

USDA National Nutrient Database for Standard Reference, Release 23

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	74.061
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	33.012
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	15.300
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes	29	3/4 cup	15.080
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	15.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	15.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	14.999
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	13.864
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	10.822
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	8.730
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	7.500
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	55	cup (1 NLEA serving)	7.480
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	6.996
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	6.742
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	6.477
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	6.205
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.134
21082	Fast foods, taco	263	1 large	6.049
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	5.805
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	5.791
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	5.746
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	5.673
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.364
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.313
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	5.262
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	5.226
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	5.207
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.168
15141	Crustaceans, crab, blue, canned	135	1 cup	5.144
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	5.109
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	5.015
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.959
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	4.883
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	4.872
16008	Beans, baked, canned, with franks	259	1 cup	4.843
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	4.755
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	4.752
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	4.667
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.641
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.633

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13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.633
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	4.584
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	4.524
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.499
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	4.446
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	4.406
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	4.385
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	4.340
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	4.323
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	4.306
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.301
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	4.263
20005	Barley, pearled, raw	200	1 cup	4.260
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.225
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.199
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	4.198
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4.176
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.140
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4.128
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	4.058
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	4.017
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3.995
21082	Fast foods, taco	171	1 small	3.933
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3.910
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.800
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.751
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.751
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	3.750
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	3.750
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	3.750
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	3.750
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	3.750
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	3.750
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.746
20011	Buckwheat flour, whole-groat	120	1 cup	3.744
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.740
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.720
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	3.630
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3.596
21042	Fast foods, chili con carne	253	1 cup	3.567

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10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3.553
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	3.520
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	3.516
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.511
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	3.486
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	3.477
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	3.466
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	3.443
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	3.392
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	3.366
01037	Cheese, ricotta, part skim milk	246	1 cup	3.296
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	3.239
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.173
20080	Wheat flour, whole-grain	120	1 cup	3.120
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	3.120
01164	Cheese sauce, prepared from recipe	243	1 cup	3.062
13348	Beef, cured, corned beef, canned	85.05	3 oz	3.036
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.967
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.958
16051	Beans, white, mature seeds, canned	262	1 cup	2.934
20033	Oat bran, raw	94	1 cup	2.923
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	2.907
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	2.884
01095	Milk, canned, condensed, sweetened	306	1 cup	2.876
01036	Cheese, ricotta, whole milk	246	1 cup	2.854
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.771
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.730
19080	Candies, semisweet chocolate	168	1 cup	2.722
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	2.720
20012	Bulgur, dry	140	1 cup	2.702
21083	Fast foods, taco salad	198	1-1/2 cups	2.693
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	2.627
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.610
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.576
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.550
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.544
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	2.516
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.515
21074	Fast foods, enchilada, with cheese	163	1 enchilada	2.510
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2.509
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	2.497
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	2.474
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	2.454

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05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.444
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	2.414
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	2.340
22905	Beef stew, canned entree	232	1 cup	2.320
22904	Chili con carne with beans, canned entree	222	1 cup	2.309
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	2.304
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	2.277
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	2.262
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	2.250
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	2.244
20020	Cornmeal, whole-grain, yellow	122	1 cup	2.220
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.219
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	2.202
20089	Wild rice, cooked	164	1 cup	2.198
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.185
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	2.184
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.166
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.160
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	2.160
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	2.123
21088	Tostada with guacamole	130.5	1 tostada	2.036
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.020
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.017
05277	Chicken, canned, meat only, with broth	142	5 oz	2.002
21118	Fast foods, hotdog, plain	98	1 sandwich	1.980
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.978
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1.972
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	1.972
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.960
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	1.940
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	1.929
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	1.926
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	1.917
14347	Shake, fast food, vanilla	333	16 fl oz	1.898
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.896
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.894
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.887
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	1.887
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.875
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	1.875
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.869
12147	Nuts, pine nuts, dried	28.35	1 oz	1.829
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	1.819
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	1.786

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21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.785
16112	Miso	68.75	1 cup	1.760
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	1.760
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	1.754
21077	Fast foods, frijoles with cheese	167	1 cup	1.737
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.716
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	1.714
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1.700
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.695
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.693
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.693
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.691
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1.691
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.680
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.680
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	1.678
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.677
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.676
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.667
07069	Salami, cooked, beef and pork	56.7	2 slices	1.661
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.651
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	1.638
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.638
19061	Snacks, trail mix, tropical	140	1 cup	1.638
21043	Fast foods, clams, breaded and fried	115	3/4 cup	1.633
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1.620
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.606
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	1.600
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.593
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.588
16073	Lima beans, large, mature seeds, canned	241	1 cup	1.567
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.558
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.551
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.530
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.517
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	1.516
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	1.513
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	1.513
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1.512
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.500
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.488
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.457
22401	Spaghetti with meat sauce, frozen entree	283	1 package	1.443

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12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	1.440
01110	Milk shakes, thick chocolate	300	10.6 fl oz	1.440
20028	Couscous, dry	173	1 cup	1.436
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	1.425
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.425
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.416
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.399
13350	Beef, cured, dried	28.35	1 oz	1.398
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.380
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1.380
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.368
14346	Shake, fast food, chocolate	333	16 fl oz	1.365
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	1.357
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.357
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	1.351
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.350
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.349
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	1.339
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.336
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.330
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.313
07008	Bologna, beef and pork	56.7	2 slices	1.304
20006	Barley, pearled, cooked	157	1 cup	1.287
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.284
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.277
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.258
19087	Candies, white chocolate	170	1 cup	1.258
18325	Pie, pecan, prepared from recipe	122	1 piece	1.244
01040	Cheese, swiss	28.35	1 oz	1.236
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.234
20037	Rice, brown, long-grain, cooked	195	1 cup	1.229
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.224
01111	Milk shakes, thick vanilla	313	11 fl oz	1.221
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	1.215
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1.214
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	1.210
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.187
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.173
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.171
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	1.171
01057	Eggnog	254	1 cup	1.168
20083	Wheat flour, white, bread, enriched	137	1 cup	1.165
20034	Oat bran, cooked	219	1 cup	1.161
11658	Spinach souffle	136	1 cup	1.156

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.151
15128	Fish, tuna salad	205	1 cup	1.148
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.140
22247	Macaroni and Cheese, canned entree	252	1 cup	1.134
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.134
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.123
11264	Mushrooms, canned, drained solids	156	1 cup	1.123
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.114
07022	Frankfurter, beef	45	1 frank	1.107
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	1.097
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.087
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.078
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.077
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	1.072
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	1.071
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	1.069
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.067
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.066
07028	Ham, sliced, extra lean	56.7	2 slices	1.049
18283	Muffins, oat bran	57	1 muffin	1.049
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.043
20110	Noodles, egg, cooked, enriched	160	1 cup	1.040
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.040
20013	Bulgur, cooked	182	1 cup	1.037
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.033
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	1.029
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.029
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	1.025
06166	Sauce, homemade, white, medium	250	1 cup	1.025
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	1.025
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.025
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	1.025
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.023
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.021
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	1.014
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.012
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.008
18005	Bagels, cinnamon-raisin	89	4" bagel	1.006
19071	Candies, carob, unsweetened	28.35	1 oz	1.001
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.998
05286	Turkey and gravy, frozen	142	5-oz package	0.994
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.990
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.986

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.984
18324	Pie, pecan, commercially prepared	113	1 piece	0.983
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.980
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.978
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.975
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.970
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.966
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.965
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.961
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.948
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.938
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.938
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.931
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.930
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.927
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.922
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.918
01035	Cheese, provolone	28.35	1 oz	0.916
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.911
01007	Cheese, camembert	38	1 wedge	0.904
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.904
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.903
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.902
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.900
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.899
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.894
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.892
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.887
01009	Cheese, cheddar	28.35	1 oz	0.882
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.878
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.876
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.875
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.873
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.868
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.868
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.860
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.859
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.858
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.852
20084	Wheat flour, white, cake, enriched	137	1 cup	0.849
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.840
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.832
07023	Frankfurter, beef and pork	45	1 frank	0.828
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.828

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.827
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.818
01019	Cheese, feta	28.35	1 oz	0.816
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.815
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.809
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.809
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.809
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.805
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.802
01030	Cheese, muenster	28.35	1 oz	0.797
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.792
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.791
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.784
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.782
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.780
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.775
11414	Potato salad, home-prepared	250	1 cup	0.775
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.775
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.775
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.774
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.771
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.768
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.765
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.765
09042	Blackberries, raw	144	1 cup	0.763
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.754
01004	Cheese, blue	28.35	1 oz	0.754
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.750
01123	Egg, whole, raw, fresh	58	1 extra large	0.748
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.747
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.746
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.738
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.734
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.733
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.731
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.728
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.727
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.724
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.720
21024	Fast foods, french toast sticks	141	5 sticks	0.719
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.714
20100	Macaroni, cooked, enriched	140	1 cup	0.714
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.714
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.713
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.707
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.702

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.702
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.697
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.695
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.693
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.688
18003	Bagels, egg	89	4" bagel	0.685
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.684
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.682
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.680
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.680
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.679
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.678
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.676
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.672
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.672
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.672
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.670
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.668
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.665
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.663
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.663
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.656
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.655
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.648
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.648
07072	Salami, dry or hard, pork, beef	20	2 slices	0.646
01123	Egg, whole, raw, fresh	50	1 large	0.645
01131	Egg, whole, cooked, poached	50	1 large	0.645
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.643
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.641
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.641
01128	Egg, whole, cooked, fried	46	1 large	0.639
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.634
01132	Egg, whole, cooked, scrambled	61	1 large	0.634
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.632
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.630
20113	Noodles, chinese, chow mein	45	1 cup	0.630
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.628
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.621
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.621
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.617
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.613
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.610
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.605

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	301	1 large	0.602
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.600
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.599
11081	Beets, cooked, boiled, drained	170	1 cup	0.595
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.595
21023	Fast foods, french toast with butter	135	2 slices	0.594
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.592
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.588
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.588
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.583
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.583
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.576
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.576
01123	Egg, whole, raw, fresh	44	1 medium	0.568
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.564
07064	Pork sausage, fresh, cooked	27	1 patty	0.562
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.560
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.556
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.556
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.555
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.554
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.550
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.549
18003	Bagels, egg	71	3-1/2" bagel	0.547
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.545
07064	Pork sausage, fresh, cooked	26	2 links	0.541
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.538
09294	Prune juice, canned	256	1 cup	0.538
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.538
18353	Rolls, hard (includes kaiser)	57	1 roll	0.536
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.532
11672	Potato pancakes	76	1 pancake	0.532
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.525
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.521
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.520
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.518
09302	Raspberries, raw	123	1 cup	0.517
09087	Dates, deglet noor	178	1 cup	0.516
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.516
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.516
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.515
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.515
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.515
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.512
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.511
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.510
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.510

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.504
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.504
07024	Frankfurter, chicken	45	1 frank	0.500
18245	Danish pastry, cheese	71	1 danish	0.497
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.495
12104	Nuts, coconut meat, raw	45	1 piece	0.495
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.493
11549	Tomato products, canned, sauce	245	1 cup	0.490
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.486
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.485
11578	Vegetable juice cocktail, canned	242	1 cup	0.484
19088	Ice creams, vanilla, light	66	1/2 cup	0.482
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.480
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.479
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.477
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.477
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.476
11206	Cucumber, peeled, raw	280	1 large	0.476
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.476
18044	Bread, pumpernickel	32	1 slice	0.474
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.471
18045	Bread, pumpernickel, toasted	29	1 slice	0.470
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.467
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.466
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.459
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.459
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.459
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.458
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.456
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.456
19095	Ice creams, vanilla	66	1/2 cup	0.455
18268	French toast, frozen, ready-to-heat	59	1 slice	0.454
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.452
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.451
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.451
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.450
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.450
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.448
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.448
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.447
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.446
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.444
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.442
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.442
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.441
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.437
06094	Soup, onion, dry, mix	39	1 packet	0.437
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.436

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.436
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.434
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.434
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.433
21129	Fast foods, hush puppies	78	5 pieces	0.429
18239	Croissants, butter	57	1 croissant	0.428
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.426
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.425
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.425
11655	Carrot juice, canned	236	1 cup	0.425
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.421
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.421
18235	Crackers, whole-wheat	16	4 crackers	0.421
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.420
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.417
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.417
11424	Pumpkin, canned, without salt	245	1 cup	0.417
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.416
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.416
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.414
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.411
20029	Couscous, cooked	157	1 cup	0.408
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.408
18147	Cheesecake commercially prepared	80	1 piece	0.408
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.408
07027	Ham, chopped, not canned	21	2 slices	0.407
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.406
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.403
18220	Crackers, melba toast, plain	20	4 pieces	0.402
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.400
19036	Snacks, popcorn, cakes	10	1 cake	0.399
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.397
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.397
11213	Endive, raw	50	1 cup	0.395
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.392
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.390
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.390
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.386
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.384
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.383
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.383
19270	Ice creams, chocolate	66	1/2 cup	0.383
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.383
01125	Egg, yolk, raw, fresh	16.6	1 large	0.382
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.380
11961	Hearts of palm, canned	33	1 piece	0.380
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.378

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.378
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.378
18243	Croutons, seasoned	40	1 cup	0.376
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.373
11821	Peppers, sweet, red, raw	149	1 cup	0.373
14150	Carbonated beverage, orange	372	12 fl oz	0.372
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.372
18134	Cake, sponge, prepared from recipe	63	1 piece	0.372
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.370
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.369
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.369
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.368
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.366
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.366
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.366
18060	Bread, rye	32	1 slice	0.365
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.365
11540	Tomato juice, canned, with salt added	243	1 cup	0.365
11260	Mushrooms, white, raw	70	1 cup	0.364
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.362
11090	Broccoli, raw	88	1 cup	0.361
18309	Pie, cherry, prepared from recipe	180	1 piece	0.360
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.360
11084	Beets, canned, drained solids	170	1 cup	0.357
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.357
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.356
19097	Sherbet, orange	74	1/2 cup	0.355
14121	Carbonated beverage, club soda	355	12 fl oz	0.355
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.354
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.353
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.352
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.351
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.349
19089	Ice creams, vanilla, rich	74	1/2 cup	0.348
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.342
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.341
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.341
07017	Chicken roll, light meat	56.7	2 slices	0.340
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.340
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.339
18065	Bread, wheat, toasted	23	1 slice	0.338
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.336
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.335
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.333
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.333
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.332

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.332
11641	Squash, summer, all varieties, raw	113	1 cup	0.328
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.326
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.326
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.324
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.324
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.320
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.320
09298	Raisins, seedless	145	1 cup	0.319
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.318
18027	Bread, egg	40	1/2" slice	0.316
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.315
35142	Frybread, made with lard (Navajo)	90	5" bread	0.315
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.314
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.313
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.312
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.312
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.312
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.312
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.312
18025	Bread, cracked-wheat	25	1 slice	0.310
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.309
18057	Bread, reduced-calorie, white	23	1 slice	0.308
18226	Crackers, rye, wafers, plain	11	1 wafer	0.308
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.308
18279	Muffins, corn, commercially prepared	57	1 muffin	0.308
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	0.306
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.306
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.305
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.304
18064	Bread, wheat	25	1 slice	0.303
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.302
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.301
18061	Bread, rye, toasted	24	1 slice	0.300
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.300
14277	Grape drink, canned	250	8 fl oz	0.300
11821	Peppers, sweet, red, raw	119	1 pepper	0.298
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.298
18302	Pie, apple, prepared from recipe	155	1 piece	0.295
18319	Pie, fried pies, fruit	128	1 pie	0.294
18444	Pie, fried pies, cherry	128	1 pie	0.294
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.294
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.294
19353	Syrups, maple	20	1 tbsp	0.294
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.294
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.293
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.289

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09236	Peaches, raw	170	1 cup	0.289
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.289
11015	Asparagus, canned, drained solids	72	4 spears	0.288
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.288
09181	Melons, cantaloupe, raw	160	1 cup	0.288
09326	Watermelon, raw	286	1 wedge	0.286
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.285
11364	Potatoes, baked, skin, without salt	58	1 skin	0.284
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.284
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.284
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.283
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.281
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.281
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.280
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.278
18040	Bread, oatmeal, toasted	25	1 slice	0.278
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.277
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.277
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.276
18039	Bread, oatmeal	27	1 slice	0.275
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.275
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.274
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.273
11282	Onions, raw	160	1 cup	0.272
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.272
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.272
11135	Cauliflower, raw	100	1 cup	0.270
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.270
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.268
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.266
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.265
11124	Carrots, raw	110	1 cup	0.264
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.264
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.261
14142	Carbonated beverage, grape soda	372	12 fl oz	0.260
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.260
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.260
14157	Carbonated beverage, root beer	370	12 fl oz	0.259
18055	Bread, reduced-calorie, wheat	23	1 slice	0.258
16158	Hummus, commercial	14	1 tbsp	0.256
21139	Fast foods, potato, mashed	80	1/3 cup	0.256
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.256
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.255
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.253
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.252
09277	Plantains, raw	179	1 medium	0.251
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.249

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.249
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.247
19034	Snacks, popcorn, air-popped	8	1 cup	0.246
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.246
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.245
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.244
09226	Papayas, raw	304	1 papaya	0.243
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.241
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.240
11159	Coleslaw, home-prepared	120	1 cup	0.240
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.237
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.237
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.236
18041	Bread, pita, white, enriched	28	4" pita	0.235
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.234
01186	Cheese, cream, fat free	15.6	1 tbs	0.234
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.234
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.233
01031	Cheese, neufchatel	28.35	1 oz	0.232
09316	Strawberries, raw	166	1 cup	0.232
09050	Blueberries, raw	145	1 cup	0.232
09191	Nectarines, raw	136	1 nectarine	0.231
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.226
09040	Bananas, raw	150	1 cup	0.225
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.225
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.223
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.222
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.222
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.221
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.214
18360	Taco shells, baked	13.3	1 medium	0.214
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.213
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.213
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.211
18308	Pie, cherry, commercially prepared	117	1 piece	0.211
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.210
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.210
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.209
09094	Figs, dried, uncooked	38	2 figs	0.209
11205	Cucumber, with peel, raw	104	1 cup	0.208
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.204
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.203
11206	Cucumber, peeled, raw	119	1 cup	0.202
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.202
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.202
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.201

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09278	Plantains, cooked	154	1 cup	0.200
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.198
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.198
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.198
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.197
11333	Peppers, sweet, green, raw	149	1 cup	0.194
01032	Cheese, parmesan, grated	5	1 tbsp	0.194
09038	Avocados, raw, California	28.35	1 oz	0.193
18217	Crackers, matzo, plain	28.35	1 matzo	0.193
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.192
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.190
11114	Cabbage, savoy, raw	70	1 cup	0.189
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.189
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.188
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.187
18305	Pie, blueberry, commercially prepared	117	1 piece	0.187
18048	Bread, raisin, toasted, enriched	24	1 slice	0.187
18047	Bread, raisin, enriched	26	1 slice	0.187
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.187
11282	Onions, raw	110	1 whole	0.187
09176	Mangos, raw	207	1 mango	0.186
09266	Pineapple, raw, all varieties	155	1 cup	0.186
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.185
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.185
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.183
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.183
20068	Tapioca, pearl, dry	152	1 cup	0.182
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.182
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.181
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.181
11226	Jerusalem-artichokes, raw	150	1 cup	0.180
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.177
09040	Bananas, raw	118	1 banana	0.177
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.175
11081	Beets, cooked, boiled, drained	50	1 beet	0.175
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.175
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.174
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.173
11124	Carrots, raw	72	1 carrot	0.173
18033	Bread, italian	20	1 slice	0.172
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.171
09236	Peaches, raw	98	1 peach	0.167
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.167
09252	Pears, raw	166	1 pear	0.166
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.164
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.163

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.163
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.163
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.160
11457	Spinach, raw	30	1 cup	0.159
19041	Snacks, pork skins, plain	28.35	1 oz	0.159
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.158
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.158
11143	Celery, raw	120	1 cup	0.156
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.156
11333	Peppers, sweet, green, raw	119	1 pepper	0.155
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.154
11112	Cabbage, red, raw	70	1 cup	0.154
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.153
07073	Sandwich spread, pork, beef	15	1 tbsp	0.153
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.153
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.153
09184	Melons, honeydew, raw	170	1 cup	0.153
09326	Watermelon, raw	152	1 cup	0.152
18053	Bread, reduced-calorie, rye	23	1 slice	0.152
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.150
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.150
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.150
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.150
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.150
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.149
09176	Mangos, raw	165	1 cup	0.149
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.148
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.148
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.147
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.147
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.147
09153	Lemon juice, canned or bottled	244	1 cup	0.146
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.146
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.144
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.144
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.144
09184	Melons, honeydew, raw	160	1/8 melon	0.144
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.143
06174	Soup, stock, fish, home-prepared	233	1 cup	0.140
02007	Spices, celery seed	2	1 tsp	0.139
21127	Fast foods, coleslaw	99	3/4 cup	0.139
18232	Crackers, wheat, regular	8	4 crackers	0.138
09055	Blueberries, frozen, sweetened	230	1 cup	0.138
14181	Chocolate syrup	18.75	1 tbsp	0.137
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.137
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.137
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.136
11670	Peppers, hot chili, green, raw	45	1 pepper	0.135

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.134
09060	Carambola, (starfruit), raw	108	1 cup	0.130
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.129
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.129
11251	Lettuce, cos or romaine, raw	56	1 cup	0.129
11090	Broccoli, raw	31	1 spear	0.127
11109	Cabbage, raw	70	1 cup	0.126
09200	Oranges, raw, all commercial varieties	180	1 cup	0.126
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.125
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.125
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.125
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.125
09181	Melons, cantaloupe, raw	69	1/8 melon	0.124
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.124
09206	Orange juice, raw	248	1 cup	0.124
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.124
09404	Grapefruit juice, pink, raw	247	1 cup	0.124
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.124
09128	Grapefruit juice, white, raw	247	1 cup	0.124
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.123
11445	Seaweed, kelp, raw	10	2 tbsp	0.123
09087	Dates, deglet noor	41.5	5 dates	0.120
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.119
11819	Peppers, hot chili, red, raw	45	1 pepper	0.117
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.116
09039	Avocados, raw, Florida	28.35	1 oz	0.113
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.113
18214	Crackers, cheese, regular	10	10 crackers	0.113
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.113
09226	Papayas, raw	140	1 cup	0.112
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.112
02009	Spices, chili powder	2.6	1 tsp	0.112
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.110
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.110
09060	Carambola, (starfruit), raw	91	1 fruit	0.109
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.108
11297	Parsley, raw	10	10 sprigs	0.107
09148	Kiwifruit, green, raw	76	1 medium	0.106
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.102
11253	Lettuce, green leaf, raw	56	1 cup	0.101
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.100
09207	Orange juice, canned, unsweetened	249	1 cup	0.100
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.098
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.097
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.095
11284	Onions, dehydrated flakes	5	1 tbsp	0.095

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.093
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.092
09200	Oranges, raw, all commercial varieties	131	1 orange	0.092
02028	Spices, paprika	2.1	1 tsp	0.091
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.089
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.089
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.088
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.088
19350	Syrups, corn, light	20	1 tbsp	0.088
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.087
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.086
02026	Spices, onion powder	2.1	1 tsp	0.085
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.084
02020	Spices, garlic powder	2.8	1 tsp	0.084
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.083
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.083
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.083
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.081
02015	Spices, curry powder	2	1 tsp	0.081
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.080
01049	Cream, fluid, half and half	15	1 tbsp	0.077
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.077
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.076
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.075
11954	Tomatillos, raw	34	1 medium	0.075
09223	Tangerine juice, canned, sweetened	249	1 cup	0.075
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.074
01017	Cheese, cream	14.5	1 tbsp	0.074
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.074
16055	Carob flour	8	1 tbsp	0.074
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.073
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.073
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.072
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.072
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.072
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.071
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.071
02029	Spices, parsley, dried	1.3	1 tbsp	0.071
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.070
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.070
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.070
09021	Apricots, raw	35	1 apricot	0.070
18229	Crackers, standard snack-type, regular	12	4 crackers	0.070
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.068
18177	Cookies, molasses	15	1 cookie, medium	0.068
09279	Plums, raw	66	1 plum	0.066
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.066

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.065
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.065
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.065
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.064
18170	Cookies, fig bars	16	1 cookie	0.062
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.062
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.061
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.060
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.059
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.059
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.059
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.059
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.059
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.056
09003	Apples, raw, with skin	138	1 apple	0.055
09340	Pears, asian, raw	275	1 pear	0.055
09004	Apples, raw, without skin	110	1 cup	0.055
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.054
11457	Spinach, raw	10	1 leaf	0.053
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.053
11143	Celery, raw	40	1 stalk	0.052
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.051
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.051
11084	Beets, canned, drained solids	24	1 beet	0.050
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.050
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.050
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.050
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.048
09070	Cherries, sweet, raw	68	10 cherries	0.048
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.047
19296	Honey	21	1 tbsp	0.046
01056	Cream, sour, cultured	12	1 tbsp	0.046
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.045
19074	Candies, caramels	10.1	1 piece	0.044
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.044
11740	Broccoli, flower clusters, raw	11	1 floweret	0.044
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.043
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.043
09206	Orange juice, raw	86	juice from 1 orange	0.043
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.042
02010	Spices, cinnamon, ground	2.3	1 tsp	0.042
02055	Horseradish, prepared	5	1 tsp	0.042
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.041
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.041
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.041
02027	Spices, oregano, dried	1.5	1 tsp	0.040
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.040

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11677	Shallots, raw	10	1 tbsp	0.040
19014	Snacks, fruit leather, rolls	21	1 large	0.040
11955	Tomatoes, sun-dried	2	1 piece	0.040
11935	Catsup	15	1 tbsp	0.039
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.039
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.038
01052	Cream, fluid, light whipping	15	1 tbsp	0.038
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.037
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.036
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.036
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.036
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.036
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.036
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.035
11135	Cauliflower, raw	13	1 floweret	0.035
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.035
09150	Lemons, raw, without peel	58	1 lemon	0.035
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.035
11215	Garlic, raw	3	1 clove	0.035
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.035
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.034
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.034
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.033
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.032
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.032
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.032
09298	Raisins, seedless	14	1 packet	0.031
09160	Lime juice, raw	38	juice of 1 lime	0.030
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.030
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.030
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.029
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.029
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.029
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.029
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.029
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.028
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.027
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.027
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.026
09316	Strawberries, raw	18	1 strawberry	0.025
02030	Spices, pepper, black	2.1	1 tsp	0.025
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.025
09340	Pears, asian, raw	122	1 pear	0.024
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.024
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.024
11282	Onions, raw	14	1 slice	0.024

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.024
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.024
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.024
09152	Lemon juice, raw	47	juice of 1 lemon	0.024
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.023
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.023
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.023
11943	Pimento, canned	12	1 tbsp	0.023
11945	Pickle relish, sweet	15	1 tbsp	0.021
06150	Sauce, barbecue	15.75	1 tbsp	0.020
19116	Candies, marshmallows	50	1 cup	0.020
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.020
18086	Cake, angelfood, commercially prepared	28	1 piece	0.020
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.019
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.019
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.019
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
11253	Lettuce, green leaf, raw	10	1 leaf	0.018
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.018
11960	Carrots, baby, raw	10	1 medium	0.017
11156	Chives, raw	3	1 tbsp	0.017
09316	Strawberries, raw	12	1 strawberry	0.017
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.017
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.017
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.017
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.016
19129	Syrups, table blends, pancake	20	1 tbsp	0.016
11935	Catsup	6	1 packet	0.016
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.016
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.015
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.014
19108	Candies, jellybeans	28.35	10 large	0.014
04002	Lard	12.8	1 tbsp	0.014
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.014
11333	Peppers, sweet, green, raw	10	1 ring	0.013
01145	Butter, without salt	14.2	1 tbsp	0.013
01001	Butter, salted	14.2	1 tbsp	0.013
11429	Radishes, raw	4.5	1 radish	0.013
18373	Leavening agents, cream of tartar	3	1 tsp	0.013
19297	Jams and preserves	20	1 tbsp	0.012
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.012
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.011
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.011
01069	Cream substitute, powdered	2	1 tsp	0.010
19294	Fruit butters, apple	17	1 tbsp	0.010
01124	Egg, white, raw, fresh	33.4	1 large	0.010

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.009
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.009
02045	Dill weed, fresh	1	5 sprigs	0.009
02047	Salt, table	6	1 tsp	0.006
02048	Vinegar, cider	15	1 tbsp	0.006
19300	Jellies	19	1 tbsp	0.006
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.005
20027	Cornstarch	8.064	1 tbsp	0.005
02050	Vanilla extract	4.2	1 tsp	0.005
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.004
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.003
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.001
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.001
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.001
19334	Sugars, brown	3.2	1 tsp	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.001
19336	Sugars, powdered	8	1 tbsp	0.001
19107	Candies, hard	6	1 piece	0.001
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	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
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.000
04582	Oil, canola	14	1 tbsp	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.000