

USDA National Nutrient Database for Standard Reference, Release 23

Potassium, K (mg) 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	74
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	96
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	131
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	73
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	250
09011	Apples, dried, sulfured, uncooked	32	5 rings	144
09003	Apples, raw, with skin	138	1 apple	148
09004	Apples, raw, without skin	110	1 cup	99
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	191
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	181
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
09032	Apricots, dried, sulfured, uncooked	35	10 halves	407
09021	Apricots, raw	35	1 apricot	91
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	343
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	480
11015	Asparagus, canned, drained solids	72	4 spears	124
11012	Asparagus, cooked, boiled, drained	60	4 spears	134
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	310
09038	Avocados, raw, California	28.35	1 oz	144
09039	Avocados, raw, Florida	28.35	1 oz	100
18005	Bagels, cinnamon-raisin	89	4" bagel	132
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
18003	Bagels, egg	89	4" bagel	61
18003	Bagels, egg	71	3-1/2" bagel	48
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	67
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	53
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	331
19078	Baking chocolate, unsweetened, squares	28.35	1 square	235
11028	Bamboo shoots, canned, drained solids	131	1 cup	105
09040	Bananas, raw	118	1 banana	422
09040	Bananas, raw	150	1 cup	537

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20006	Barley, pearled, cooked	157	1 cup	146
20005	Barley, pearled, raw	200	1 cup	560
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	569
16008	Beans, baked, canned, with franks	259	1 cup	609
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	653
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	746
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	611
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	655
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	708
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	746
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	150
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	183
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	215
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	374
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170
16051	Beans, white, mature seeds, canned	262	1 cup	1189
22905	Beef stew, canned entree	232	1 cup	378
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	196
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	224
13348	Beef, cured, corned beef, canned	85.05	3 oz	116
13350	Beef, cured, dried	28.35	1 oz	67
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	246
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	258
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	270
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	259
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	259
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	226
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	240
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	193
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	205
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	286
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	320
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	298
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1309
11084	Beets, canned, drained solids	24	1 beet	36
11084	Beets, canned, drained solids	170	1 cup	252
11081	Beets, cooked, boiled, drained	170	1 cup	519
11081	Beets, cooked, boiled, drained	50	1 beet	153
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	73

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18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	48
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	39
09042	Blackberries, raw	144	1 cup	233
09055	Blueberries, frozen, sweetened	230	1 cup	138
09050	Blueberries, raw	145	1 cup	112
07008	Bologna, beef and pork	56.7	2 slices	179
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
18023	Bread, cornbread, dry mix, prepared	60	1 piece	77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
18025	Bread, cracked-wheat	25	1 slice	44
18027	Bread, egg	40	1/2" slice	46
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	32
18033	Bread, italian	20	1 slice	22
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	60
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	60
18039	Bread, oatmeal	27	1 slice	38
18040	Bread, oatmeal, toasted	25	1 slice	39
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
18041	Bread, pita, white, enriched	28	4" pita	34
18044	Bread, pumpernickel	32	1 slice	67
18045	Bread, pumpernickel, toasted	29	1 slice	66
18047	Bread, raisin, enriched	26	1 slice	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18053	Bread, reduced-calorie, rye	23	1 slice	23
18055	Bread, reduced-calorie, wheat	23	1 slice	28
18057	Bread, reduced-calorie, white	23	1 slice	17
18060	Bread, rye	32	1 slice	53
18061	Bread, rye, toasted	24	1 slice	44
18064	Bread, wheat	25	1 slice	46
18065	Bread, wheat, toasted	23	1 slice	51
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	45
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	25
18070	Bread, white, commercially prepared, toasted	22	1 slice	29
18075	Bread, whole-wheat, commercially prepared	28	1 slice	69
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	82
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
11090	Broccoli, raw	88	1 cup	278
11090	Broccoli, raw	31	1 spear	98
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495

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11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	450
20011	Buckwheat flour, whole-groat	120	1 cup	692
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
20013	Bulgur, cooked	182	1 cup	124
20012	Bulgur, dry	140	1 cup	574
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	294
11109	Cabbage, raw	70	1 cup	119
11112	Cabbage, red, raw	70	1 cup	170
11114	Cabbage, savoy, raw	70	1 cup	161
18086	Cake, angelfood, commercially prepared	28	1 piece	26
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	88
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	30
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
18134	Cake, sponge, prepared from recipe	63	1 piece	89
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
19074	Candies, caramels	10.1	1 piece	22
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
19071	Candies, carob, unsweetened	28.35	1 oz	179
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	23
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	35
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
19107	Candies, hard	3	1 small piece	0
19107	Candies, hard	6	1 piece	0
19108	Candies, jellybeans	28.35	10 large	10
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97

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19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	18
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	69
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	76
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	22
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	184
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	3
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	164
19126	Candies, milk chocolate coated peanuts	40	10 pieces	201
19127	Candies, milk chocolate coated raisins	10	10 pieces	51
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	193
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	15
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	134
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	154
19080	Candies, semisweet chocolate	168	1 cup	613
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	42
19087	Candies, white chocolate	170	1 cup	486
09060	Carambola, (starfruit), raw	108	1 cup	144
09060	Carambola, (starfruit), raw	91	1 fruit	121
14121	Carbonated beverage, club soda	355	12 fl oz	7
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	7
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	7
14150	Carbonated beverage, orange	372	12 fl oz	7
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	4
14157	Carbonated beverage, root beer	370	12 fl oz	4
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	4
16055	Carob flour	8	1 tbsp	66
11655	Carrot juice, canned	236	1 cup	689
11960	Carrots, baby, raw	10	1 medium	24
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	367
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	280
11124	Carrots, raw	110	1 cup	352
11124	Carrots, raw	72	1 carrot	230
11935	Catsup	6	1 packet	23
11935	Catsup	15	1 tbsp	57
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	77
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250
11135	Cauliflower, raw	13	1 floweret	39
11135	Cauliflower, raw	100	1 cup	299
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	107

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11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426
11143	Celery, raw	120	1 cup	312
11143	Celery, raw	40	1 stalk	104
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	157
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	47
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	183
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	46
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	80
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	45
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	57
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	123
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	35
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	135
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	56
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	55
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	193
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	65
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	52
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	310
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	30	1 cup	49
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	110
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	105
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	55	cup (1 NLEA serving)	227
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	92
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	306
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	36
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	59
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes	29	3/4 cup	171
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	22
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	46
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	39
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	43
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	23
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	190
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	41
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	346
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	29
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	23
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	20

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08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	180
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	50
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	49
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	64
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	206
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	247
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	83
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	111
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	173
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	65
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	53
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	40
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	55
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	54
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	108
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	164
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	47
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	109
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	107
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82
01164	Cheese sauce, prepared from recipe	243	1 cup	345
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	69
01004	Cheese, blue	28.35	1 oz	73
01007	Cheese, camembert	38	1 wedge	71
01009	Cheese, cheddar	28.35	1 oz	28
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	218
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	190
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	199
01017	Cheese, cream	14.5	1 tbsp	20
01186	Cheese, cream, fat free	15.6	1 tbsp	43

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01019	Cheese, feta	28.35	1 oz	18
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	19
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	27
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
01030	Cheese, muenster	28.35	1 oz	38
01031	Cheese, neufchatel	28.35	1 oz	43
01032	Cheese, parmesan, grated	5	1 tbsp	6
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	48
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	61
01035	Cheese, provolone	28.35	1 oz	39
01037	Cheese, ricotta, part skim milk	246	1 cup	308
01036	Cheese, ricotta, whole milk	246	1 cup	258
01040	Cheese, swiss	28.35	1 oz	22
18147	Cheesecake commercially prepared	80	1 piece	72
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239
09070	Cherries, sweet, raw	68	10 cherries	151
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	269
07017	Chicken roll, light meat	56.7	2 slices	249
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	325
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	124
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
05277	Chicken, canned, meat only, with broth	142	5 oz	196
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
22904	Chili con carne with beans, canned entree	222	1 cup	608
11156	Chives, raw	3	1 tbsp	9
14181	Chocolate syrup	18.75	1 tbsp	42
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	128
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405
14192	Cocoa mix, powder	28.35	3 heaping tsp	202
14194	Cocoa mix, powder, prepared with water	206	1 serving	204
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	405
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11159	Coleslaw, home-prepared	120	1 cup	217
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
18151	Cookies, brownies, commercially prepared	56	1 brownie	83
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	15
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	22
18170	Cookies, fig bars	16	1 cookie	33
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
18177	Cookies, molasses	15	1 cookie, medium	52
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	111
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	194
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	168
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	382
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	196
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
20020	Cornmeal, whole-grain, yellow	122	1 cup	350
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	91
20028	Couscous, dry	173	1 cup	287
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	690
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	638
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	413
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478
18214	Crackers, cheese, regular	10	10 crackers	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15
18217	Crackers, matzo, plain	28.35	1 matzo	32
18220	Crackers, melba toast, plain	20	4 pieces	40
18226	Crackers, rye, wafers, plain	11	1 wafer	54
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	19
18229	Crackers, standard snack-type, regular	12	4 crackers	13
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
18232	Crackers, wheat, regular	8	4 crackers	17
18235	Crackers, whole-wheat	16	4 crackers	55
14242	Cranberry juice cocktail, bottled	253	8 fl oz	35
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
01069	Cream substitute, powdered	2	1 tsp	16
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01052	Cream, fluid, light whipping	15	1 tbsp	15
01056	Cream, sour, cultured	12	1 tbsp	17
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	67
18243	Croutons, seasoned	40	1 cup	72
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
15141	Crustaceans, crab, blue, canned	135	1 cup	350
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	220
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	196
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	68
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
11206	Cucumber, peeled, raw	280	1 large	381
11206	Cucumber, peeled, raw	119	1 cup	162
11205	Cucumber, with peel, raw	104	1 cup	153
11205	Cucumber, with peel, raw	301	1 large	442

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
18245	Danish pastry, cheese	71	1 danish	70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
09087	Dates, deglet noor	41.5	5 dates	272
09087	Dates, deglet noor	178	1 cup	1168
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	53
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	16
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	60
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	13
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	117
01124	Egg, white, raw, fresh	33.4	1 large	54
01128	Egg, whole, cooked, fried	46	1 large	70
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
01131	Egg, whole, cooked, poached	50	1 large	69
01132	Egg, whole, cooked, scrambled	61	1 large	81
01123	Egg, whole, raw, fresh	58	1 extra large	80
01123	Egg, whole, raw, fresh	44	1 medium	61
01123	Egg, whole, raw, fresh	50	1 large	69
01125	Egg, yolk, raw, fresh	16.6	1 large	18
01057	Eggnog	254	1 cup	419
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
11213	Endive, raw	50	1 cup	157
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	62
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	67
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	182
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	268
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	304
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	335
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	335
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	464
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	460
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	208
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	194
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	277

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21042	Fast foods, chili con carne	253	1 cup	691
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
21127	Fast foods, coleslaw	99	3/4 cup	128
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	208
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21024	Fast foods, french toast sticks	141	5 sticks	157
21023	Fast foods, french toast with butter	135	2 slices	177
21077	Fast foods, frijoles with cheese	167	1 cup	605
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	570
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	527
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	480
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	194
21118	Fast foods, hotdog, plain	98	1 sandwich	143
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
21129	Fast foods, hush puppies	78	5 pieces	188
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	468
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	737
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	930
21139	Fast foods, potato, mashed	80	1/3 cup	235
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	256
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21082	Fast foods, taco	263	1 large	729
21082	Fast foods, taco	171	1 small	474
21083	Fast foods, taco salad	198	1-1/2 cups	416
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	199
09094	Figs, dried, uncooked	38	2 figs	258
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	246

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	123
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	60
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	167
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	250
15034	Fish, haddock, cooked, dry heat	85	3 oz	298
15034	Fish, haddock, cooked, dry heat	150	1 fillet	527
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	449
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	840
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	192
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	113
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	366
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	258
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	696
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	397
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	154
15077	Fish, salmon, chinook, smoked	85.05	3 oz	149
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	632
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	347
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
15111	Fish, swordfish, cooked, dry heat	106	1 piece	529
15111	Fish, swordfish, cooked, dry heat	85	3 oz	424
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	383
15128	Fish, tuna salad	205	1 cup	365
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	448
07022	Frankfurter, beef	45	1 frank	70
07023	Frankfurter, beef and pork	45	1 frank	75
07024	Frankfurter, chicken	45	1 frank	91
18268	French toast, frozen, ready-to-heat	59	1 slice	79
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	13
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	41
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	7
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	9
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	188
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152
19294	Fruit butters, apple	17	1 tbsp	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	77
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	328
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	123

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
35142	Frybread, made with lard (Navajo)	90	5" bread	69
11215	Garlic, raw	3	1 clove	12
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1
14277	Grape drink, canned	250	8 fl oz	30
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	53
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	160
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	263
09404	Grapefruit juice, pink, raw	247	1 cup	400
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	378
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	336
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
09128	Grapefruit juice, white, raw	247	1 cup	400
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	306
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	96
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	47
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	65
06121	Gravy, mushroom, canned	59.6	1/4 cup	63
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	65
07027	Ham, chopped, not canned	21	2 slices	67
07028	Ham, sliced, extra lean	56.7	2 slices	368
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
11961	Hearts of palm, canned	33	1 piece	58
19296	Honey	21	1 tbsp	11
02055	Horseradish, prepared	5	1 tsp	12
16158	Hummus, commercial	14	1 tbsp	32
19270	Ice creams, chocolate	66	1/2 cup	164
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152
19095	Ice creams, vanilla	66	1/2 cup	131
19088	Ice creams, vanilla, light	66	1/2 cup	137
19089	Ice creams, vanilla, rich	74	1/2 cup	116
19297	Jams and preserves	20	1 tbsp	15
19300	Jellies	19	1 tbsp	10
11226	Jerusalem-artichokes, raw	150	1 cup	644
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50
09148	Kiwifruit, green, raw	76	1 medium	237
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	495
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	67
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	38
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90
09153	Lemon juice, canned or bottled	244	1 cup	249
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16
09152	Lemon juice, raw	47	juice of 1 lemon	48
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	37
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	2
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	8
09150	Lemons, raw, without peel	58	1 lemon	80
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	388
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	18
11251	Lettuce, cos or romaine, raw	10	1 leaf	25
11251	Lettuce, cos or romaine, raw	56	1 cup	138
11253	Lettuce, green leaf, raw	10	1 leaf	19
11253	Lettuce, green leaf, raw	56	1 cup	109
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	760
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	78
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	11
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	740
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	517
16073	Lima beans, large, mature seeds, canned	241	1 cup	530
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09160	Lime juice, raw	38	juice of 1 lime	44
22247	Macaroni and Cheese, canned entree	252	1 cup	212
20100	Macaroni, cooked, enriched	140	1 cup	62
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	251
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	575
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	124
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	530
09176	Mangos, raw	165	1 cup	277
09176	Mangos, raw	207	1 mango	348
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	3
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	2
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	3
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	1
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	4
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	1
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	2
09181	Melons, cantaloupe, raw	69	1/8 melon	184
09181	Melons, cantaloupe, raw	160	1 cup	427
09184	Melons, honeydew, raw	160	1/8 melon	365
09184	Melons, honeydew, raw	170	1 cup	388
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672
01111	Milk shakes, thick vanilla	313	11 fl oz	573
01094	Milk, buttermilk, dried	6.5	1 tbsp	103
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	850
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	764
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	425
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	423
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	418
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	392
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	366
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	382
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	342
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	322
16112	Miso	68.75	1 cup	144
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
15157	Mollusks, clam, mixed species, raw	85	3 oz	39
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	208

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	423
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	55
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18279	Muffins, corn, commercially prepared	57	1 muffin	39
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
18283	Muffins, oat bran	57	1 muffin	289
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
11264	Mushrooms, canned, drained solids	156	1 cup	201
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	555
11260	Mushrooms, white, raw	70	1 cup	223
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	7
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
09191	Nectarines, raw	136	1 nectarine	273
20113	Noodles, chinese, chow mein	45	1 cup	54
20110	Noodles, egg, cooked, enriched	160	1 cup	61
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
12061	Nuts, almonds	28.35	1 oz (24 nuts)	200
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
12104	Nuts, coconut meat, raw	45	1 piece	160
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	165
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
12147	Nuts, pine nuts, dried	28.35	1 oz	169
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	285
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
20034	Oat bran, cooked	219	1 cup	201
20033	Oat bran, raw	94	1 cup	532
04582	Oil, canola	14	1 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	339
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11284	Onions, dehydrated flakes	5	1 tbsp	81
11282	Onions, raw	110	1 whole	161
11282	Onions, raw	160	1 cup	234
11282	Onions, raw	14	1 slice	20
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
09207	Orange juice, canned, unsweetened	249	1 cup	458
09209	Orange juice, chilled, includes from concentrate	249	1 cup	443
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
09206	Orange juice, raw	86	juice from 1 orange	172
09206	Orange juice, raw	248	1 cup	496
09200	Oranges, raw, all commercial varieties	131	1 orange	237
09200	Oranges, raw, all commercial varieties	180	1 cup	326
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	45
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
09226	Papayas, raw	140	1 cup	255
09226	Papayas, raw	304	1 papaya	553
11297	Parsley, raw	10	10 sprigs	55
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	355
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
09236	Peaches, raw	98	1 peach	186
09236	Peaches, raw	170	1 cup	323
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
09340	Pears, asian, raw	275	1 pear	333
09340	Pears, asian, raw	122	1 pear	148
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
09252	Pears, raw	166	1 pear	198
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	175
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11819	Peppers, hot chili, red, raw	45	1 pepper	145
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11333	Peppers, sweet, green, raw	149	1 cup	261
11333	Peppers, sweet, green, raw	119	1 pepper	208
11333	Peppers, sweet, green, raw	10	1 ring	18
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11821	Peppers, sweet, red, raw	119	1 pepper	251
11821	Peppers, sweet, red, raw	149	1 cup	314
11945	Pickle relish, sweet	15	1 tbsp	4
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	60
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	144
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
18302	Pie, apple, prepared from recipe	155	1 piece	122
18305	Pie, blueberry, commercially prepared	117	1 piece	59
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
18308	Pie, cherry, commercially prepared	117	1 piece	95
18309	Pie, cherry, prepared from recipe	180	1 piece	139
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
18324	Pie, pecan, commercially prepared	113	1 piece	112
18325	Pie, pecan, prepared from recipe	122	1 piece	162
18326	Pie, pumpkin, commercially prepared	109	1 piece	182
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
11943	Pimento, canned	12	1 tbsp	19
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	325
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264

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09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
09266	Pineapple, raw, all varieties	155	1 cup	169
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	96
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	165
09278	Plantains, cooked	154	1 cup	716
09277	Plantains, raw	179	1 medium	893
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
09291	Plums, dried (prunes), uncooked	42	5 prunes	307
09279	Plums, raw	66	1 plum	104
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
07064	Pork sausage, fresh, cooked	26	2 links	76
07064	Pork sausage, fresh, cooked	27	1 patty	79
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	204
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	292
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	300
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	303
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	321
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	231
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	244
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	245
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
11672	Potato pancakes	76	1 pancake	473
11399	Potato puffs, frozen, oven-heated	79	10 puffs	246
11414	Potato salad, home-prepared	250	1 cup	635
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970

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11363	Potatoes, baked, flesh, without salt	156	1 potato	610
11364	Potatoes, baked, skin, without salt	58	1 skin	332
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	226
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	344
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	622
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	685
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
05306	Poultry food products, ground turkey, cooked	82	1 patty	241
09294	Prune juice, canned	256	1 cup	707
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	222
19183	Puddings, chocolate, ready-to-eat	113	4 oz	208
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
19218	Puddings, tapioca, ready-to-eat	113	4 oz	104
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
19201	Puddings, vanilla, ready-to-eat	113	4 oz	73
11424	Pumpkin, canned, without salt	245	1 cup	505
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11429	Radishes, raw	4.5	1 radish	10
09298	Raisins, seedless	14	1 packet	105
09298	Raisins, seedless	145	1 cup	1086
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
09302	Raspberries, raw	123	1 cup	186
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	847
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	65
20037	Rice, brown, long-grain, cooked	195	1 cup	84
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	98
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	322
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	15
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	39
18350	Rolls, hamburger or hotdog, plain	43	1 roll	40
18353	Rolls, hard (includes kaiser)	57	1 roll	62
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17

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04133	Salad dressing, french, home recipe	14	1 tbsp	3
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	13
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2
04015	Salad dressing, russian dressing	15.3	1 tbsp	26
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	26
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	17
07069	Salami, cooked, beef and pork	56.7	2 slices	179
07072	Salami, dry or hard, pork, beef	20	2 slices	76
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	17
06150	Sauce, barbecue	15.75	1 tbsp	33
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
06166	Sauce, homemade, white, medium	250	1 cup	390
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	790
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	48
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
11445	Seaweed, kelp, raw	10	2 tbsp	9
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	223
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	30
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
14346	Shake, fast food, chocolate	333	16 fl oz	666
14347	Shake, fast food, vanilla	333	16 fl oz	553
11677	Shallots, raw	10	1 tbsp	33
19097	Sherbet, orange	74	1/2 cup	71
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	213
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	38
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	54
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
19014	Snacks, fruit leather, rolls	21	1 large	62
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	67

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19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	93
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
19034	Snacks, popcorn, air-popped	8	1 cup	26
19036	Snacks, popcorn, cakes	10	1 cake	33
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	20
19041	Snacks, pork skins, plain	28.35	1 oz	36
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	215
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	141
19411	Snacks, potato chips, plain, salted	28.35	1 oz	466
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	82
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	56
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	67
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	61
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
19061	Snacks, trail mix, tropical	140	1 cup	993
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	425
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	372
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241	1 cup	154
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	98
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	53
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	33
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	367
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	99
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	240
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	396
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	181
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	444
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	273
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	88
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	253

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06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	73
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	313
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	448
06094	Soup, onion, dry, mix	39	1 packet	281
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	76
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	178
06174	Soup, stock, fish, home-prepared	233	1 cup	336
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	454
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	273
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	168
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	207
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	35
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
16120	Soymilk, original and vanilla, unfortified	245	1 cup	289
22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	62
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
02007	Spices, celery seed	2	1 tsp	28
02009	Spices, chili powder	2.6	1 tsp	51
02010	Spices, cinnamon, ground	2.3	1 tsp	10
02015	Spices, curry powder	2	1 tsp	31
02020	Spices, garlic powder	2.8	1 tsp	33
02026	Spices, onion powder	2.1	1 tsp	21
02027	Spices, oregano, dried	1.5	1 tsp	19
02028	Spices, paprika	2.1	1 tsp	48
02029	Spices, parsley, dried	1.3	1 tbsp	35
02030	Spices, pepper, black	2.1	1 tsp	28
11658	Spinach souffle	136	1 cup	314
11461	Spinach, canned, regular pack, drained solids	214	1 cup	740
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
11457	Spinach, raw	30	1 cup	167
11457	Spinach, raw	10	1 leaf	56
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
11641	Squash, summer, all varieties, raw	113	1 cup	296
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	494
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
09316	Strawberries, raw	18	1 strawberry	28
09316	Strawberries, raw	12	1 strawberry	18
09316	Strawberries, raw	166	1 cup	254
19334	Sugars, brown	3.2	1 tsp	4
19335	Sugars, granulated	4.2	1 tsp	0

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19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	378
11512	Sweet potato, canned, vacuum pack	255	1 cup	796
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	198
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
19348	Syrups, chocolate, fudge-type	19	1 tbsp	54
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	42
19129	Syrups, table blends, pancake	20	1 tbsp	3
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	30
09223	Tangerine juice, canned, sweetened	249	1 cup	443
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
20068	Tapioca, pearl, dry	152	1 cup	17
14355	Tea, brewed, prepared with tap water	178	6 fl oz	66
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	33
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	39
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	43
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	39
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	120
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
11954	Tomatillos, raw	34	1 medium	91
11540	Tomato juice, canned, with salt added	243	1 cup	556
11546	Tomato products, canned, paste, without salt added	262	1 cup	2657
11547	Tomato products, canned, puree, without salt added	250	1 cup	1098
11549	Tomato products, canned, sauce	245	1 cup	811
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	451
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	528
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40
11955	Tomatoes, sun-dried	2	1 piece	69
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	50
21088	Tostada with guacamole	130.5	1 tostada	325

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05286	Turkey and gravy, frozen	142	5-oz package	87
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	392
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276
02050	Vanilla extract	4.2	1 tsp	6
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
11578	Vegetable juice cocktail, canned	242	1 cup	467
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
02048	Vinegar, cider	15	1 tbsp	11
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	48
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
14429	Water, tap, municipal	237	8 fl oz	2
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
09326	Watermelon, raw	286	1 wedge	320
09326	Watermelon, raw	152	1 cup	170
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
20083	Wheat flour, white, bread, enriched	137	1 cup	137
20084	Wheat flour, white, cake, enriched	137	1 cup	144
20080	Wheat flour, whole-grain	120	1 cup	436
20089	Wild rice, cooked	164	1 cup	166
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352