
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.018
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.018
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.018
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.018

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14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.018
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.018
19014	Snacks, fruit leather, rolls	21	1 large	0.018
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.018
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.017
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.017
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.017
11084	Beets, canned, drained solids	170	1 cup	0.017
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.017
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.017
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.016
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.016
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.016
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.015
09060	Carambola, (starfruit), raw	108	1 cup	0.015
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.015
11954	Tomatillos, raw	34	1 medium	0.015
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.015
09298	Raisins, seedless	14	1 packet	0.015
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.015
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.014
09152	Lemon juice, raw	47	juice of 1 lemon	0.014
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.014
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.014
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.014
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.014
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.014
02028	Spices, paprika	2.1	1 tsp	0.014
11081	Beets, cooked, boiled, drained	50	1 beet	0.014
02020	Spices, garlic powder	2.8	1 tsp	0.013
09060	Carambola, (starfruit), raw	91	1 fruit	0.013
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.013
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.013
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.012
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.012
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.012
19350	Syrups, corn, light	20	1 tbsp	0.012
18305	Pie, blueberry, commercially prepared	117	1 piece	0.012
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.012
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.011
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.011
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.011
09340	Pears, asian, raw	122	1 pear	0.011
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.011
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.011
01007	Cheese, camembert	38	1 wedge	0.011
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.011

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11955	Tomatoes, sun-dried	2	1 piece	0.011
09021	Apricots, raw	35	1 apricot	0.011
19074	Candies, caramels	10.1	1 piece	0.010
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.010
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.010
09160	Lime juice, raw	38	juice of 1 lime	0.010
02009	Spices, chili powder	2.6	1 tsp	0.009
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.009
02026	Spices, onion powder	2.1	1 tsp	0.009
11297	Parsley, raw	10	10 sprigs	0.009
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.009
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.009
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.008
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.008
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.008
11143	Celery, raw	40	1 stalk	0.008
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.008
19034	Snacks, popcorn, air-popped	8	1 cup	0.008
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.008
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.008
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.008
01004	Cheese, blue	28.35	1 oz	0.008
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.008
01186	Cheese, cream, fat free	15.6	1 tbsp	0.008
11457	Spinach, raw	10	1 leaf	0.008
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.008
01009	Cheese, cheddar	28.35	1 oz	0.008
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.008
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.008
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.008
19036	Snacks, popcorn, cakes	10	1 cake	0.008
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.007
11135	Cauliflower, raw	13	1 floweret	0.007
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.007
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.007
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.007
11740	Broccoli, flower clusters, raw	11	1 floweret	0.007
11253	Lettuce, green leaf, raw	10	1 leaf	0.007
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.007
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.007
02007	Spices, celery seed	2	1 tsp	0.007
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.006
11282	Onions, raw	14	1 slice	0.006
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.006
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.006
20068	Tapioca, pearl, dry	152	1 cup	0.006
11215	Garlic, raw	3	1 clove	0.006
11677	Shallots, raw	10	1 tbsp	0.006

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09039	Avocados, raw, Florida	28.35	1 oz	0.006
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.006
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.006
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.006
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.006
11333	Peppers, sweet, green, raw	10	1 ring	0.006
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.006
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.005
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.005
01035	Cheese, provolone	28.35	1 oz	0.005
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.005
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.005
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.005
01049	Cream, fluid, half and half	15	1 tbsp	0.005
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.005
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.005
02027	Spices, oregano, dried	1.5	1 tsp	0.005
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.005
02015	Spices, curry powder	2	1 tsp	0.005
11445	Seaweed, kelp, raw	10	2 tbsp	0.005
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.005
19129	Syrups, table blends, pancake	20	1 tbsp	0.005
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.005
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.005
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.005
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.005
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.004
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.004
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.004
09316	Strawberries, raw	18	1 strawberry	0.004
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.004
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.004
01031	Cheese, neufchatel	28.35	1 oz	0.004
16055	Carob flour	8	1 tbsp	0.004
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.004
01056	Cream, sour, cultured	12	1 tbsp	0.004
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.004
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.004
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.004
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.004
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.004
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.004
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.004
01030	Cheese, muenster	28.35	1 oz	0.004
11961	Hearts of palm, canned	33	1 piece	0.004
01052	Cream, fluid, light whipping	15	1 tbsp	0.004
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.004
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.003
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.003

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.003
19297	Jams and preserves	20	1 tbsp	0.003
11960	Carrots, baby, raw	10	1 medium	0.003
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.003
09316	Strawberries, raw	12	1 strawberry	0.003
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.003
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.003
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.003
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.003
14277	Grape drink, canned	250	8 fl oz	0.003
01017	Cheese, cream	14.5	1 tbsp	0.002
11084	Beets, canned, drained solids	24	1 beet	0.002
11156	Chives, raw	3	1 tbsp	0.002
02030	Spices, pepper, black	2.1	1 tsp	0.002
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.002
02029	Spices, parsley, dried	1.3	1 tbsp	0.002
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.002
11943	Pimento, canned	12	1 tbsp	0.002
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
14181	Chocolate syrup	18.75	1 tbsp	0.002
11935	Catsup	15	1 tbsp	0.002
06150	Sauce, barbecue	15.75	1 tbsp	0.002
19294	Fruit butters, apple	17	1 tbsp	0.002
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.002
01032	Cheese, parmesan, grated	5	1 tbsp	0.001
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.001
04133	Salad dressing, french, home recipe	14	1 tbsp	0.001
01124	Egg, white, raw, fresh	33.4	1 large	0.001
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.001
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.001
19353	Syrups, maple	20	1 tbsp	0.001
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.001
19108	Candies, jellybeans	28.35	10 large	0.001
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.001
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.001
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.001
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.001
01001	Butter, salted	14.2	1 tbsp	0.001
01145	Butter, without salt	14.2	1 tbsp	0.001
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.001
11935	Catsup	6	1 packet	0.001
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.001
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.001
02045	Dill weed, fresh	1	5 sprigs	0.001
11429	Radishes, raw	4.5	1 radish	0.001
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.001
02010	Spices, cinnamon, ground	2.3	1 tsp	0.001

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19116	Candies, marshmallows	50	1 cup	0.001
02050	Vanilla extract	4.2	1 tsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000
19300	Jellies	19	1 tbsp	0.000
19107	Candies, hard	3	1 small piece	0.000
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
21129	Fast foods, hush puppies	78	5 pieces	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
11945	Pickle relish, sweet	15	1 tbsp	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000

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02047	Salt, table	6	1 tsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
04002	Lard	12.8	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04582	Oil, vegetable, canola	14	1 tbsp	0.000
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
19296	Honey	21	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000