

USDA National Nutrient Database for Standard Reference, Release 24

Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	20.3
15111	Fish, swordfish, cooked, dry heat	106	1 piece	17.6
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	16.2
15077	Fish, salmon, chinook, smoked	85.05	3 oz	14.5
15111	Fish, swordfish, cooked, dry heat	85	3 oz	14.1
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	11.6
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	11.1
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	9.2
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.2
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	6.9
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	5.7
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	5.1
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	5.0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	5.0
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	4.9
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	4.9
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	4.4
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	3.9
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	3.8
01111	Milk shakes, thick vanilla	313	11 fl oz	3.8
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	3.3
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	3.2
01057	Eggnog	254	1 cup	3.0
01110	Milk shakes, thick chocolate	300	10.6 fl oz	3.0
06166	Sauce, homemade, white, medium	250	1 cup	3.0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	3.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	3.0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	2.9
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	2.9
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	2.9
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	2.8
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2.6
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	2.5
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.5
01164	Cheese sauce, prepared from recipe	243	1 cup	2.4
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	2.4
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.4
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	2.2
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	2.1
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	1.7
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	1.7
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.5

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06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.5
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.5
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	1.4
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.3
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.3
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.3
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.3
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.2
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.2
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.2
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.2
01123	Egg, whole, raw, fresh	58	1 extra large	1.2
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	1.1
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.1
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.1
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.1
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	1.1
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.1
01129	Egg, whole, cooked, hard-boiled	50	1 large	1.1
01132	Egg, whole, cooked, scrambled	61	1 large	1.1
11658	Spinach souffle	136	1 cup	1.1
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.1
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.1
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.1
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.1
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	1.0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	1.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	1.0
01128	Egg, whole, cooked, fried	46	1 large	1.0
01123	Egg, whole, raw, fresh	50	1 large	1.0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	1.0
01131	Egg, whole, cooked, poached	50	1 large	1.0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	1.0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.0
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	1.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.0

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08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	1.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.9
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.9
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.9
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.9
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.9
01125	Egg, yolk, raw, fresh	16.6	1 large	0.9
01123	Egg, whole, raw, fresh	44	1 medium	0.9
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.9
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.9
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.8
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.8
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.8
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.8
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.7
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.7
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.7
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.7
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.7
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.6
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.6
01095	Milk, canned, condensed, sweetened	306	1 cup	0.6
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.6
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.6
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.6
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.6
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.6
07069	Salami, cooked, beef and pork	56.7	2 slices	0.6
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.5
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.5
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.5
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.5
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.5
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.5
01036	Cheese, ricotta, whole milk	246	1 cup	0.5
07008	Bologna, beef and pork	56.7	2 slices	0.5

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10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.4
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.4
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.4
07023	Frankfurter, beef and pork	45	1 frank	0.4
07022	Frankfurter, beef, unheated	45	1 frank	0.4
18147	Cheesecake commercially prepared	80	1 piece	0.4
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.4
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.4
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.3
04002	Lard	12.8	1 tbsp	0.3
11264	Mushrooms, canned, drained solids	156	1 cup	0.3
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.3
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.3
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.3
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.3
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	0.3
01037	Cheese, ricotta, part skim milk	246	1 cup	0.2
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.2
07072	Salami, dry or hard, pork, beef	20	2 slices	0.2
11672	Potato pancakes	76	1 pancake	0.2
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.2
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.2
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.2
07024	Frankfurter, chicken	45	1 frank	0.2
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.2
19089	Ice creams, vanilla, rich	74	1/2 cup	0.2
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.2
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.2
01145	Butter, without salt	14.2	1 tbsp	0.2
01001	Butter, salted	14.2	1 tbsp	0.2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.2
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.2
18027	Bread, egg	40	1/2" slice	0.2
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.2
07064	Pork sausage, fresh, cooked	27	1 patty	0.2
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.2
07064	Pork sausage, fresh, cooked	26	2 links	0.2
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	0.2
01030	Cheese, muenster	28.35	1 oz	0.2
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.2
01009	Cheese, cheddar	28.35	1 oz	0.2
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.2
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.2
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.2
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.2

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23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.2
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.2
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.2
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.2
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.2
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.2
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.2
20110	Noodles, egg, cooked, enriched	160	1 cup	0.2
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.2
01007	Cheese, camembert	38	1 wedge	0.2
07027	Ham, chopped, not canned	21	2 slices	0.1
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.1
05277	Chicken, canned, meat only, with broth	142	5 oz	0.1
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.1
01040	Cheese, swiss	28.35	1 oz	0.1
01004	Cheese, blue	28.35	1 oz	0.1
01035	Cheese, provolone	28.35	1 oz	0.1
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.1
11260	Mushrooms, white, raw	70	1 cup	0.1
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.1
19270	Ice creams, chocolate	66	1/2 cup	0.1
19095	Ice creams, vanilla	66	1/2 cup	0.1
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	0.1
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.1
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.1
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.1
01019	Cheese, feta	28.35	1 oz	0.1
18324	Pie, pecan, commercially prepared	113	1 piece	0.1
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.1
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.1
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.1
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.1
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.1
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.1
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.1
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.1
07073	Sandwich spread, pork, beef	15	1 tbsp	0.1
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.1
01052	Cream, fluid, light whipping	15	1 tbsp	0.1
01017	Cheese, cream	14.5	1 tbsp	0.1
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.1
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.1
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.1

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17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.1
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.1
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.1
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.1
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.1
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.1
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.1
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.1
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.1
19088	Ice creams, vanilla, light	66	1/2 cup	0.1
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.1
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.1
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.1
01056	Cream, sour, cultured	12	1 tbsp	0.0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.0
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01049	Cream, fluid, half and half	15	1 tbsp	0.0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.0
09206	Orange juice, raw	86	juice from 1 orange	0.0
11206	Cucumber, peeled, raw	280	1 large	0.0
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.0
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.0
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.0
09252	Pears, raw	166	1 pear	0.0
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.0
09207	Orange juice, canned, unsweetened	249	1 cup	0.0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.0

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09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.0
11159	Coleslaw, home-prepared	120	1 cup	0.0
11156	Chives, raw	3	1 tbsp	0.0
09206	Orange juice, raw	248	1 cup	0.0
09200	Oranges, raw, all commercial varieties	180	1 cup	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.0
09266	Pineapple, raw, all varieties	155	1 cup	0.0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.0
11205	Cucumber, with peel, raw	301	1 large	0.0
11213	Endive, raw	50	1 cup	0.0
11215	Garlic, raw	3	1 clove	0.0
11226	Jerusalem-artichokes, raw	150	1 cup	0.0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.0
09236	Peaches, raw	170	1 cup	0.0
09236	Peaches, raw	98	1 peach	0.0
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.0
11206	Cucumber, peeled, raw	119	1 cup	0.0
09298	Raisins, seedless	14	1 packet	0.0
09226	Papayas, raw	140	1 cup	0.0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.0
09226	Papayas, raw	304	1 papaya	0.0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.0
09223	Tangerine juice, canned, sweetened	249	1 cup	0.0
11205	Cucumber, with peel, raw	104	1 cup	0.0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.0
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.0
09277	Plantains, raw	179	1 medium	0.0
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.0
11124	Carrots, raw	72	1 carrot	0.0
11084	Beets, canned, drained solids	170	1 cup	0.0

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Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.0
11090	Broccoli, raw	88	1 cup	0.0
11090	Broccoli, raw	31	1 spear	0.0
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.0
11081	Beets, cooked, boiled, drained	50	1 beet	0.0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.0
11081	Beets, cooked, boiled, drained	170	1 cup	0.0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.0
11109	Cabbage, raw	70	1 cup	0.0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.0
11112	Cabbage, red, raw	70	1 cup	0.0
11114	Cabbage, savoy, raw	70	1 cup	0.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.0
09294	Prune juice, canned	256	1 cup	0.0
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.0
09040	Bananas, raw	118	1 banana	0.0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.0
09200	Oranges, raw, all commercial varieties	131	1 orange	0.0
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.0
11015	Asparagus, canned, drained solids	72	4 spears	0.0
11084	Beets, canned, drained solids	24	1 beet	0.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.0
11124	Carrots, raw	110	1 cup	0.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.0
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.0
09298	Raisins, seedless	145	1 cup	0.0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.0
09316	Strawberries, raw	166	1 cup	0.0
09316	Strawberries, raw	18	1 strawberry	0.0
09316	Strawberries, raw	12	1 strawberry	0.0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.0
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.0
09326	Watermelon, raw	286	1 wedge	0.0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.0
09326	Watermelon, raw	152	1 cup	0.0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.0
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.0

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Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.0
09279	Plums, raw	66	1 plum	0.0
09302	Raspberries, raw	123	1 cup	0.0
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.0
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.0
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.0
11135	Cauliflower, raw	100	1 cup	0.0
11135	Cauliflower, raw	13	1 floweret	0.0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.0
09278	Plantains, cooked	154	1 cup	0.0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.0
11143	Celery, raw	120	1 cup	0.0
11143	Celery, raw	40	1 stalk	0.0
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.0
09340	Pears, asian, raw	122	1 pear	0.0
09340	Pears, asian, raw	275	1 pear	0.0
09404	Grapefruit juice, pink, raw	247	1 cup	0.0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.0
06094	Soup, onion, dry, mix	39	1 packet	0.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.0
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.0
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.0
04582	Oil, canola	14	1 tbsp	0.0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.0
09050	Blueberries, raw	145	1 cup	0.0
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.0

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Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.0
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.0
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.0
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.0
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.0
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.0
06150	Sauce, barbecue	15.75	1 tbsp	0.0
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
02028	Spices, paprika	2.1	1 tsp	0.0
02027	Spices, oregano, dried	1.5	1 tsp	0.0
02026	Spices, onion powder	2.1	1 tsp	0.0
02020	Spices, garlic powder	2.8	1 tsp	0.0
02015	Spices, curry powder	2	1 tsp	0.0
02010	Spices, cinnamon, ground	2.3	1 tsp	0.0
02009	Spices, chili powder	2.6	1 tsp	0.0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
02045	Dill weed, fresh	1	5 sprigs	0.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
02007	Spices, celery seed	2	1 tsp	0.0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0

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Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.0
02029	Spices, parsley, dried	1.3	1 tbsp	0.0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.0
02030	Spices, pepper, black	2.1	1 tsp	0.0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.0
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
02047	Salt, table	6	1 tsp	0.0
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.0
07017	Chicken roll, light meat	56.7	2 slices	0.0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.0
09128	Grapefruit juice, white, raw	247	1 cup	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.0
09070	Cherries, sweet, raw	68	10 cherries	0.0
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.0
09094	Figs, dried, uncooked	38	2 figs	0.0
09087	Dates, deglet noor	178	1 cup	0.0
09087	Dates, deglet noor	41.5	5 dates	0.0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.0
09160	Lime juice, raw	38	juice of 1 lime	0.0
09191	Nectarines, raw	136	1 nectarine	0.0
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.0
09184	Melons, honeydew, raw	160	1/8 melon	0.0
09184	Melons, honeydew, raw	170	1 cup	0.0
09181	Melons, cantaloupe, raw	69	1/8 melon	0.0
09181	Melons, cantaloupe, raw	160	1 cup	0.0
09176	Mangos, raw	207	1 mango	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09176	Mangos, raw	165	1 cup	0.0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.0
09153	Lemon juice, canned or bottled	244	1 cup	0.0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
09152	Lemon juice, raw	47	juice of 1 lemon	0.0
09150	Lemons, raw, without peel	58	1 lemon	0.0
09148	Kiwifruit, green, raw	76	1 medium	0.0
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.0
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.0
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.0
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.0
09003	Apples, raw, with skin	138	1 apple	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.0
09060	Carambola, (starfruit), raw	108	1 cup	0.0
09060	Carambola, (starfruit), raw	91	1 fruit	0.0
09055	Blueberries, frozen, sweetened	230	1 cup	0.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.0
09042	Blackberries, raw	144	1 cup	0.0
01072	Dessert topping, pressurized	4	1 tbsp	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	0.0
09039	Avocados, raw, Florida	28.35	1 oz	0.0
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.0
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.0
09021	Apricots, raw	35	1 apricot	0.0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.0
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.0
09004	Apples, raw, without skin	110	1 cup	0.0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.0
09038	Avocados, raw, California	28.35	1 oz	0.0
18308	Pie, cherry, commercially prepared	117	1 piece	0.0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.0
18360	Taco shells, baked	13.3	1 medium	0.0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.0
18353	Rolls, hard (includes kaiser)	57	1 roll	0.0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18319	Pie, fried pies, fruit	128	1 pie	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18305	Pie, blueberry, commercially prepared	117	1 piece	0.0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.0
18283	Muffins, oat bran	57	1 muffin	0.0
18279	Muffins, corn, commercially prepared	57	1 muffin	0.0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.0
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.0
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.0
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.0
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.0
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.0
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.0
19036	Snacks, popcorn, cakes	10	1 cake	0.0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.0
19034	Snacks, popcorn, air-popped	8	1 cup	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.0
18245	Danish pastry, cheese	71	1 danish	0.0
19014	Snacks, fruit leather, rolls	21	1 large	0.0
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.0
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.0
18061	Bread, rye, toasted	24	1 slice	0.0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.0
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.0
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.0
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.0
18064	Bread, wheat	25	1 slice	0.0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.0
18060	Bread, rye	32	1 slice	0.0
18057	Bread, reduced-calorie, white	23	1 slice	0.0
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18053	Bread, reduced-calorie, rye	23	1 slice	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18048	Bread, raisin, toasted, enriched	24	1 slice	0.0
18047	Bread, raisin, enriched	26	1 slice	0.0
18045	Bread, pumpernickel, toasted	29	1 slice	0.0
18044	Bread, pumpernickel	32	1 slice	0.0
18041	Bread, pita, white, enriched	28	4" pita	0.0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.0
18040	Bread, oatmeal, toasted	25	1 slice	0.0
18065	Bread, wheat, toasted	23	1 slice	0.0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.0
18243	Croutons, seasoned	40	1 cup	0.0
18239	Croissants, butter	57	1 croissant	0.0
18235	Crackers, whole-wheat	16	4 crackers	0.0
18232	Crackers, wheat, regular	8	4 crackers	0.0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.0
18229	Crackers, standard snack-type, regular	12	4 crackers	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.0
18226	Crackers, rye, wafers, plain	11	1 wafer	0.0
18220	Crackers, melba toast, plain	20	4 pieces	0.0
18217	Crackers, matzo, plain	28.35	1 matzo	0.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.0
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.0
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.0
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.0
18177	Cookies, molasses	15	1 cookie, medium	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.0
18170	Cookies, fig bars	16	1 cookie	0.0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.0
18214	Crackers, cheese, regular	10	10 crackers	0.0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.0
20037	Rice, brown, long-grain, cooked	195	1 cup	0.0
20034	Oat bran, cooked	219	1 cup	0.0
20033	Oat bran, raw	94	1 cup	0.0
20029	Couscous, cooked	157	1 cup	0.0
20028	Couscous, dry	173	1 cup	0.0
20080	Wheat flour, whole-grain	120	1 cup	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.0
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.0
20013	Bulgur, cooked	182	1 cup	0.0
20012	Bulgur, dry	140	1 cup	0.0
20011	Buckwheat flour, whole-groat	120	1 cup	0.0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.0
20006	Barley, pearled, cooked	157	1 cup	0.0
20005	Barley, pearled, raw	200	1 cup	0.0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.0
20027	Cornstarch	8.064	1 tbsp	0.0
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.0
22970	Macaroni and cheese, frozen entree	283	1 package	0.0
22905	Beef stew, canned entree	232	1 cup	0.0
22904	Chili con carne with beans, canned entree	222	1 cup	0.0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.0
22247	Macaroni and Cheese, canned entree	252	1 cup	0.0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.0
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.0
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.0
21139	Fast foods, potato, mashed	80	1/3 cup	0.0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
21129	Fast foods, hush puppies	78	5 pieces	0.0
19353	Syrups, maple	20	1 tbsp	0.0
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.0
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.0
21024	Fast foods, french toast sticks	141	5 sticks	0.0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
20113	Noodles, chinese, chow mein	45	1 cup	0.0
20100	Macaroni, cooked, enriched	140	1 cup	0.0
20089	Wild rice, cooked	164	1 cup	0.0
20084	Wheat flour, white, cake, enriched	137	1 cup	0.0
20083	Wheat flour, white, bread, enriched	137	1 cup	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19116	Candies, marshmallows	50	1 cup	0.0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
19107	Candies, hard	6	1 piece	0.0
19107	Candies, hard	3	1 small piece	0.0
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.0
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.0
19097	Sherbet, orange	74	1/2 cup	0.0
19087	Candies, white chocolate	170	1 cup	0.0
19080	Candies, semisweet chocolate	168	1 cup	0.0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.0
19074	Candies, caramels	10.1	1 piece	0.0
19071	Candies, carob, unsweetened	28.35	1 oz	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
19350	Syrups, corn, light	20	1 tbsp	0.0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.0
19300	Jellies	19	1 tbsp	0.0
19297	Jams and preserves	20	1 tbsp	0.0
19296	Honey	21	1 tbsp	0.0
19294	Fruit butters, apple	17	1 tbsp	0.0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.0
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.0
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.0
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.0
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.0
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.0
11540	Tomato juice, canned, with salt added	243	1 cup	0.0
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.0
11641	Squash, summer, all varieties, raw	113	1 cup	0.0
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.0
11578	Vegetable juice cocktail, canned	242	1 cup	0.0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.0
11549	Tomato products, canned, sauce	245	1 cup	0.0
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.0
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.0
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.0
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.0
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.0
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.0
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.0
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.0
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.0
18039	Bread, oatmeal	27	1 slice	0.0
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.0
11821	Peppers, sweet, red, raw	149	1 cup	0.0
11961	Hearts of palm, canned	33	1 piece	0.0
11960	Carrots, baby, raw	10	1 medium	0.0
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.0
11955	Tomatoes, sun-dried	2	1 piece	0.0
11954	Tomatillos, raw	34	1 medium	0.0
11945	Pickle relish, sweet	15	1 tbsp	0.0
11943	Pimento, canned	12	1 tbsp	0.0
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.0
11935	Catsup	15	1 tbsp	0.0
11935	Catsup	6	1 packet	0.0
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.0
11821	Peppers, sweet, red, raw	119	1 pepper	0.0
11819	Peppers, hot chili, red, raw	45	1 pepper	0.0
11740	Broccoli, flower clusters, raw	11	1 floweret	0.0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11677	Shallots, raw	10	1 tbsp	0.0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.0
11670	Peppers, hot chili, green, raw	45	1 pepper	0.0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.0
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.0
11655	Carrot juice, canned	236	1 cup	0.0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.0
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.0
11297	Parsley, fresh	10	10 sprigs	0.0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.0
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.0
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.0
11284	Onions, dehydrated flakes	5	1 tbsp	0.0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.0
11282	Onions, raw	14	1 slice	0.0
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.0
11282	Onions, raw	110	1 whole	0.0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.0
11253	Lettuce, green leaf, raw	56	1 cup	0.0
11253	Lettuce, green leaf, raw	10	1 leaf	0.0
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.0
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.0
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.0
11251	Lettuce, cos or romaine, raw	56	1 cup	0.0
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.0
11282	Onions, raw	160	1 cup	0.0
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.0
11457	Spinach, raw	30	1 cup	0.0
11457	Spinach, raw	10	1 leaf	0.0
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.0
11445	Seaweed, kelp, raw	10	2 tbsp	0.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.0
11429	Radishes, raw	4.5	1 radish	0.0
11424	Pumpkin, canned, without salt	245	1 cup	0.0
11414	Potato salad, home-prepared	250	1 cup	0.0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.0
12104	Nuts, coconut meat, raw	45	1 piece	0.0
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.0
11364	Potatoes, baked, skin, without salt	58	1 skin	0.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.0
11333	Peppers, sweet, green, raw	10	1 ring	0.0
11333	Peppers, sweet, green, raw	149	1 cup	0.0
11333	Peppers, sweet, green, raw	119	1 pepper	0.0
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.0
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.0
16055	Carob flour	8	1 tbsp	0.0
16051	Beans, white, mature seeds, canned	262	1 cup	0.0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.0
16008	Beans, baked, canned, with franks	259	1 cup	0.0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.0
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
15141	Crustaceans, crab, blue, canned	135	1 cup	0.0
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.0

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Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18033	Bread, italian	20	1 slice	0.0
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.0
18005	Bagels, cinnamon-raisin	89	4" bagel	0.0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.0
16112	Miso	68.75	1 cup	0.0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.0
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.0
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.0
16158	Hummus, commercial	14	1 tbsp	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
13350	Beef, cured, dried	28.35	1 oz	0.0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.0
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.0

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Vitamin D (D2 + D3) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.0
12147	Nuts, pine nuts, dried	28.35	1 oz	0.0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.0
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.0
14347	Shake, fast food, vanilla	333	16 fl oz	0.0
14346	Shake, fast food, chocolate	333	16 fl oz	0.0
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.0
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.0
14181	Chocolate syrup	18.75	1 tbsp	0.0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14429	Water, tap, municipal	237	8 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0