

USDA National Nutrient Database for Standard Reference, Release 20

Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.600
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	2.070
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	2.030
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	2.001
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	1.984
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	1.573
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.135
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.083
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.017
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.015
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.000
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.990
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.982
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.963
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.917
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.907
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.889
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.882
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.882
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.873
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.861
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.842
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.842
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.758
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.736
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.735
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.711
20011	Buckwheat flour, whole-groat	120	1 cup	0.698
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.690
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.644
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.641
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.631
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.628
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.602
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.596
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.586
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.578
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.576
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.572
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.569
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.568
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.568
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.566

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08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.563
09294	Prune juice, canned	256	1 cup	0.558
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.554
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.553
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.551
09040	Bananas, raw	150	1 cup	0.551
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.542
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.541
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.540
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.539
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.538
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.536
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.536
09277	Plantains, raw	179	1 medium	0.535
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.533
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.531
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.529
20005	Barley, pearled, raw	200	1 cup	0.520
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	0.520
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.519
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.519
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.518
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.516
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.513
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.513
11655	Carrot juice, canned	236	1 cup	0.512
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.510
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.508
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.500
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.500
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.500
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.500
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.500
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.500
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.500
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.500
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.500
05277	Chicken, canned, meat only, with broth	142	5 oz	0.497
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.496

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11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.487
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.485
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.479
20012	Bulgur, dry	140	1 cup	0.479
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.472
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.470
19061	Snacks, trail mix, tropical	140	1 cup	0.458
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.454
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.448
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.441
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.436
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.436
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.436
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.436
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.434
11821	Peppers, sweet, red, raw	149	1 cup	0.434
09040	Bananas, raw	118	1 banana	0.433
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.433
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.428
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.426
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.423
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.422
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.420
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.418
20080	Wheat flour, whole-grain	120	1 cup	0.409
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.407
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.404
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.402
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.402
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.401
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.400
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.399
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.393
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.392
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.392
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.391
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.383
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.378
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.371
09278	Plantains, cooked	154	1 cup	0.370
21082	Fast foods, taco	263	1 large	0.368
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.366
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.366
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.363

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.361
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.360
11364	Potatoes, baked, skin, without salt	58	1 skin	0.356
11414	Potato salad, home-prepared	250	1 cup	0.353
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.352
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.349
11821	Peppers, sweet, red, raw	119	1 pepper	0.346
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.345
11672	Potato pancakes	76	1 pancake	0.343
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.342
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.340
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.339
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.339
11578	Vegetable juice cocktail, canned	242	1 cup	0.339
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.337
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.337
11333	Peppers, sweet, green, raw	149	1 cup	0.334
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.332
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.330
21042	Fast foods, chili con carne	253	1 cup	0.329
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.327
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.325
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.324
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.324
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.323
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.322
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.320
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.319
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.319
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.318
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.317
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.317
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.316
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.315
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.312
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.312
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.311
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.307
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.306
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.305
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.303
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.303
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.302
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.300
22905	Beef stew, canned entree	232	1 cup	0.299
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.299
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.298

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15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.298
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.298
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.298
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.294
09087	Dates, deglet noor	178	1 cup	0.294
18268	French toast, frozen, ready-to-heat	59	1 slice	0.293
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.290
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.290
20037	Rice, brown, long-grain, cooked	195	1 cup	0.283
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.282
22904	Chili con carne with beans, canned entree	222	1 cup	0.282
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.278
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.278
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.278
09176	Mangos, raw	207	1 mango	0.277
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.275
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.273
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.273
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.271
11540	Tomato juice, canned, with salt added	243	1 cup	0.270
11333	Peppers, sweet, green, raw	119	1 pepper	0.267
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.266
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.264
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.261
07069	Salami, cooked, beef and pork	56.7	2 slices	0.260
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.259
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.258
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.257
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.257
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.255
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.254
09298	Raisins, seedless	145	1 cup	0.252
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.252
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.251
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.250
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.248
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.247
11641	Squash, summer, all varieties, raw	113	1 cup	0.246
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.243
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.240
21082	Fast foods, taco	171	1 small	0.239
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.239
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.239
11549	Tomato products, canned, sauce	245	1 cup	0.238
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.236
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.231
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.231

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21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.230
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.230
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.230
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.230
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.230
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.230
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.228
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.228
11819	Peppers, hot chili, red, raw	45	1 pepper	0.228
06094	Soup, onion, dry, mix	39	1 packet	0.227
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.226
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.224
07028	Ham, sliced, extra lean	56.7	2 slices	0.223
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.223
11135	Cauliflower, raw	100	1 cup	0.222
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.222
20089	Wild rice, cooked	164	1 cup	0.221
09176	Mangos, raw	165	1 cup	0.221
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.221
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.221
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.219
09207	Orange juice, canned, unsweetened	249	1 cup	0.219
21083	Fast foods, taco salad	198	1-1/2 cups	0.218
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.215
11461	Spinach, canned, drained solids	214	1 cup	0.214
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.213
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.213
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.213
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.212
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.211
07017	Chicken roll, light meat	56.7	2 slices	0.210
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.209
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.208
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.207
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.207
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.207
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.206
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.205
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.205
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.205
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.204
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.203
15141	Crustaceans, crab, blue, canned	135	1 cup	0.203
22906	Chicken pot pie, frozen entree	217	1 small pie	0.202
21077	Fast foods, frijoles with cheese	167	1 cup	0.200

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Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.200
14347	Shake, fast food, vanilla	333	16 fl oz	0.200
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.198
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.198
16051	Beans, white, mature seeds, canned	262	1 cup	0.197
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.196
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.194
22402	Beef Macaroni, frozen entree	240	1 package	0.194
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.194
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.192
11282	Onions, raw	160	1 cup	0.192
20028	Couscous, dry	173	1 cup	0.190
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.190
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.190
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.189
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.189
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.188
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.187
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.187
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.187
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.186
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.185
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.184
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.184
21139	Fast foods, potato, mashed	80	1/3 cup	0.184
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.183
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.182
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.182
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.181
20006	Barley, pearled, cooked	157	1 cup	0.181
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.180
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.179
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.178
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.176
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.174
09266	Pineapple, raw, all varieties	155	1 cup	0.174
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.173
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.172
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.172
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.172
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.172
07008	Bologna, beef and pork	56.7	2 slices	0.168
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.168
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.168
14346	Shake, fast food, chocolate	333	16 fl oz	0.167
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.166

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Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15128	Fish, tuna salad	205	1 cup	0.166
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.166
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.165
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.164
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.164
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.164
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.163
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.162
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.162
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.162
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.161
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.161
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.160
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.159
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.158
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.157
01095	Milk, canned, condensed, sweetened	306	1 cup	0.156
20033	Oat bran, raw	94	1 cup	0.155
11090	Broccoli, raw	88	1 cup	0.154
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.154
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.154
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.153
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.153
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.152
11124	Carrots, raw	110	1 cup	0.152
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.151
11159	Coleslaw, home-prepared	120	1 cup	0.151
20013	Bulgur, cooked	182	1 cup	0.151
09184	Melons, honeydew, raw	170	1 cup	0.150
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.148
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.148
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.147
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.147
11112	Cabbage, red, raw	70	1 cup	0.146
07024	Frankfurter, chicken	45	1 frank	0.145
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.145
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.145
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.145
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.144
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.144
11206	Cucumber, peeled, raw	280	1 large	0.143
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.142
05286	Turkey and gravy, frozen	142	5-oz package	0.142
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.141
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.141
09184	Melons, honeydew, raw	160	1/8 melon	0.141
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.141

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Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.141
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.141
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.139
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.138
11424	Pumpkin, canned, without salt	245	1 cup	0.137
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.137
16112	Miso	68.75	1 cup	0.137
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.137
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.136
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.136
09055	Blueberries, frozen, sweetened	230	1 cup	0.136
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.135
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.135
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.135
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.134
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.134
11658	Spinach souffle	136	1 cup	0.133
11114	Cabbage, savoy, raw	70	1 cup	0.133
11282	Onions, raw	110	1 whole	0.132
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.132
01111	Milk shakes, thick vanilla	313	11 fl oz	0.131
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.131
21088	Tostada with guacamole	130.5	1 tostada	0.131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.130
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.129
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.129
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.129
09326	Watermelon, raw	286	1 wedge	0.129
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
01057	Eggnog	254	1 cup	0.127
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.126
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.126
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.126
11670	Peppers, hot chili, green, raw	45	1 pepper	0.125
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.124
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.123
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.122
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.122
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.122
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.121
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.121
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.121
11205	Cucumber, with peel, raw	301	1 large	0.120
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.120
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.120

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Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01019	Cheese, feta	28.35	1 oz	0.120
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.120
16008	Beans, baked, canned, with franks	259	1 cup	0.119
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.119
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.119
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.118
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.118
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.118
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.117
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.116
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.116
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.116
11226	Jerusalem-artichokes, raw	150	1 cup	0.116
09181	Melons, cantaloupe, raw	160	1 cup	0.115
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.114
11081	Beets, cooked, boiled, drained	170	1 cup	0.114
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.112
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.111
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.111
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.111
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.111
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.111
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.110
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.110
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.110
13350	Beef, cured, dried	28.35	1 oz	0.109
01164	Cheese sauce, prepared from recipe	243	1 cup	0.109
21127	Fast foods, coleslaw	99	3/4 cup	0.109
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.109
09128	Grapefruit juice, white, raw	247	1 cup	0.109
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.109
09404	Grapefruit juice, pink, raw	247	1 cup	0.109
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.109
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.109
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.108
09200	Oranges, raw, all commercial varieties	180	1 cup	0.108
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.108
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.108
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.107
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.107
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.107
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.106
01036	Cheese, ricotta, whole milk	246	1 cup	0.106

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.105
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.105
09153	Lemon juice, canned or bottled	244	1 cup	0.105
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.105
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.103
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.103
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.102
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.102
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.102
21129	Fast foods, hush puppies	78	5 pieces	0.101
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.101
06166	Sauce, homemade, white, medium	250	1 cup	0.100
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.100
07072	Salami, dry or hard, pork, beef	20	2 slices	0.100
11124	Carrots, raw	72	1 carrot	0.099
09206	Orange juice, raw	248	1 cup	0.099
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.099
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.098
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.098
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.097
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.097
11084	Beets, canned, drained solids	170	1 cup	0.097
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.096
02009	Spices, chili powder	2.6	1 tsp	0.095
19087	Candies, white chocolate	170	1 cup	0.095
11264	Mushrooms, canned, drained solids	156	1 cup	0.095
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.095
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.095
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.094
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.094
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.094
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.094
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.094
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.093
22247	Macaroni and Cheese, canned entree	252	1 cup	0.093
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.093
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.093
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.092
18283	Muffins, oat bran	57	1 muffin	0.092
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.092
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.092
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.091
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.091
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.090
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.090

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.090
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.089
11143	Celery, raw	120	1 cup	0.089
07064	Pork sausage, fresh, cooked	27	1 patty	0.088
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.088
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.088
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.087
11109	Cabbage, raw	70	1 cup	0.087
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.086
01007	Cheese, camembert	38	1 wedge	0.086
06174	Soup, stock, fish, home-prepared	233	1 cup	0.086
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.086
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.086
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.085
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.085
07064	Pork sausage, fresh, cooked	26	2 links	0.085
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.085
02028	Spices, paprika	2.1	1 tsp	0.084
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.084
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.083
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.083
01123	Egg, whole, raw, fresh	58	1 extra large	0.083
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.083
02020	Spices, garlic powder	2.8	1 tsp	0.082
09038	Avocados, raw, California	28.35	1 oz	0.081
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.081
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.081
20029	Couscous, cooked	157	1 cup	0.080
11284	Onions, dehydrated flakes	5	1 tbsp	0.080
09223	Tangerine juice, canned, sweetened	249	1 cup	0.080
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.080
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.079
11015	Asparagus, canned, drained solids	72	4 spears	0.079
09200	Oranges, raw, all commercial varieties	131	1 orange	0.079
09316	Strawberries, raw	166	1 cup	0.078
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.078
18003	Bagels, egg	89	4" bagel	0.077
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.077
18025	Bread, cracked-wheat	25	1 slice	0.076
09050	Blueberries, raw	145	1 cup	0.075
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.075
21024	Fast foods, french toast sticks	141	5 sticks	0.075
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.074
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.074
20110	Noodles, egg, cooked, enriched	160	1 cup	0.074
07027	Ham, chopped, not canned	21	2 slices	0.074
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.073
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.073

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Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18325	Pie, pecan, prepared from recipe	122	1 piece	0.073
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.073
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.073
11260	Mushrooms, white, raw	70	1 cup	0.073
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.073
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.073
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.073
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.073
01132	Egg, whole, cooked, scrambled	61	1 large	0.072
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.072
01123	Egg, whole, raw, fresh	50	1 large	0.072
01128	Egg, whole, cooked, fried	46	1 large	0.071
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.070
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.070
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.070
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.070
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.069
20100	Macaroni, cooked, enriched	140	1 cup	0.069
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.069
09087	Dates, deglet noor	41.5	5 dates	0.068
09326	Watermelon, raw	152	1 cup	0.068
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.068
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.068
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0.068
09302	Raspberries, raw	123	1 cup	0.068
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.067
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.067
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.067
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.066
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.066
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.066
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.066
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.066
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.065
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.065
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.065
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.065
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.064
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.063
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.063
19014	Snacks, fruit leather, rolls	21	1 large	0.063
01123	Egg, whole, raw, fresh	44	1 medium	0.063
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.063
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.063
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.062
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.062
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.062

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.062
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.062
18003	Bagels, egg	71	3-1/2" bagel	0.062
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.062
18309	Pie, cherry, prepared from recipe	180	1 piece	0.061
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.061
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.061
11206	Cucumber, peeled, raw	119	1 cup	0.061
09340	Pears, asian, raw	275	1 pear	0.061
01131	Egg, whole, cooked, poached	50	1 large	0.061
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.061
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.060
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.060
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.060
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.059
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.059
19080	Candies, semisweet chocolate	168	1 cup	0.059
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.059
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.059
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.059
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.059
11457	Spinach, raw	30	1 cup	0.059
07023	Frankfurter, beef and pork	45	1 frank	0.059
01125	Egg, yolk, raw, fresh	16.6	1 large	0.058
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.058
09226	Papayas, raw	304	1 papaya	0.058
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.058
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.058
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.057
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.057
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.057
09003	Apples, raw, with skin	138	1 apple	0.057
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.056
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.056
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.055
18214	Crackers, cheese, regular	10	10 crackers	0.055
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.055
18005	Bagels, cinnamon-raisin	89	4" bagel	0.055
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.055
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.055
20034	Oat bran, cooked	219	1 cup	0.055
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.055
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.055
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.054
11090	Broccoli, raw	31	1 spear	0.054
21023	Fast foods, french toast with butter	135	2 slices	0.054
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.053
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.053

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Vitamin B-6 (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.053
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.052
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.052
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.052
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	0.051
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.051
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.051
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.051
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.051
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.051
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.051
20083	Wheat flour, white, bread, enriched	137	1 cup	0.051
11253	Lettuce, green leaf, raw	56	1 cup	0.050
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.050
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.050
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.050
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.050
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.050
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.050
09181	Melons, cantaloupe, raw	69	1/8 melon	0.050
18302	Pie, apple, prepared from recipe	155	1 piece	0.050
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.050
20113	Noodles, chinese, chow mein	45	1 cup	0.050
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.049
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.049
01037	Cheese, ricotta, part skim milk	246	1 cup	0.049
21118	Fast foods, hotdog, plain	98	1 sandwich	0.049
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.048
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.048
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.048
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.048
18308	Pie, cherry, commercially prepared	117	1 piece	0.048
18279	Muffins, corn, commercially prepared	57	1 muffin	0.048
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.048
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.048
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.048
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.047
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.047
01004	Cheese, blue	28.35	1 oz	0.047
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.047
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.046
09252	Pears, raw	166	1 pear	0.046
09150	Lemons, raw, without peel	58	1 lemon	0.046
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.046
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.046
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.046
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.046

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.046
20084	Wheat flour, white, cake, enriched	137	1 cup	0.045
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.045
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.045
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.045
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.044
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.044
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.044
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.043
18305	Pie, blueberry, commercially prepared	117	1 piece	0.043
09042	Blackberries, raw	144	1 cup	0.043
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.043
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.043
09236	Peaches, raw	170	1 cup	0.043
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.042
18147	Cheesecake commercially prepared	80	1 piece	0.042
11205	Cucumber, with peel, raw	104	1 cup	0.042
11251	Lettuce, cos or romaine, raw	56	1 cup	0.041
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.041
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.041
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.041
09004	Apples, raw, without skin	110	1 cup	0.041
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.041
18044	Bread, pumpernickel	32	1 slice	0.040
09094	Figs, dried, uncooked	38	2 figs	0.040
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.040
07022	Frankfurter, beef	45	1 frank	0.040
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.040
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.040
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.040
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.040
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.039
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.039
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.039
18319	Pie, fried pies, fruit	128	1 pie	0.038
18444	Pie, fried pies, cherry	128	1 pie	0.038
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.038
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.038
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.037
18134	Cake, sponge, prepared from recipe	63	1 piece	0.037
11215	Garlic, raw	3	1 clove	0.037
19071	Candies, carob, unsweetened	28.35	1 oz	0.037
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.037
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.037
19270	Ice creams, chocolate	66	1/2 cup	0.036
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.036
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.036
18045	Bread, pumpernickel, toasted	29	1 slice	0.036

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.035
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.035
18065	Bread, wheat, toasted	23	1 slice	0.035
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.035
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.035
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.035
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.035
11677	Shallots, raw	10	1 tbsp	0.035
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.035
09206	Orange juice, raw	86	juice from 1 orange	0.034
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.034
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.034
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.034
35142	Frybread, made with lard (Navajo)	90	5" bread	0.034
09191	Nectarines, raw	136	1 nectarine	0.034
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.034
11081	Beets, cooked, boiled, drained	50	1 beet	0.034
09070	Cherries, sweet, raw	68	10 cherries	0.033
19089	Ice creams, vanilla, rich	74	1/2 cup	0.033
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.033
18243	Croutons, seasoned	40	1 cup	0.033
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.033
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.033
18239	Croissants, butter	57	1 croissant	0.033
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.033
18217	Crackers, matzo, plain	28.35	1 matzo	0.033
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.032
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.032
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.032
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.032
19095	Ice creams, vanilla	66	1/2 cup	0.032
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.031
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.031
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.031
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.030
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.030
18226	Crackers, rye, wafers, plain	11	1 wafer	0.030
18064	Bread, wheat	25	1 slice	0.030
19088	Ice creams, vanilla, light	66	1/2 cup	0.030
11143	Celery, raw	40	1 stalk	0.030
18235	Crackers, whole-wheat	16	4 crackers	0.029
16055	Carob flour	8	1 tbsp	0.029
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.029
18055	Bread, reduced-calorie, wheat	23	1 slice	0.029
11135	Cauliflower, raw	13	1 floweret	0.029
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.029

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.029
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.029
18245	Danish pastry, cheese	71	1 danish	0.028
16158	Hummus, commercial	14	1 tbsp	0.028
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.028
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.027
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.027
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.027
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.027
18360	Taco shells, baked	13.3	1 medium	0.027
09340	Pears, asian, raw	122	1 pear	0.027
12147	Nuts, pine nuts, dried	28.35	1 oz	0.027
09226	Papayas, raw	140	1 cup	0.027
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.026
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.026
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.026
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.026
11943	Pimento, canned	12	1 tbsp	0.026
18027	Bread, egg	40	1/2" slice	0.026
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.026
02026	Spices, onion powder	2.1	1 tsp	0.026
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.026
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.025
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.025
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.025
09236	Peaches, raw	98	1 peach	0.025
09298	Raisins, seedless	14	1 packet	0.024
12104	Nuts, coconut meat, raw	45	1 piece	0.024
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.024
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.024
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.024
18060	Bread, rye	32	1 slice	0.024
09152	Lemon juice, raw	47	juice of 1 lemon	0.024
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.024
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.024
18324	Pie, pecan, commercially prepared	113	1 piece	0.024
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.024
01040	Cheese, swiss	28.35	1 oz	0.024
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.023
02015	Spices, curry powder	2	1 tsp	0.023
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.023
11333	Peppers, sweet, green, raw	10	1 ring	0.022
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.022
11935	Catsup	15	1 tbsp	0.022
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.022
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.022
09039	Avocados, raw, Florida	28.35	1 oz	0.022
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.022

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.021
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.021
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.021
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.021
01009	Cheese, cheddar	28.35	1 oz	0.021
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.021
01035	Cheese, provolone	28.35	1 oz	0.021
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.020
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.020
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.020
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.020
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.020
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.020
18353	Rolls, hard (includes kaiser)	57	1 roll	0.020
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.020
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.020
18220	Crackers, melba toast, plain	20	4 pieces	0.020
11457	Spinach, raw	10	1 leaf	0.020
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.020
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.019
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.019
09279	Plums, raw	66	1 plum	0.019
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.019
11954	Tomatillos, raw	34	1 medium	0.019
09021	Apricots, raw	35	1 apricot	0.019
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.019
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.019
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.019
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.018
09060	Carambola, (starfruit), raw	108	1 cup	0.018
18039	Bread, oatmeal	27	1 slice	0.018
02027	Spices, oregano, dried	1.5	1 tsp	0.018
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.018
19036	Snacks, popcorn, cakes	10	1 cake	0.018
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.018
07073	Sandwich spread, pork, beef	15	1 tbsp	0.018
18047	Bread, raisin, enriched	26	1 slice	0.018
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.018
02007	Spices, celery seed	2	1 tsp	0.018
18061	Bread, rye, toasted	24	1 slice	0.018
18053	Bread, reduced-calorie, rye	23	1 slice	0.018
11740	Broccoli, flower clusters, raw	11	1 floweret	0.017
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.017
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.017
19097	Sherbet, orange	74	1/2 cup	0.017
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.017
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.017

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11282	Onions, raw	14	1 slice	0.017
18040	Bread, oatmeal, toasted	25	1 slice	0.017
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.017
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.017
18048	Bread, raisin, toasted, enriched	24	1 slice	0.016
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.016
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.016
01030	Cheese, muenster	28.35	1 oz	0.016
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.016
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.016
18177	Cookies, molasses	15	1 cookie, medium	0.016
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.016
09060	Carambola, (starfruit), raw	91	1 fruit	0.015
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.015
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.015
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.015
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.015
09160	Lime juice, raw	38	juice of 1 lime	0.014
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.014
11084	Beets, canned, drained solids	24	1 beet	0.014
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.014
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.014
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.014
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.014
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.013
02029	Spices, parsley, dried	1.3	1 tbsp	0.013
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.013
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.013
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.013
19034	Snacks, popcorn, air-popped	8	1 cup	0.013
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.012
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.012
20068	Tapioca, pearl, dry	152	1 cup	0.012
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.012
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.012
18170	Cookies, fig bars	16	1 cookie	0.012
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.012
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.012
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.012
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.012
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.012
01031	Cheese, neufchatel	28.35	1 oz	0.012
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.012
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.011
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.011
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.011
18232	Crackers, wheat, regular	8	4 crackers	0.011
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.011

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18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.011
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.011
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.011
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.011
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.011
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.011
11960	Carrots, baby, raw	10	1 medium	0.011
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.010
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.010
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.010
11213	Endive, raw	50	1 cup	0.010
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.010
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.010
18057	Bread, reduced-calorie, white	23	1 slice	0.010
18033	Bread, italian	20	1 slice	0.010
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.010
18041	Bread, pita, white, enriched	28	4" pita	0.010
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.009
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.009
11253	Lettuce, green leaf, raw	10	1 leaf	0.009
11297	Parsley, raw	10	10 sprigs	0.009
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.009
11935	Catsup	6	1 packet	0.009
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.009
18086	Cake, angelfood, commercially prepared	28	1 piece	0.009
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0.009
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.009
09316	Strawberries, raw	18	1 strawberry	0.008
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.008
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.008
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.008
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.008
01186	Cheese, cream, fat free	15.6	1 tbsp	0.008
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.008
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.007
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.007
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.007
11961	Hearts of palm, canned	33	1 piece	0.007
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.007
02030	Spices, pepper, black	2.1	1 tsp	0.007
01017	Cheese, cream	14.5	1 tbsp	0.007
11955	Tomatoes, sun-dried	2	1 piece	0.007
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.007
19041	Snacks, pork skins, plain	28.35	1 oz	0.007
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.006
06150	Sauce, barbecue	15.75	1 tbsp	0.006
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.006
18229	Crackers, standard snack-type, regular	12	4 crackers	0.006

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19294	Fruit butters, apple	17	1 tbsp	0.006
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.006
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.006
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.006
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.006
01049	Cream, fluid, half and half	15	1 tbsp	0.006
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.006
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.006
19074	Candies, caramels	10.1	1 piece	0.006
09316	Strawberries, raw	12	1 strawberry	0.006
19296	Honey	21	1 tbsp	0.005
14277	Grape drink, canned	250	8 fl oz	0.005
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.005
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.005
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.005
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.005
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.005
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.005
01052	Cream, fluid, light whipping	15	1 tbsp	0.004
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.004
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.004
11156	Chives, raw	3	1 tbsp	0.004
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.004
19297	Jams and preserves	20	1 tbsp	0.004
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.004
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.004
19300	Jellies	19	1 tbsp	0.004
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.004
02055	Horseradish, prepared	5	1 tsp	0.004
02010	Spices, cinnamon, ground	2.3	1 tsp	0.004
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.003
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.003
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.003
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.003
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.003
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.003
11429	Radishes, raw	4.5	1 radish	0.003
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.003
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.003
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.003
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.003
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.003
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.003
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.003
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.003
01032	Cheese, parmesan, grated	5	1 tbsp	0.002
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.002

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14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.002
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.002
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.002
11945	Pickle relish, sweet	15	1 tbsp	0.002
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.002
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.002
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.002
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.002
01056	Cream, sour, cultured	12	1 tbsp	0.002
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.002
01143	Egg substitute, liquid	62.75	1/4 cup	0.002
02045	Dill weed, fresh	1	5 sprigs	0.002
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.002
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.002
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.002
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.002
01124	Egg, white, raw, fresh	33.4	1 large	0.002
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.002
19116	Candies, marshmallows	50	1 cup	0.002
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.001
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.001
19334	Sugars, brown	3.2	1 tsp	0.001
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.001
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.001
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	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
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.001
19108	Candies, jellybeans	28.35	10 large	0.001
14181	Chocolate syrup	18.75	1 tbsp	0.001
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.001
02050	Vanilla extract	4.2	1 tsp	0.001
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.001
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.001
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.000
01001	Butter, salted	14.2	1 tbsp	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
19353	Syrups, maple	20	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000

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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
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 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
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.000
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
04002	Lard	12.8	1 tbsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000

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02047	Salt, table	6	1 tsp	0.000
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04582	Oil, vegetable, canola	14	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	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