

USDA National Nutrient Database for Standard Reference, Release 24

Sugars, total (g) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.32
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3.35
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	24.14
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	31.49
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	1.12
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	8.01
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.64
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.99
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.06
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	23.86
09011	Apples, dried, sulfured, uncooked	32	5 rings	18.30
09003	Apples, raw, with skin	138	1 apple	14.34
09004	Apples, raw, without skin	110	1 cup	11.11
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	37.41
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	22.91
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	51.26
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	26.21
09032	Apricots, dried, sulfured, uncooked	35	10 halves	18.70
09021	Apricots, raw	35	1 apricot	3.23
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.19
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.66
11015	Asparagus, canned, drained solids	72	4 spears	0.76
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.78
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.19
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.58
09038	Avocados, raw, California	28.35	1 oz	0.09
09039	Avocados, raw, Florida	28.35	1 oz	0.69
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	4.25
18005	Bagels, cinnamon-raisin	89	4" bagel	5.32
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	3.59
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	4.49
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.00
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.26
11028	Bamboo shoots, canned, drained solids	131	1 cup	2.48
09040	Bananas, raw	150	1 cup	18.35
09040	Bananas, raw	118	1 banana	14.43
20006	Barley, pearled, cooked	157	1 cup	0.44
20005	Barley, pearled, raw	200	1 cup	1.60

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16006	Beans, baked, canned, plain or vegetarian	254	1 cup	20.22
16008	Beans, baked, canned, with franks	259	1 cup	16.91
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	21.66
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	14.35
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	4.74
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.57
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.67
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.58
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.77
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1.94
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1.66
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.30
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	1.94
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	1.66
16051	Beans, white, mature seeds, canned	262	1 cup	0.76
22905	Beef stew, canned entree	232	1 cup	4.08
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.00
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.00
13350	Beef, cured, dried	28.35	1 oz	0.77
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.00
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.00
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.86
11084	Beets, canned, drained solids	170	1 cup	9.37
11084	Beets, canned, drained solids	24	1 beet	1.32
11081	Beets, cooked, boiled, drained	50	1 beet	3.98
11081	Beets, cooked, boiled, drained	170	1 cup	13.53
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.31
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.20
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.17
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.71
09042	Blackberries, raw	144	1 cup	7.03
09055	Blueberries, frozen, sweetened	230	1 cup	45.36
09050	Blueberries, raw	145	1 cup	14.44
07008	Bologna, beef and pork	56.7	2 slices	2.51

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07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.00
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.76
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.89
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.11
18027	Bread, egg	40	1/2" slice	0.71
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.64
18033	Bread, italian	20	1 slice	0.17
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	1.66
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	1.67
18039	Bread, oatmeal	27	1 slice	2.20
18040	Bread, oatmeal, toasted	25	1 slice	2.21
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.78
18041	Bread, pita, white, enriched	28	4" pita	0.36
18044	Bread, pumpernickel	32	1 slice	0.17
18045	Bread, pumpernickel, toasted	29	1 slice	0.17
18047	Bread, raisin, enriched	26	1 slice	1.48
18048	Bread, raisin, toasted, enriched	24	1 slice	1.48
18053	Bread, reduced-calorie, rye	23	1 slice	0.53
18055	Bread, reduced-calorie, wheat	23	1 slice	0.85
18057	Bread, reduced-calorie, white	23	1 slice	1.09
18060	Bread, rye	32	1 slice	1.23
18061	Bread, rye, toasted	24	1 slice	1.02
18064	Bread, wheat	25	1 slice	1.52
18065	Bread, wheat, toasted	23	1 slice	1.48
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	1.27
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	2.28
18070	Bread, white, commercially prepared, toasted	22	1 slice	1.04
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.56
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.44
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.51
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.17
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.70
11090	Broccoli, raw	31	1 spear	0.53
11090	Broccoli, raw	88	1 cup	1.50
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2.71
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	3.22
20011	Buckwheat flour, whole-groat	120	1 cup	3.12
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.51
20013	Bulgur, cooked	182	1 cup	0.18
20012	Bulgur, dry	140	1 cup	0.57
01001	Butter, salted	14.2	1 tbsp	0.01
01145	Butter, without salt	14.2	1 tbsp	0.01
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.41
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	4.19
11109	Cabbage, raw	70	1 cup	2.24
11112	Cabbage, red, raw	70	1 cup	2.68

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11114	Cabbage, savoy, raw	70	1 cup	1.59
18088	Cake, angelfood, dry mix, prepared	50	1 piece	15.26
18090	Cake, boston cream pie, commercially prepared	92	1 piece	33.22
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	25.57
18110	Cake, fruitcake, commercially prepared	43	1 piece	12.83
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	9.62
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	18.88
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	15.85
18133	Cake, sponge, commercially prepared	30	1 shortcake	11.00
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	64.28
18139	Cake, white, prepared from recipe without frosting	74	1 piece	26.26
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	25.10
19074	Candies, caramels	10.1	1 piece	6.62
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	3.94
19071	Candies, carob, unsweetened	28.35	1 oz	9.67
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	12.43
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.04
19104	Candies, fudge, vanilla with nuts	15	1 piece	10.65
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	12.76
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	12.97
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	43.64
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	2.48
19107	Candies, hard	3	1 small piece	1.89
19107	Candies, hard	6	1 piece	3.77
19108	Candies, jellybeans	28.35	10 large	19.85
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	20.45
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	4.46
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	10.15
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	36.41
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	10.74
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	28.77
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	2.91
19116	Candies, marshmallows	50	1 cup	28.78
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	22.66
19126	Candies, milk chocolate coated peanuts	40	10 pieces	15.04
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.22
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	18.00
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	23.14
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	3.21
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	24.20
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	21.23
19080	Candies, semisweet chocolate	168	1 cup	91.56
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.00
19087	Candies, white chocolate	170	1 cup	100.30
09060	Carambola, (starfruit), raw	91	1 fruit	3.62

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09060	Carambola, (starfruit), raw	108	1 cup	4.30
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	33.19
14136	Carbonated beverage, ginger ale	366	12 fl oz	31.84
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	39.22
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	33.05
16055	Carob flour	8	1 tbsp	3.93
11655	Carrot juice, canned	236	1 cup	9.23
11960	Carrots, baby, raw	10	1 medium	0.48
11128	Carrots, canned, regular pack, drained solids	146	1 cup	3.62
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.38
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5.96
11124	Carrots, raw	110	1 cup	5.21
11124	Carrots, raw	72	1 carrot	3.41
11935	Catsup	15	1 tbsp	3.42
11935	Catsup	6	1 packet	1.37
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.12
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	2.58
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	1.89
11135	Cauliflower, raw	13	1 floweret	0.25
11135	Cauliflower, raw	100	1 cup	1.91
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.89
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	3.56
11143	Celery, raw	120	1 cup	2.20
11143	Celery, raw	40	1 stalk	0.73
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	2.90
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	10.00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	13.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	6.36
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.21
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	9.95
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	11.11
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	9.68
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	9.64
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	8.44
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	13.51
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	2.93
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	11.11
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	15.71
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	10.34
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	2.30
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	3.30

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08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	17.64
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	9.38
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.19
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	4.05
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	5.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	4.93
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.71
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	13.20
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	11.94
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	2.94
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	9.95
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	3.51
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	12.81
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	12.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	11.30
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	15.12
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	3.99
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	18.24
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	3.60
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	9.30
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	3.75
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	10.71
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	11.97
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	11.49
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	9.01
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	12.83
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	12.56
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	8.34
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	6.22
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	12.26
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.56
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.43
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.29
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.22
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.08
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	1.82
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.35
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.81

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08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.63
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.14
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	1.58
01164	Cheese sauce, prepared from recipe	243	1 cup	0.46
01048	Cheese spread, pasteurized process, American	28.35	1 oz	2.08
01004	Cheese, blue	28.35	1 oz	0.14
01007	Cheese, camembert	38	1 wedge	0.17
01009	Cheese, cheddar	28.35	1 oz	0.15
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.61
01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.38
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.15
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	8.29
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.68
01017	Cheese, cream	14.5	1 tbsp	0.47
01186	Cheese, cream, fat free	15.6	1 tbsp	0.85
01019	Cheese, feta	28.35	1 oz	1.16
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.15
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.17
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.29
01030	Cheese, muenster	28.35	1 oz	0.32
01031	Cheese, neufchatel	28.35	1 oz	0.90
01032	Cheese, parmesan, grated	5	1 tbsp	0.05
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.64
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.35
01035	Cheese, provolone	28.35	1 oz	0.16
01037	Cheese, ricotta, part skim milk	246	1 cup	0.76
01036	Cheese, ricotta, whole milk	246	1 cup	0.66
01040	Cheese, swiss	28.35	1 oz	0.37
18147	Cheesecake commercially prepared	80	1 piece	17.44
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	18.54
09070	Cherries, sweet, raw	68	10 cherries	8.72
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	8.27
07017	Chicken roll, light meat	56.7	2 slices	0.32
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.00
05277	Chicken, canned, meat only, with broth	142	5 oz	0.00
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.00
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	7.87
22904	Chili con carne with beans, canned entree	222	1 cup	4.15
11156	Chives, raw	3	1 tbsp	0.06

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14181	Chocolate syrup	18.75	1 tbsp	9.31
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	18.12
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	5.65
14192	Cocoa mix, powder	28.35	3 heaping tsp	18.58
14194	Cocoa mix, powder, prepared with water	206	1 serving	18.60
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	5.63
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.09
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.00
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.76
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.97
18151	Cookies, brownies, commercially prepared	56	1 brownie	20.50
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.02
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.01
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	3.51
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	4.10
18170	Cookies, fig bars	16	1 cookie	7.42
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	26.12
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	4.35
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	5.63
18177	Cookies, molasses	15	1 cookie, medium	2.64
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4.61
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	6.17
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	4.77
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.21
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	5.66
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.48
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	3.59
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	3.93
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	5.90
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1.50
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	5.95
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	8.27
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	7.48
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	3.50
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	5.03
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	2.26
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	2.22
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.78
20027	Cornstarch	8.064	1 tbsp	0.00
20029	Couscous, cooked	157	1 cup	0.16
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	5.33
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	7.58

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	5.68
18214	Crackers, cheese, regular	10	10 crackers	0.45
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.49
18217	Crackers, matzo, plain	28.35	1 matzo	0.08
18220	Crackers, melba toast, plain	20	4 pieces	0.19
18226	Crackers, rye, wafers, plain	11	1 wafer	0.11
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.27
18229	Crackers, standard snack-type, regular	12	4 crackers	0.89
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.22
18232	Crackers, wheat, regular	8	4 crackers	1.10
18235	Crackers, whole-wheat	16	4 crackers	0.19
14242	Cranberry juice cocktail, bottled	253	8 fl oz	30.03
09081	Cranberry sauce, canned, sweetened	57	1 slice	21.60
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.71
01069	Cream substitute, powdered	2	1 tsp	1.10
01049	Cream, fluid, half and half	15	1 tbsp	0.02
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.02
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.02
01052	Cream, fluid, light whipping	15	1 tbsp	0.02
01056	Cream, sour, cultured	12	1 tbsp	0.35
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.02
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.24
18239	Croissants, butter	57	1 croissant	6.42
18243	Croutons, seasoned	40	1 cup	1.76
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	5.31
15141	Crustaceans, crab, blue, canned	135	1 cup	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.00
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.36
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.68
11206	Cucumber, peeled, raw	119	1 cup	1.64
11206	Cucumber, peeled, raw	280	1 large	3.86
11205	Cucumber, with peel, raw	301	1 large	5.03
11205	Cucumber, with peel, raw	104	1 cup	1.74
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.53
18245	Danish pastry, cheese	71	1 danish	4.93
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.55
09087	Dates, deglet noor	178	1 cup	112.76
09087	Dates, deglet noor	41.5	5 dates	26.29
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.69
01072	Dessert topping, pressurized	4	1 tbsp	0.64
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.92
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.28
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	7.65

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.54
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11.71
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.00
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	6.60
01124	Egg, white, raw, fresh	33.4	1 large	0.24
01128	Egg, whole, cooked, fried	46	1 large	0.18
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.56
01131	Egg, whole, cooked, poached	50	1 large	0.19
01132	Egg, whole, cooked, scrambled	61	1 large	0.85
01123	Egg, whole, raw, fresh	58	1 extra large	0.21
01123	Egg, whole, raw, fresh	44	1 medium	0.16
01123	Egg, whole, raw, fresh	50	1 large	0.19
01125	Egg, yolk, raw, fresh	16.6	1 large	0.09
01057	Eggnog	254	1 cup	20.45
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	3.17
11213	Endive, raw	50	1 cup	0.13
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.01
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.80
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	3.46
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1.71
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	2.53
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.61
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	8.75
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	6.23
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	9.03
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	8.76
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	5.92
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	5.58
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.93
21127	Fast foods, coleslaw	99	3/4 cup	12.07
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	2.52
21024	Fast foods, french toast sticks	141	5 sticks	13.94
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	5.53
21129	Fast foods, hush puppies	78	5 pieces	2.96
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.92
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.59
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.17
21139	Fast foods, potato, mashed	80	1/3 cup	0.40
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.17
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.16
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	1.54
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	2.37
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	20.07

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09094	Figs, dried, uncooked	38	2 figs	18.21
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.00
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.00
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.70
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.43
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.00
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.00
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.00
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	6.56
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.00
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.00
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.00
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.00
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.00
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.00
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.00
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.00
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.00
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.00
07023	Frankfurter, beef and pork	45	1 frank	0.00
07022	Frankfurter, beef, unheated	45	1 frank	0.59
07024	Frankfurter, chicken	45	1 frank	0.24
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	21.93
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	23.98
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	13.46
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	8.06
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.28
19294	Fruit butters, apple	17	1 tbsp	6.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	44.42
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	25.74
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	28.00
35142	Frybread, made with lard (Navajo)	90	5" bread	1.83
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	3.25
11215	Garlic, raw	3	1 clove	0.03

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	18.21
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
14277	Grape drink, canned	250	8 fl oz	32.65
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	31.63
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	95.19
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	35.93
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.58
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	21.88
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	23.79
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70.71
09128	Grapefruit juice, white, raw	247	1 cup	22.48
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	8.47
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	8.63
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	38.20
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	7.74
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	24.77
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.12
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.46
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.13
07027	Ham, chopped, not canned	21	2 slices	0.00
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.59
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.00
19296	Honey	21	1 tbsp	17.25
02055	Horseradish, prepared	5	1 tsp	0.40
19270	Ice creams, chocolate	66	1/2 cup	16.74
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	18.20
19095	Ice creams, vanilla	66	1/2 cup	14.01
19088	Ice creams, vanilla, light	66	1/2 cup	14.60
19089	Ice creams, vanilla, rich	74	1/2 cup	15.28
19297	Jams and preserves	20	1 tbsp	9.70
19300	Jellies	19	1 tbsp	9.73
11226	Jerusalem-artichokes, raw	150	1 cup	14.40
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.63
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.74
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.02
09148	Kiwifruit, green, raw	76	1 medium	6.83
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	4.62
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04002	Lard	12.8	1 tbsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.00
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.00
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	2.19
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.36
09153	Lemon juice, canned or bottled	244	1 cup	5.86
09152	Lemon juice, raw	47	juice of 1 lemon	1.18
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	24.75
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	18.27
09150	Lemons, raw, without peel	58	1 lemon	1.45
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.56
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.07
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.53
11251	Lettuce, cos or romaine, raw	56	1 cup	0.67
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.12
11253	Lettuce, green leaf, raw	56	1 cup	0.44
11253	Lettuce, green leaf, raw	10	1 leaf	0.08
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.16
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.08
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	10.62
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	2.47
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	2.28
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	5.45
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	3.37
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.21
09160	Lime juice, raw	38	juice of 1 lime	0.64
22247	Macaroni and Cheese, canned entree	252	1 cup	1.26
22970	Macaroni and cheese, frozen entree	283	1 package	4.33
20100	Macaroni, cooked, enriched	140	1 cup	0.78
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	14.82
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	27.80
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	13.31
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	22.18
09176	Mangos, raw	165	1 cup	22.54
09176	Mangos, raw	207	1 mango	28.28
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.00
09181	Melons, cantaloupe, raw	69	1/8 melon	5.42
09181	Melons, cantaloupe, raw	160	1 cup	12.58
09184	Melons, honeydew, raw	160	1/8 melon	12.99
09184	Melons, honeydew, raw	170	1 cup	13.80
01110	Milk shakes, thick chocolate	300	10.6 fl oz	62.55
01111	Milk shakes, thick vanilla	313	11 fl oz	55.56
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.19
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.74
01095	Milk, canned, condensed, sweetened	306	1 cup	166.46
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	29.06
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	25.30
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	24.85
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	23.88
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	23.85
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	12.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	12.69
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	12.47
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	12.35
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	12.32
16112	Miso	68.75	1 cup	4.26
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.00
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.00
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.52
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	1.21
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.34
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	15.42
18279	Muffins, corn, commercially prepared	57	1 muffin	4.28
18283	Muffins, oat bran	57	1 muffin	4.69
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	7.84
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	3.52
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	4.30
11264	Mushrooms, canned, drained solids	156	1 cup	3.65
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.57
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.08
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	3.65
11260	Mushrooms, white, raw	70	1 cup	1.39

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.14
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.04
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	6.94
09191	Nectarines, raw	136	1 nectarine	10.73
20113	Noodles, chinese, chow mein	45	1 cup	0.12
20110	Noodles, egg, cooked, enriched	160	1 cup	0.64
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.14
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.10
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.66
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.42
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.42
12167	Nuts, chestnuts, european, roasted	143	1 cup	15.16
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	40.15
12104	Nuts, coconut meat, raw	45	1 piece	2.80
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.23
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	1.17
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.32
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.18
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.13
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.31
12147	Nuts, pine nuts, dried	28.35	1 oz	1.02
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.19
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.74
20033	Oat bran, raw	94	1 cup	1.36
04582	Oil, canola	14	1 tbsp	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	3.84
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.28
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.00
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	9.93
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4.45
11284	Onions, dehydrated flakes	5	1 tbsp	1.87
11282	Onions, raw	110	1 whole	4.66
11282	Onions, raw	160	1 cup	6.78
11282	Onions, raw	14	1 slice	0.59
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.33
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.35
09207	Orange juice, canned, unsweetened	249	1 cup	21.81
09209	Orange juice, chilled, includes from concentrate	249	1 cup	20.69

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	20.92
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	79.60
09206	Orange juice, raw	86	juice from 1 orange	7.22
09206	Orange juice, raw	248	1 cup	20.83
09200	Oranges, raw, all commercial varieties	131	1 orange	12.25
09200	Oranges, raw, all commercial varieties	180	1 cup	16.83
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	3.50
09226	Papayas, raw	140	1 cup	10.95
09226	Papayas, raw	304	1 papaya	23.77
11297	Parsley, fresh	10	10 sprigs	0.09
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	7.49
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	7.13
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	48.84
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	18.27
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	25.47
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	10.06
09246	Peaches, dried, sulfured, uncooked	39	3 halves	16.28
09250	Peaches, frozen, sliced, sweetened	250	1 cup	55.45
09236	Peaches, raw	170	1 cup	14.26
09236	Peaches, raw	98	1 peach	8.22
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.35
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.48
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.19
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.19
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.19
09340	Pears, asian, raw	122	1 pear	8.60
09340	Pears, asian, raw	275	1 pear	19.39
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	11.55
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	40.43
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	24.06
09254	Pears, canned, juice pack, solids and liquids	76	1 half	7.37
09252	Pears, raw	166	1 pear	16.27
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	6.38
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	7.71
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	5.08
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	7.44
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	5.68
11670	Peppers, hot chili, green, raw	45	1 pepper	2.30
11819	Peppers, hot chili, red, raw	45	1 pepper	2.39
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.56
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	4.34
11333	Peppers, sweet, green, raw	119	1 pepper	2.86
11333	Peppers, sweet, green, raw	10	1 ring	0.24
11333	Peppers, sweet, green, raw	149	1 cup	3.58
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	5.97
11821	Peppers, sweet, red, raw	149	1 cup	6.26

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11821	Peppers, sweet, red, raw	119	1 pepper	5.00
11945	Pickle relish, sweet	15	1 tbsp	4.37
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.85
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	91.63
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	5.33
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.31
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	10.21
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	18.31
18305	Pie, blueberry, commercially prepared	117	1 piece	11.57
18308	Pie, cherry, commercially prepared	117	1 piece	16.72
18319	Pie, fried pies, fruit	128	1 pie	27.39
18320	Pie, lemon meringue, commercially prepared	113	1 piece	26.96
18324	Pie, pecan, commercially prepared	113	1 piece	28.45
18326	Pie, pumpkin, commercially prepared	109	1 piece	20.58
11943	Pimento, canned	12	1 tbsp	0.33
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	28.80
14341	Pineapple and orange juice drink, canned	250	8 fl oz	28.98
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	24.95
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	8.28
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	42.93
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	35.98
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	6.79
09266	Pineapple, raw, all varieties	155	1 cup	15.27
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	2.25
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	3.83
09278	Plantains, cooked	154	1 cup	21.56
09277	Plantains, raw	179	1 medium	26.85
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	57.56
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.26
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.54
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	35.83
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	61.95
09291	Plums, dried (prunes), uncooked	42	5 prunes	16.01
09279	Plums, raw	66	1 plum	6.55
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.00
07064	Pork sausage, fresh, cooked	27	1 patty	0.00
07064	Pork sausage, fresh, cooked	26	2 links	0.00
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.00
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.00
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.00
11672	Potato pancakes	76	1 pancake	1.36
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.20
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.38
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.65
11364	Potatoes, baked, skin, without salt	58	1 skin	0.81
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.18
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.15
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	1.33
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.14
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.46
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.32
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.38
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.11
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.96
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.00
09294	Prune juice, canned	256	1 cup	42.11
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	16.83
19183	Puddings, chocolate, ready-to-eat	113	4 oz	19.40
19193	Puddings, rice, ready-to-eat	113.4	4 oz	16.00
19218	Puddings, tapioca, ready-to-eat	113	4 oz	16.85
19201	Puddings, vanilla, ready-to-eat	113	4 oz	19.18
11424	Pumpkin, canned, without salt	245	1 cup	8.09
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.50
11429	Radishes, raw	4.5	1 radish	0.08
09298	Raisins, seedless	145	1 cup	85.83
09298	Raisins, seedless	14	1 packet	8.29
09306	Raspberries, frozen, red, sweetened	250	1 cup	54.40
09302	Raspberries, raw	123	1 cup	5.44
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	1.16
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	68.88
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	12.67

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20037	Rice, brown, long-grain, cooked	195	1 cup	0.68
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.19
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.61
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.00
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.08
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.22
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.55
18350	Rolls, hamburger or hotdog, plain	43	1 roll	2.74
18353	Rolls, hard (includes kaiser)	57	1 roll	1.01
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	10.23
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.53
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.49
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.75
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.45
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.39
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.22
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.68
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.15
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.71
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3.56
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.65
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.37
07069	Salami, cooked, beef and pork	56.7	2 slices	0.54
07072	Salami, dry or hard, pork, beef	20	2 slices	0.00
02047	Salt, table	6	1 tsp	0.00
07073	Sandwich spread, pork, beef	15	1 tbsp	0.00
06150	Sauce, barbecue	15.75	1 tbsp	4.10
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.26
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	4.36
06166	Sauce, homemade, white, medium	250	1 cup	10.95
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	13.75
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.06
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.49
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	2.54
11439	Sauerkraut, canned, solids and liquids	236	1 cup	4.20
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.00
11445	Seaweed, kelp, raw	10	2 tbsp	0.06
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.03
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.37
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.07
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.04
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.77
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.87
14346	Shake, fast food, chocolate	333	16 fl oz	61.94
14347	Shake, fast food, vanilla	333	16 fl oz	45.39

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11677	Shallots, raw	10	1 tbsp	0.79
19097	Sherbet, orange	74	1/2 cup	18.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.00
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.32
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.78
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.33
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.81
19013	Snacks, fruit leather, pieces	28.35	1 oz	16.32
19014	Snacks, fruit leather, rolls	21	1 large	10.32
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	1.37
19015	Snacks, granola bars, hard, plain	28.35	1 bar	8.10
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	6.73
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	8.20
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	12.00
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.85
19034	Snacks, popcorn, air-popped	8	1 cup	0.07
19036	Snacks, popcorn, cakes	10	1 cake	0.07
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	19.05
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	18.72
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.05
19041	Snacks, pork skins, plain	28.35	1 oz	0.00
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.18
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.10
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.06
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.06
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.66
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.08
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	1.07
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.28
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	3.72
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.00
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	2.51
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.65
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.78
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.19
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.91
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	4.39
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	3.22
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	6.97
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	0.58
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	8.26
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	1.76

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Sugars, total (g) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	5.13
06094	Soup, onion, dry, mix	39	1 packet	1.81
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.49
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	7.98
06174	Soup, stock, fish, home-prepared	233	1 cup	0.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	16.19
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	9.69
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	1.10
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	3.78
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.56
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.27
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	5.16
16120	Soymilk, original and vanilla, unfortified	245	1 cup	9.78
22401	Spaghetti with meat sauce, frozen entree	283	1 package	7.36
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.78
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.12
02007	Spices, celery seed	2	1 tsp	0.01
02009	Spices, chili powder	2.6	1 tsp	0.19
02010	Spices, cinnamon, ground	2.3	1 tsp	0.05
02015	Spices, curry powder	2	1 tsp	0.06
02020	Spices, garlic powder	2.8	1 tsp	0.07
02026	Spices, onion powder	2.1	1 tsp	0.14
02027	Spices, oregano, dried	1.5	1 tsp	0.06
02028	Spices, paprika	2.1	1 tsp	0.22
02029	Spices, parsley, dried	1.3	1 tbsp	0.09
02030	Spices, pepper, black	2.1	1 tsp	0.01
11658	Spinach souffle	136	1 cup	2.52
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.86
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.77
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.97
11457	Spinach, raw	30	1 cup	0.13
11457	Spinach, raw	10	1 leaf	0.04
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4.66
11641	Squash, summer, all varieties, raw	113	1 cup	2.49
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	6.77
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	61.23
09316	Strawberries, raw	12	1 strawberry	0.59
09316	Strawberries, raw	18	1 strawberry	0.88
09316	Strawberries, raw	166	1 cup	8.12
19334	Sugars, brown	3.2	1 tsp	3.10
19335	Sugars, granulated	4.2	1 tsp	4.19
19336	Sugars, powdered	8	1 tbsp	7.82
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	11.25
11512	Sweet potato, canned, vacuum pack	255	1 cup	12.75

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11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	9.46
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	8.95
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	19.04
19348	Syrups, chocolate, fudge-type	19	1 tbsp	6.62
19350	Syrups, corn, light	20	1 tbsp	5.35
19353	Syrups, maple	20	1 tbsp	12.09
19129	Syrups, table blends, pancake	20	1 tbsp	4.29
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	4.92
18360	Taco shells, baked	13.3	1 medium	0.16
09223	Tangerine juice, canned, sweetened	249	1 cup	29.38
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	39.03
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	8.89
20068	Tapioca, pearl, dry	152	1 cup	5.09
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.02
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	21.57
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.05
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	14.87
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	19.76
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.49
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.84
11954	Tomatillos, raw	34	1 medium	1.34
11540	Tomato juice, canned, with salt added	243	1 cup	8.65
11546	Tomato products, canned, paste, without salt added	262	1 cup	31.91
11547	Tomato products, canned, puree, without salt added	250	1 cup	12.08
11549	Tomato products, canned, sauce	245	1 cup	10.41
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	5.71
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	8.98
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.45
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	3.23
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	4.73
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.53
11955	Tomatoes, sun-dried	2	1 piece	0.75
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.23
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	1.40
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.20
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.00
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.00
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.00
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.00
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.00
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.00

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11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.76
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	1.23
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	4.66
02050	Vanilla extract	4.2	1 tsp	0.53
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.00
11578	Vegetable juice cocktail, canned	242	1 cup	7.99
11581	Vegetables, mixed, canned, drained solids	163	1 cup	3.93
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.68
02048	Vinegar, cider	15	1 tbsp	0.06
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	1.66
14429	Water, tap, municipal	237	8 fl oz	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.44
09326	Watermelon, raw	152	1 cup	9.42
09326	Watermelon, raw	286	1 wedge	17.73
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.34
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.28
20083	Wheat flour, white, bread, enriched	137	1 cup	0.42
20084	Wheat flour, white, cake, enriched	137	1 cup	0.42
20080	Wheat flour, whole-grain	120	1 cup	0.49
20089	Wild rice, cooked	164	1 cup	1.20
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.24
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.98
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.43
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.58