

USDA National Nutrient Database for Standard Reference, Release 24

Copper, Cu (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	0.021
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.018
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.013
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.009
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.009
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.009
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.021
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.111
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.046
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.046
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.011
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.004
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.052
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.030
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.061
09003	Apples, raw, with skin	138	1 apple	0.037
09004	Apples, raw, without skin	110	1 cup	0.034
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.082
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.066
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.183
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.201
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.132
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.120
09021	Apricots, raw	35	1 apricot	0.027
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.213
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.152
11015	Asparagus, canned, drained solids	72	4 spears	0.069
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.099
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.063
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.189
09038	Avocados, raw, California	28.35	1 oz	0.048
09039	Avocados, raw, Florida	28.35	1 oz	0.088
18005	Bagels, cinnamon-raisin	89	4" bagel	0.145
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.116
18003	Bagels, egg	89	4" bagel	0.080
18003	Bagels, egg	71	3-1/2" bagel	0.064
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.116
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.092
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.541
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.917
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.149
09040	Bananas, raw	150	1 cup	0.117

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09040	Bananas, raw	118	1 banana	0.092
20006	Barley, pearled, cooked	157	1 cup	0.165
20005	Barley, pearled, raw	200	1 cup	0.840
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.368
16008	Beans, baked, canned, with franks	259	1 cup	0.552
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.352
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.539
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.359
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.437
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.376
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.428
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.382
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.374
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.053
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.071
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.080
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.051
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.129
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.082
16051	Beans, white, mature seeds, canned	262	1 cup	0.608
22905	Beef stew, canned entree	232	1 cup	0.327
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.105
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.126
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.054
13350	Beef, cured, dried	28.35	1 oz	0.021
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.064
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.068
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.072
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.071
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.071
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.066
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.072
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.057
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.062
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.069
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.074
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	12.400
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.361
11084	Beets, canned, drained solids	24	1 beet	0.014
11084	Beets, canned, drained solids	170	1 cup	0.100
11081	Beets, cooked, boiled, drained	170	1 cup	0.126
11081	Beets, cooked, boiled, drained	50	1 beet	0.037

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18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.049
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.083
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.024
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.019
09042	Blackberries, raw	144	1 cup	0.238
09055	Blueberries, frozen, sweetened	230	1 cup	0.090
09050	Blueberries, raw	145	1 cup	0.083
07008	Bologna, beef and pork	56.7	2 slices	0.029
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.136
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.072
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.293
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.072
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.043
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.037
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.033
18025	Bread, cracked-wheat	25	1 slice	0.056
18027	Bread, egg	40	1/2" slice	0.065
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.034
18033	Bread, italian	20	1 slice	0.038
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.073
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.074
18039	Bread, oatmeal	27	1 slice	0.056
18040	Bread, oatmeal, toasted	25	1 slice	0.057
18041	Bread, pita, white, enriched	28	4" pita	0.047
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.101
18044	Bread, pumpernickel	32	1 slice	0.092
18045	Bread, pumpernickel, toasted	29	1 slice	0.091
18047	Bread, raisin, enriched	26	1 slice	0.051
18048	Bread, raisin, toasted, enriched	24	1 slice	0.052
18053	Bread, reduced-calorie, rye	23	1 slice	0.031
18055	Bread, reduced-calorie, wheat	23	1 slice	0.039
18057	Bread, reduced-calorie, white	23	1 slice	0.076
18060	Bread, rye	32	1 slice	0.060
18061	Bread, rye, toasted	24	1 slice	0.049
18064	Bread, wheat	25	1 slice	0.040
18065	Bread, wheat, toasted	23	1 slice	0.046
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.056
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.031
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.030
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.106
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.168
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.095
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.023
11740	Broccoli, flower clusters, raw	11	1 floweret	0.005
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.063
11090	Broccoli, raw	88	1 cup	0.043

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11090	Broccoli, raw	31	1 spear	0.015
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.129
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.053
20011	Buckwheat flour, whole-groat	120	1 cup	0.618
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.245
20013	Bulgur, cooked	182	1 cup	0.137
20012	Bulgur, dry	140	1 cup	0.469
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.002
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.032
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.035
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.026
11109	Cabbage, raw	70	1 cup	0.013
11112	Cabbage, red, raw	70	1 cup	0.012
11114	Cabbage, savoy, raw	70	1 cup	0.043
18086	Cake, angelfood, commercially prepared	28	1 piece	0.022
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.034
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.039
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.138
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.197
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.022
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.144
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.100
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.010
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.016
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.049
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.153
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.063
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.076
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.019
18134	Cake, sponge, prepared from recipe	63	1 piece	0.035
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.075
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.044
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	0.102
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.022
19074	Candies, caramels	10.1	1 piece	0.002
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.009
19071	Candies, carob, unsweetened	28.35	1 oz	0.052
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.056
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.100
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.033
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.001
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.001
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.009
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.003
19107	Candies, hard	6	1 piece	0.002

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19107	Candies, hard	3	1 small piece	0.001
19108	Candies, jellybeans	28.35	10 large	0.008
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.092
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.024
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.101
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.026
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.090
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.154
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.001
19116	Candies, marshmallows	50	1 cup	0.049
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.216
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.218
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.037
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.173
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.083
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.014
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.108
19080	Candies, semisweet chocolate	168	1 cup	1.176
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.002
19087	Candies, white chocolate	170	1 cup	0.102
09060	Carambola, (starfruit), raw	91	1 fruit	0.125
09060	Carambola, (starfruit), raw	108	1 cup	0.148
14121	Carbonated beverage, club soda	355	12 fl oz	0.021
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.004
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.066
14142	Carbonated beverage, grape soda	372	12 fl oz	0.082
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.007
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.089
14150	Carbonated beverage, orange	372	12 fl oz	0.056
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.022
14157	Carbonated beverage, root beer	370	12 fl oz	0.026
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.004
16055	Carob flour	8	1 tbsp	0.046
11655	Carrot juice, canned	236	1 cup	0.109
11960	Carrots, baby, raw	10	1 medium	0.010
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.152
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.027
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.120
11124	Carrots, raw	72	1 carrot	0.032
11124	Carrots, raw	110	1 cup	0.050
11935	Catsup	15	1 tbsp	0.027
11935	Catsup	6	1 packet	0.011
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.010
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.022
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.043

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11135	Cauliflower, raw	13	1 floweret	0.005
11135	Cauliflower, raw	100	1 cup	0.039
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.014
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.054
11143	Celery, raw	40	1 stalk	0.014
11143	Celery, raw	120	1 cup	0.042
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.037
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.050
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.080
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.029
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.074
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.051
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.044
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.042
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.076
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.042
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.080
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.043
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.068
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.160
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.035
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.063
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.120
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.014
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.108
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.080
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.090
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.145
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.312
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.039
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.103
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.030
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.012
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.042
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.027
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.011
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.165
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.054
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.030
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.255
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.057

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08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.030
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.062
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.000
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.030
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.027
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.030
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.133
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.162
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.080
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.089
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.117
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.024
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.044
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.049
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.167
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.041
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.100
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.098
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.040
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.117
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.173
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.000
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.126
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.010
01164	Cheese sauce, prepared from recipe	243	1 cup	0.046
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.009
01004	Cheese, blue	28.35	1 oz	0.011
01007	Cheese, camembert	38	1 wedge	0.008
01009	Cheese, cheddar	28.35	1 oz	0.009
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.061
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.090
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.063
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.068
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.044
01017	Cheese, cream	14.5	1 tbsp	0.003
01186	Cheese, cream, fat free	15.6	1 tbsp	0.006
01019	Cheese, feta	28.35	1 oz	0.009

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.006
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.008
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.003
01030	Cheese, muenster	28.35	1 oz	0.009
01031	Cheese, neufchatel	28.35	1 oz	0.008
01032	Cheese, parmesan, grated	5	1 tbsp	0.012
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.013
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.008
01035	Cheese, provolone	28.35	1 oz	0.007
01037	Cheese, ricotta, part skim milk	246	1 cup	0.084
01036	Cheese, ricotta, whole milk	246	1 cup	0.052
01040	Cheese, swiss	28.35	1 oz	0.012
18147	Cheesecake commercially prepared	80	1 piece	0.016
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.171
09070	Cherries, sweet, raw	68	10 cherries	0.041
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.065
07017	Chicken roll, light meat	56.7	2 slices	0.049
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.084
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.056
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.042
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.029
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.075
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.055
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.039
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.480
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.045
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.023
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.071
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.028
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.031
05277	Chicken, canned, meat only, with broth	142	5 oz	0.065
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.097
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.162
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.367
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.577
22904	Chili con carne with beans, canned entree	222	1 cup	0.213
11156	Chives, raw	3	1 tbsp	0.005
14181	Chocolate syrup	18.75	1 tbsp	0.096
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.152
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.218
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.110

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.081
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.099
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.127
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.205
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.004
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.020
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.079
11159	Coleslaw, home-prepared	120	1 cup	0.028
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.072
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.094
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.125
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.006
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.010
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.027
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.025
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.061
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.052
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.036
18170	Cookies, fig bars	16	1 cookie	0.024
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.028
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.170
18177	Cookies, molasses	15	1 cookie, medium	0.056
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.119
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.024
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.034
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.083
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.027
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.030
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.037
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.021
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.012
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.011
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.011
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.006
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.011
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.017
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.004
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.044
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.133
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.101
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.038
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.079
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.029

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20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.105
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.179
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.235
20027	Cornstarch	8.064	1 tbsp	0.004
20029	Couscous, cooked	157	1 cup	0.064
20028	Couscous, dry	173	1 cup	0.427
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.219
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.313
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.281
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.461
18214	Crackers, cheese, regular	10	10 crackers	0.013
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.021
18217	Crackers, matzo, plain	28.35	1 matzo	0.017
18220	Crackers, melba toast, plain	20	4 pieces	0.058
18226	Crackers, rye, wafers, plain	11	1 wafer	0.051
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.019
18229	Crackers, standard snack-type, regular	12	4 crackers	0.013
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.006
18232	Crackers, wheat, regular	8	4 crackers	0.017
18235	Crackers, whole-wheat	16	4 crackers	0.067
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.025
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.011
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.002
01049	Cream, fluid, half and half	15	1 tbsp	0.002
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.001
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.001
01052	Cream, fluid, light whipping	15	1 tbsp	0.001
01056	Cream, sour, cultured	12	1 tbsp	0.002
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.002
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
18239	Croissants, butter	57	1 croissant	0.046
18243	Croutons, seasoned	40	1 cup	0.067
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.005
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.027
15141	Crustaceans, crab, blue, canned	135	1 cup	1.099
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.692
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.366
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.318
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.223
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.123
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.233
11206	Cucumber, peeled, raw	280	1 large	0.199
11206	Cucumber, peeled, raw	119	1 cup	0.084
11205	Cucumber, with peel, raw	301	1 large	0.123

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	104	1 cup	0.043
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.121
18245	Danish pastry, cheese	71	1 danish	0.063
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.046
09087	Dates, deglet noor	41.5	5 dates	0.085
09087	Dates, deglet noor	178	1 cup	0.367
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.001
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.001
02045	Dill weed, fresh	1	5 sprigs	0.001
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.010
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.034
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.057
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.012
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.511
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.058
01124	Egg, white, raw, fresh	33.4	1 large	0.008
01128	Egg, whole, cooked, fried	46	1 large	0.036
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.007
01131	Egg, whole, cooked, poached	50	1 large	0.036
01132	Egg, whole, cooked, scrambled	61	1 large	0.036
01123	Egg, whole, raw, fresh	58	1 extra large	0.042
01123	Egg, whole, raw, fresh	44	1 medium	0.032
01123	Egg, whole, raw, fresh	50	1 large	0.036
01125	Egg, yolk, raw, fresh	16.6	1 large	0.013
01057	Eggnog	254	1 cup	0.033
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.058
11213	Endive, raw	50	1 cup	0.050
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.077
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.083
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.041
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.120
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.439
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	0.127
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.153
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	0.139
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.149
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.126
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.199
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	0.197
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.111
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.089

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.231
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.086
21042	Fast foods, chili con carne	253	1 cup	0.595
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.423
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.095
21127	Fast foods, coleslaw	99	3/4 cup	0.015
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.099
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.086
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.055
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.259
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.164
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.119
21024	Fast foods, french toast sticks	141	5 sticks	0.120
21023	Fast foods, french toast with butter	135	2 slices	0.065
21077	Fast foods, frijoles with cheese	167	1 cup	0.341
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.219
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.194
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.198
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.112
21118	Fast foods, hotdog, plain	98	1 sandwich	0.076
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.103
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.245
21129	Fast foods, hush puppies	78	5 pieces	0.113
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.140
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.069
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.151
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.196
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.124
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.247
21139	Fast foods, potato, mashed	80	1/3 cup	0.028
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.119
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.097
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.089
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.094
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.159
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.303
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.361
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.428
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.130
21083	Fast foods, taco salad	198	1-1/2 cups	0.224
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	0.132
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	0.203
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.315
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.024
09094	Figs, dried, uncooked	38	2 figs	0.109

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.086
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.031
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.020
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.035
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.017
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.020
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.029
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.022
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.039
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.024
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.045
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.089
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.022
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.013
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.036
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.051
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.061
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.035
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.064
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.196
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.059
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.061
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.112
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.158
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.039
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.049
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.047
15128	Fish, tuna salad	205	1 cup	0.297
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.060
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.043
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.033
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.037
07023	Frankfurter, beef and pork	45	1 frank	0.036
07022	Frankfurter, beef, unheated	45	1 frank	0.026
07024	Frankfurter, chicken	45	1 frank	0.035
18268	French toast, frozen, ready-to-heat	59	1 slice	0.050
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.038
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.076
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.012
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.094
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.029
19294	Fruit butters, apple	17	1 tbsp	0.014
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.171

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.147
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.025
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.085
35142	Frybread, made with lard (Navajo)	90	5" bread	0.082
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.146
11215	Garlic, raw	3	1 clove	0.009
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.032
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.008
14277	Grape drink, canned	250	8 fl oz	0.033
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.033
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.099
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.046
09404	Grapefruit juice, pink, raw	247	1 cup	0.082
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.120
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.094
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.082
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.244
09128	Grapefruit juice, white, raw	247	1 cup	0.082
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.039
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.059
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.168
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.064
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.203
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.058
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.060
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.060
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.060
07027	Ham, chopped, not canned	21	2 slices	0.013
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.048
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.050
11961	Hearts of palm, canned	33	1 piece	0.044
19296	Honey	21	1 tbsp	0.008
02055	Horseradish, prepared	5	1 tsp	0.003
16158	Hummus, commercial	14	1 tbsp	0.074
19270	Ice creams, chocolate	66	1/2 cup	0.089
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.026
19095	Ice creams, vanilla	66	1/2 cup	0.015
19088	Ice creams, vanilla, light	66	1/2 cup	0.011
19089	Ice creams, vanilla, rich	74	1/2 cup	0.006
19297	Jams and preserves	20	1 tbsp	0.020
19300	Jellies	19	1 tbsp	0.002
11226	Jerusalem-artichokes, raw	150	1 cup	0.210

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.203
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.061
09148	Kiwifruit, green, raw	76	1 medium	0.099
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.218
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.098
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.102
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.123
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.098
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.110
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.118
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.131
04002	Lard	12.8	1 tbspc	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.001
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.031
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.017
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.025
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.064
09153	Lemon juice, canned or bottled	244	1 cup	0.090
09153	Lemon juice, canned or bottled	15.2	1 tbspc	0.006
09152	Lemon juice, raw	47	juice of 1 lemon	0.008
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.052
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.026
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.029
09150	Lemons, raw, without peel	58	1 lemon	0.021
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.497
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.001
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.026
11251	Lettuce, cos or romaine, raw	56	1 cup	0.027
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.005
11253	Lettuce, green leaf, raw	10	1 leaf	0.003
11253	Lettuce, green leaf, raw	56	1 cup	0.016
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.135
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.002
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.014
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.355

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.289
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.434
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.442
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.074
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.005
09160	Lime juice, raw	38	juice of 1 lime	0.010
22247	Macaroni and Cheese, canned entree	252	1 cup	0.746
22970	Macaroni and cheese, frozen entree	283	1 package	0.144
20100	Macaroni, cooked, enriched	140	1 cup	0.140
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.133
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.196
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.144
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.117
09176	Mangos, raw	165	1 cup	0.183
09176	Mangos, raw	207	1 mango	0.230
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.000
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.001
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.001
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.000
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.066
09181	Melons, cantaloupe, raw	69	1/8 melon	0.028
09184	Melons, honeydew, raw	160	1/8 melon	0.038
09184	Melons, honeydew, raw	170	1 cup	0.041
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.195
01111	Milk shakes, thick vanilla	313	11 fl oz	0.160
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.007
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.027
01095	Milk, canned, condensed, sweetened	306	1 cup	0.046
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.041
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.040
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.163
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.188
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.163
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.009
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.024
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.032
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.015
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.061
16112	Miso	68.75	1 cup	0.289

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.074
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.045
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.650
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	2.401
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.073
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.046
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.040
18279	Muffins, corn, commercially prepared	57	1 muffin	0.170
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.032
18283	Muffins, oat bran	57	1 muffin	0.188
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.041
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.151
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.171
11264	Mushrooms, canned, drained solids	156	1 cup	0.367
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	1.299
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.186
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.786
11260	Mushrooms, white, raw	70	1 cup	0.223
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.118
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.004
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.027
09191	Nectarines, raw	136	1 nectarine	0.117
20113	Noodles, chinese, chow mein	45	1 cup	0.075
20110	Noodles, egg, cooked, enriched	160	1 cup	0.157
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.128
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.282
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.494
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.629
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.579
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.725
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.291
12104	Nuts, coconut meat, raw	45	1 piece	0.196
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.489
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.162
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.363
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.257
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.340
12147	Nuts, pine nuts, dried	28.35	1 oz	0.375
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.114
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.367
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.450
20034	Oat bran, cooked	219	1 cup	0.145
20033	Oat bran, raw	94	1 cup	0.379
04582	Oil, canola	14	1 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000

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04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.136
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.140
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.055
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.048
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.141
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.063
11284	Onions, dehydrated flakes	5	1 tbsp	0.021
11282	Onions, raw	14	1 slice	0.005
11282	Onions, raw	110	1 whole	0.043
11282	Onions, raw	160	1 cup	0.062
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.012
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.083
09207	Orange juice, canned, unsweetened	249	1 cup	0.055
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.105
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.110
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.330
09206	Orange juice, raw	86	juice from 1 orange	0.038
09206	Orange juice, raw	248	1 cup	0.109
09200	Oranges, raw, all commercial varieties	180	1 cup	0.081
09200	Oranges, raw, all commercial varieties	131	1 orange	0.059
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.019
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.036
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.018
09226	Papayas, raw	140	1 cup	0.063
09226	Papayas, raw	304	1 papaya	0.137
11297	Parsley, fresh	10	10 sprigs	0.015
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.215
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.242
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.050
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.134
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.124
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.049
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.142
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.060
09236	Peaches, raw	98	1 peach	0.067
09236	Peaches, raw	170	1 cup	0.116
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.092
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.076
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.190

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16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.190
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.151
09340	Pears, asian, raw	122	1 pear	0.061
09340	Pears, asian, raw	275	1 pear	0.138
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.037
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.130
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.131
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.040
09252	Pears, raw	166	1 pear	0.136
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.123
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.144
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.180
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.168
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.355
11670	Peppers, hot chili, green, raw	45	1 pepper	0.078
11819	Peppers, hot chili, red, raw	45	1 pepper	0.058
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.038
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.088
11333	Peppers, sweet, green, raw	10	1 ring	0.007
11333	Peppers, sweet, green, raw	149	1 cup	0.098
11333	Peppers, sweet, green, raw	119	1 pepper	0.079
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.088
11821	Peppers, sweet, red, raw	149	1 cup	0.025
11821	Peppers, sweet, red, raw	119	1 pepper	0.020
11945	Pickle relish, sweet	15	1 tbsp	0.013
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.021
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.299
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.122
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.164
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.041
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.059
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.054
18302	Pie, apple, prepared from recipe	155	1 piece	0.082
18305	Pie, blueberry, commercially prepared	117	1 piece	0.054
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.098
18308	Pie, cherry, commercially prepared	117	1 piece	0.047
18309	Pie, cherry, prepared from recipe	180	1 piece	0.139
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.057
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.066
18444	Pie, fried pies, cherry	128	1 pie	0.060
18319	Pie, fried pies, fruit	128	1 pie	0.060
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.001
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.053
18324	Pie, pecan, commercially prepared	113	1 piece	0.208
18325	Pie, pecan, prepared from recipe	122	1 piece	0.257
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.161

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18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.102
11943	Pimento, canned	12	1 tbsp	0.006
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.113
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.103
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.173
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.049
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.257
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.214
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.040
09266	Pineapple, raw, all varieties	155	1 cup	0.171
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.143
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.134
09278	Plantains, cooked	154	1 cup	0.102
09277	Plantains, raw	179	1 medium	0.145
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.095
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.017
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.136
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.025
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.305
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.118
09279	Plums, raw	66	1 plum	0.038
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.010
07064	Pork sausage, fresh, cooked	26	2 links	0.022
07064	Pork sausage, fresh, cooked	27	1 patty	0.023
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.031
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.025
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.066
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.071
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.074
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.091
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.085
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.092
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.066
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.100
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.069
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.100
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.072
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.070
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.086
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.091
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.093

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.121
11672	Potato pancakes	76	1 pancake	0.137
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.055
11414	Potato salad, home-prepared	250	1 cup	0.295
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.238
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.113
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.392
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.335
11364	Potatoes, baked, skin, without salt	58	1 skin	0.474
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.256
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.261
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.225
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.068
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.044
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.457
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.065
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.305
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.326
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.120
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.399
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.124
09294	Prune juice, canned	256	1 cup	0.174
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.100
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.135
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.104
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.028
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.020
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.018
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.020
11424	Pumpkin, canned, without salt	245	1 cup	0.262
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.223
11429	Radishes, raw	4.5	1 radish	0.002
09298	Raisins, seedless	14	1 packet	0.045
09298	Raisins, seedless	145	1 cup	0.461
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.263
09302	Raspberries, raw	123	1 cup	0.111
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.418
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.065
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.089
20037	Rice, brown, long-grain, cooked	195	1 cup	0.195
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.123
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.525
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.061
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.109

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.407
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.038
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.055
18353	Rolls, hard (includes kaiser)	57	1 roll	0.093
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.070
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.001
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.026
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.002
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.004
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.009
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.002
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	0.202
07072	Salami, dry or hard, pork, beef	20	2 slices	0.016
02047	Salt, table	6	1 tsp	0.002
07073	Sandwich spread, pork, beef	15	1 tbsp	0.020
06150	Sauce, barbecue	15.75	1 tbsp	0.012
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.011
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.020
06166	Sauce, homemade, white, medium	250	1 cup	0.040
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.203
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.001
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.021
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.227
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.005
11445	Seaweed, kelp, raw	10	2 tbsp	0.013
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.057
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.361
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.242
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.112
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.586
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.519
14346	Shake, fast food, chocolate	333	16 fl oz	0.216
14347	Shake, fast food, vanilla	333	16 fl oz	0.343
11677	Shallots, raw	10	1 tbsp	0.009
19097	Sherbet, orange	74	1/2 cup	0.021
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.000
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.035
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.045

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19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.047
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.062
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.013
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.048
19014	Snacks, fruit leather, rolls	21	1 large	0.036
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	0.041
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.111
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.092
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.077
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.079
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.022
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.047
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.038
19034	Snacks, popcorn, air-popped	8	1 cup	0.021
19036	Snacks, popcorn, cakes	10	1 cake	0.057
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.125
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.042
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.015
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.018
19041	Snacks, pork skins, plain	28.35	1 oz	0.027
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.102
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.043
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.018
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.113
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.087
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.170
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.085
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.102
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.040
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.029
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.041
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.148
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.232
19061	Snacks, trail mix, tropical	140	1 cup	0.739
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	0.389
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.385
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.246
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.146
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.154
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.035
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.240
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.128

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06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.067
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.240
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.132
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.293
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	0.084
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.139
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.124
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.191
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.195
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.123
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.200
06094	Soup, onion, dry, mix	39	1 packet	0.138
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.062
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.365
06174	Soup, stock, fish, home-prepared	233	1 cup	0.135
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.196
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.203
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.188
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.133
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.001
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.017
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.211
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.700
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.314
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.354
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.140
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.234
02007	Spices, celery seed	2	1 tsp	0.027
02009	Spices, chili powder	2.6	1 tsp	0.026
02010	Spices, cinnamon, ground	2.3	1 tsp	0.008
02015	Spices, curry powder	2	1 tsp	0.016
02020	Spices, garlic powder	2.8	1 tsp	0.015
02026	Spices, onion powder	2.1	1 tsp	0.012
02027	Spices, oregano, dried	1.5	1 tsp	0.009
02028	Spices, paprika	2.1	1 tsp	0.015
02029	Spices, parsley, dried	1.3	1 tbsp	0.010
02030	Spices, pepper, black	2.1	1 tsp	0.028
11658	Spinach souffle	136	1 cup	0.080
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.385
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.313
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.306
11457	Spinach, raw	30	1 cup	0.039

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11457	Spinach, raw	10	1 leaf	0.013
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.185
11641	Squash, summer, all varieties, raw	113	1 cup	0.058
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.168
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.086
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.051
09316	Strawberries, raw	12	1 strawberry	0.006
09316	Strawberries, raw	18	1 strawberry	0.009
09316	Strawberries, raw	166	1 cup	0.080
19334	Sugars, brown	3.2	1 tsp	0.002
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.001
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.327
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.354
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.235
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.147
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.107
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.053
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.021
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.066
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.004
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
18360	Taco shells, baked	13.3	1 medium	0.017
09223	Tangerine juice, canned, sweetened	249	1 cup	0.062
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.111
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.035
20068	Tapioca, pearl, dry	152	1 cup	0.030
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.018
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.027
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.027
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.024
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.018
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.026
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.066
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.031
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.104
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.173
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.188
11954	Tomatillos, raw	34	1 medium	0.027
11540	Tomato juice, canned, with salt added	243	1 cup	0.148
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.956
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.718

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11549	Tomato products, canned, sauce	245	1 cup	0.287
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.166
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.286
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.010
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.073
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.106
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.012
11955	Tomatoes, sun-dried	2	1 piece	0.028
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.040
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.035
21088	Tostada with guacamole	130.5	1 tostada	0.127
05286	Turkey and gravy, frozen	142	5-oz package	0.031
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.060
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.051
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.134
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.390
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.035
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.132
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.234
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.364
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.246
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.003
02050	Vanilla extract	4.2	1 tsp	0.003
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.119
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.084
11578	Vegetable juice cocktail, canned	242	1 cup	0.484
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.119
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.151
02048	Vinegar, cider	15	1 tbs	0.001
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.010
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.047
14429	Water, tap, municipal	237	8 fl oz	0.021
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.140
09326	Watermelon, raw	152	1 cup	0.064
09326	Watermelon, raw	286	1 wedge	0.120
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.180
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.140
20083	Wheat flour, white, bread, enriched	137	1 cup	0.249
20084	Wheat flour, white, cake, enriched	137	1 cup	0.190
20080	Wheat flour, whole-grain	120	1 cup	0.492
20089	Wild rice, cooked	164	1 cup	0.198
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.182
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.030
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.034
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.020