

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (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	0.018
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.018
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.008
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.003
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.003
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.003
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.002
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.041
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.019
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.019
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.005
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.005
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.025
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.052
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
09003	Apples, raw, with skin	138	1 apple	0.023
09004	Apples, raw, without skin	110	1 cup	0.021
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.043
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.063
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.023
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.052
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.044
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.005
09021	Apricots, raw	35	1 apricot	0.011
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.060
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.084
11015	Asparagus, canned, drained solids	72	4 spears	0.044
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.097
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.039
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.117
09038	Avocados, raw, California	28.35	1 oz	0.021
09039	Avocados, raw, Florida	28.35	1 oz	0.006
18005	Bagels, cinnamon-raisin	89	4" bagel	0.342
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.273
18003	Bagels, egg	89	4" bagel	0.477
18003	Bagels, egg	71	3-1/2" bagel	0.381
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.427
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.535
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.014
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.042
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.034
09040	Bananas, raw	118	1 banana	0.037

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09040	Bananas, raw	150	1 cup	0.047
20006	Barley, pearled, cooked	157	1 cup	0.130
20005	Barley, pearled, raw	200	1 cup	0.382
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.244
16008	Beans, baked, canned, with franks	259	1 cup	0.150
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.119
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.132
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.420
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.280
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.271
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.283
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.431
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.330
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.022
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.093
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.047
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.020
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.093
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.047
16051	Beans, white, mature seeds, canned	262	1 cup	0.252
22905	Beef stew, canned entree	232	1 cup	0.169
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.060
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.068
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.017
13350	Beef, cured, dried	28.35	1 oz	0.018
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.042
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.041
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.039
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.060
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.060
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.064
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.066
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.055
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.057
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.062
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.068
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.150
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.168
11084	Beets, canned, drained solids	24	1 beet	0.002
11084	Beets, canned, drained solids	170	1 cup	0.017
11081	Beets, cooked, boiled, drained	50	1 beet	0.014
11081	Beets, cooked, boiled, drained	170	1 cup	0.046

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18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.214
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.360
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.108
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.088
09042	Blackberries, raw	144	1 cup	0.029
09055	Blueberries, frozen, sweetened	230	1 cup	0.046
09050	Blueberries, raw	145	1 cup	0.054
07008	Bologna, beef and pork	56.7	2 slices	0.123
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.141
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.274
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.153
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.136
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.103
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.146
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.189
18025	Bread, cracked-wheat	25	1 slice	0.090
18027	Bread, egg	40	1/2" slice	0.175
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.108
18033	Bread, italian	20	1 slice	0.095
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.073
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.058
18039	Bread, oatmeal	27	1 slice	0.108
18040	Bread, oatmeal, toasted	25	1 slice	0.087
18041	Bread, pita, white, enriched	28	4" pita	0.168
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.359
18044	Bread, pumpernickel	32	1 slice	0.105
18045	Bread, pumpernickel, toasted	29	1 slice	0.083
18047	Bread, raisin, enriched	26	1 slice	0.088
18048	Bread, raisin, toasted, enriched	24	1 slice	0.071
18053	Bread, reduced-calorie, rye	23	1 slice	0.084
18055	Bread, reduced-calorie, wheat	23	1 slice	0.081
18057	Bread, reduced-calorie, white	23	1 slice	0.094
18060	Bread, rye	32	1 slice	0.139
18061	Bread, rye, toasted	24	1 slice	0.092
18064	Bread, wheat	25	1 slice	0.118
18065	Bread, wheat, toasted	23	1 slice	0.101
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.133
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.240
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.091
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.099
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.094
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.098
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.023
11740	Broccoli, flower clusters, raw	11	1 floweret	0.007
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.101
11090	Broccoli, raw	31	1 spear	0.022

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11090	Broccoli, raw	88	1 cup	0.062
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.167
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.160
20011	Buckwheat flour, whole-groat	120	1 cup	0.500
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.067
20013	Bulgur, cooked	182	1 cup	0.104
20012	Bulgur, dry	140	1 cup	0.325
01001	Butter, salted	14.2	1 tbsp	0.001
01145	Butter, without salt	14.2	1 tbsp	0.001
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.054
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.052
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.092
11109	Cabbage, raw	70	1 cup	0.043
11112	Cabbage, red, raw	70	1 cup	0.045
11114	Cabbage, savoy, raw	70	1 cup	0.049
18086	Cake, angelfood, commercially prepared	28	1 piece	0.029
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.046
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.375
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.000
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.134
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.022
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.141
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.176
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.038
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.035
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.202
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.019
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.077
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.015
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.073
18134	Cake, sponge, prepared from recipe	63	1 piece	0.100
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.143
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.138
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	0.028
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.064
19074	Candies, caramels	10.1	1 piece	0.010
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.004
19071	Candies, carob, unsweetened	28.35	1 oz	0.028
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.004
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.013
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.008
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.002
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.004
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.001
19107	Candies, hard	3	1 small piece	0.000

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19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.001
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.049
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.006
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.013
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.028
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.008
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.034
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.001
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.049
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.046
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.008
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.025
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.069
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.008
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.072
19080	Candies, semisweet chocolate	168	1 cup	0.092
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19087	Candies, white chocolate	170	1 cup	0.107
09060	Carambola, (starfruit), raw	91	1 fruit	0.013
09060	Carambola, (starfruit), raw	108	1 cup	0.015
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.018
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.004
11655	Carrot juice, canned	236	1 cup	0.217
11960	Carrots, baby, raw	10	1 medium	0.003
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.026
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.103
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.044
11124	Carrots, raw	72	1 carrot	0.048
11124	Carrots, raw	110	1 cup	0.073
11935	Catsup	15	1 tbsp	0.002
11935	Catsup	6	1 packet	0.001
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.023
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.052
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.067

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11135	Cauliflower, raw	13	1 floweret	0.007
11135	Cauliflower, raw	100	1 cup	0.050
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.016
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.065
11143	Celery, raw	40	1 stalk	0.008
11143	Celery, raw	120	1 cup	0.025
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.363
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.375
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.375
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.341
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.580
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.600
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.417
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.363
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.402
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.352
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.362
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.587
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.417
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.421
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.388
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.431
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.500
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.557
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.352
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.239
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.840
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.500
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	1.508
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.681
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.402
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.462
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.596
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.363
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.554
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.387
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.638
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.380
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.378
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.500
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.680
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.601

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08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.390
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.524
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.510
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.436
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.431
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.413
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.184
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.193
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.441
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.410
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.688
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.364
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.119
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.312
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.117
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.208
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.249
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.426
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.138
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.301
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.568
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.460
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.178
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.196
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.024
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.010
01164	Cheese sauce, prepared from recipe	243	1 cup	0.107
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.014
01004	Cheese, blue	28.35	1 oz	0.008
01007	Cheese, camembert	38	1 wedge	0.011
01009	Cheese, cheddar	28.35	1 oz	0.008
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.057
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.075
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.047
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.093
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.033
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	0.044

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.003
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.029
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.009
01030	Cheese, muenster	28.35	1 oz	0.004
01031	Cheese, neufchatel	28.35	1 oz	0.006
01032	Cheese, parmesan, grated	5	1 tbsp	0.001
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.004
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.004
01035	Cheese, provolone	28.35	1 oz	0.005
01037	Cheese, ricotta, part skim milk	246	1 cup	0.052
01036	Cheese, ricotta, whole milk	246	1 cup	0.032
01040	Cheese, swiss	28.35	1 oz	0.018
18147	Cheesecake commercially prepared	80	1 piece	0.022
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.041
09070	Cherries, sweet, raw	68	10 cherries	0.018
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.501
07017	Chicken roll, light meat	56.7	2 slices	0.024
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.161
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.080
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.060
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.041
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.078
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.081
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.040
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.207
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.061
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.008
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.102
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.049
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.052
05277	Chicken, canned, meat only, with broth	142	5 oz	0.021
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.057
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.157
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.077
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.190
22904	Chili con carne with beans, canned entree	222	1 cup	0.042
11156	Chives, raw	3	1 tbsp	0.002
14181	Chocolate syrup	18.75	1 tbsp	0.002
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.007
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.114
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.040



# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.027
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.027
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.040
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.004
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.025
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.001
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.132
11159	Coleslaw, home-prepared	120	1 cup	0.079
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.076
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.080
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.143
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.022
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.019
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.017
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.029
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.030
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.043
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.014
18170	Cookies, fig bars	16	1 cookie	0.025
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.186
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.031
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.114
18177	Cookies, molasses	15	1 cookie, medium	0.053
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.016
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.067
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.028
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.037
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.026
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.044
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.041
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.026
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.035
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.041
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.027
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.039
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.026
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.011
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.069
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.064
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.086
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.072
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.049
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.110

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.760
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.936
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.470
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.099
20028	Couscous, dry	173	1 cup	0.282
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.167
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.442
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.182
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.347
18214	Crackers, cheese, regular	10	10 crackers	0.056
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.039
18217	Crackers, matzo, plain	28.35	1 matzo	0.110
18220	Crackers, melba toast, plain	20	4 pieces	0.083
18226	Crackers, rye, wafers, plain	11	1 wafer	0.047
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.073
18229	Crackers, standard snack-type, regular	12	4 crackers	0.052
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.031
18232	Crackers, wheat, regular	8	4 crackers	0.048
18235	Crackers, whole-wheat	16	4 crackers	0.029
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.009
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.005
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.003
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.005
01052	Cream, fluid, light whipping	15	1 tbsp	0.004
01056	Cream, sour, cultured	12	1 tbsp	0.004
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.005
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.001
18239	Croissants, butter	57	1 croissant	0.221
18243	Croutons, seasoned	40	1 cup	0.202
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.045
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.026
15141	Crustaceans, crab, blue, canned	135	1 cup	0.031
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.020
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.054
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.020
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.006
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.110
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.058
11206	Cucumber, peeled, raw	119	1 cup	0.037
11206	Cucumber, peeled, raw	280	1 large	0.087
11205	Cucumber, with peel, raw	104	1 cup	0.028

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	301	1 large	0.081
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.137
18245	Danish pastry, cheese	71	1 danish	0.135
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.187
09087	Dates, deglet noor	41.5	5 dates	0.022
09087	Dates, deglet noor	178	1 cup	0.093
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.001
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.001
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.033
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.111
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.041
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.187
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.575
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.115
01124	Egg, white, raw, fresh	33.4	1 large	0.001
01128	Egg, whole, cooked, fried	46	1 large	0.020
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.033
01131	Egg, whole, cooked, poached	50	1 large	0.016
01132	Egg, whole, cooked, scrambled	61	1 large	0.024
01123	Egg, whole, raw, fresh	58	1 extra large	0.023
01123	Egg, whole, raw, fresh	44	1 medium	0.018
01123	Egg, whole, raw, fresh	50	1 large	0.020
01125	Egg, yolk, raw, fresh	16.6	1 large	0.029
01057	Eggnog	254	1 cup	0.086
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.075
11213	Endive, raw	50	1 cup	0.040
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.272
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.281
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.099
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.456
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.508
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	0.200
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.177
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	0.414
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.349
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.287
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.339
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	0.318
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.362
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.264

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.328
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.098
21042	Fast foods, chili con carne	253	1 cup	0.127
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.487
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.207
21127	Fast foods, coleslaw	99	3/4 cup	0.026
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.348
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.264
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.291
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.082
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.518
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.458
21024	Fast foods, french toast sticks	141	5 sticks	0.400
21023	Fast foods, french toast with butter	135	2 slices	0.581
21077	Fast foods, frijoles with cheese	167	1 cup	0.134
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.362
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.344
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.414
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.370
21118	Fast foods, hotdog, plain	98	1 sandwich	0.235
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.217
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.280
21129	Fast foods, hush puppies	78	5 pieces	0.133
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.192
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.083
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.394
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.149
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.296
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.235
21139	Fast foods, potato, mashed	80	1/3 cup	0.012
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.101
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.375
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.087
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.109
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.098
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1.003
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.410
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.461
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.063
21083	Fast foods, taco salad	198	1-1/2 cups	0.099
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	0.132
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	0.086
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.090
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.044
09094	Figs, dried, uncooked	38	2 figs	0.032

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.062
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.074
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.032
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.042
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.086
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.033
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.022
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.020
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.035
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.092
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.049
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.031
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.039
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.023
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.046
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.032
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.023
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.040
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.038
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.020
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.020
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.183
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.333
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.068
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.094
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.076
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.122
15128	Fish, tuna salad	205	1 cup	0.064
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.032
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.027
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.007
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.114
07023	Frankfurter, beef and pork	45	1 frank	0.090
07022	Frankfurter, beef, unheated	45	1 frank	0.009
07024	Frankfurter, chicken	45	1 frank	0.026
18268	French toast, frozen, ready-to-heat	59	1 slice	0.163
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.133
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.005
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.004
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.008
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.006
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.026
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.027
19294	Fruit butters, apple	17	1 tbsp	0.002
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.045

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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	0.028
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.012
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.043
35142	Frybread, made with lard (Navajo)	90	5" bread	0.387
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.688
11215	Garlic, raw	3	1 clove	0.006
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.003
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.038
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.112
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.043
09404	Grapefruit juice, pink, raw	247	1 cup	0.099
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.100
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.104
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.101
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.300
09128	Grapefruit juice, white, raw	247	1 cup	0.099
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.053
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.044
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.097
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.035
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.110
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.019
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.010
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.020
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.012
07027	Ham, chopped, not canned	21	2 slices	0.133
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.191
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.355
11961	Hearts of palm, canned	33	1 piece	0.004
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.000
16158	Hummus, commercial	14	1 tbsp	0.025
19270	Ice creams, chocolate	66	1/2 cup	0.028
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.042
19095	Ice creams, vanilla	66	1/2 cup	0.027
19088	Ice creams, vanilla, light	66	1/2 cup	0.035
19089	Ice creams, vanilla, rich	74	1/2 cup	0.030
19297	Jams and preserves	20	1 tbsp	0.003
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.300

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.069
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.056
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.308
09148	Kiwifruit, green, raw	76	1 medium	0.021
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.066
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.085
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.094
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.085
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.094
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.077
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.077
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.060
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.060
04002	Lard	12.8	1 tbsp	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	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.440
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.769
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.320
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.027
09153	Lemon juice, canned or bottled	244	1 cup	0.100
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.006
09152	Lemon juice, raw	47	juice of 1 lemon	0.011
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.015
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.023
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.335
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.004
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.093
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.007
11251	Lettuce, cos or romaine, raw	56	1 cup	0.040
11253	Lettuce, green leaf, raw	10	1 leaf	0.007
11253	Lettuce, green leaf, raw	56	1 cup	0.039
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.221
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.023
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.003
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.126

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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	0.126
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.133
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.303
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.005
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.081
09160	Lime juice, raw	38	juice of 1 lime	0.010
22247	Macaroni and Cheese, canned entree	252	1 cup	0.255
22970	Macaroni and cheese, frozen entree	283	1 package	0.153
20100	Macaroni, cooked, enriched	140	1 cup	0.384
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.641
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.761
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.889
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.734
09176	Mangos, raw	207	1 mango	0.058
09176	Mangos, raw	165	1 cup	0.046
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.001
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	4.8	1 tsp	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.001
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	0.001
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	0.061
09184	Melons, honeydew, raw	170	1 cup	0.065
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.141
01111	Milk shakes, thick vanilla	313	11 fl oz	0.094
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.025
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.083
01095	Milk, canned, condensed, sweetened	306	1 cup	0.275
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.115
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.118
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.095
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.113
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.093
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.095
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.049
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.110
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.095
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.112
16112	Miso	68.75	1 cup	0.067



# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.020
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.013
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.128
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.015
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.039
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	1.353
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.000
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.093
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.155
18279	Muffins, corn, commercially prepared	57	1 muffin	0.156
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.125
18283	Muffins, oat bran	57	1 muffin	0.149
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.069
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.062
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.087
11264	Mushrooms, canned, drained solids	156	1 cup	0.133
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.054
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.011
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.114
11260	Mushrooms, white, raw	70	1 cup	0.057
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.057
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.017
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.014
09191	Nectarines, raw	136	1 nectarine	0.046
20113	Noodles, chinese, chow mein	45	1 cup	0.260
20110	Noodles, egg, cooked, enriched	160	1 cup	0.462
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.392
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.060
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.175
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.057
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.103
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.347
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.029
12104	Nuts, coconut meat, raw	45	1 piece	0.030
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.182
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.201
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.057
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.054
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.187
12147	Nuts, pine nuts, dried	28.35	1 oz	0.103
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.031
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.197
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.097
20034	Oat bran, cooked	219	1 cup	0.350
20033	Oat bran, raw	94	1 cup	1.100

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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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
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	0.211
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.134
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.001
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.168
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.039
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.088
11284	Onions, dehydrated flakes	5	1 tbsp	0.025
11282	Onions, raw	110	1 whole	0.051
11282	Onions, raw	14	1 slice	0.006
11282	Onions, raw	160	1 cup	0.074
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.055
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.008
09207	Orange juice, canned, unsweetened	249	1 cup	0.097
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.115
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.197
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.596
09206	Orange juice, raw	248	1 cup	0.223
09206	Orange juice, raw	86	juice from 1 orange	0.077
09200	Oranges, raw, all commercial varieties	180	1 cup	0.157
09200	Oranges, raw, all commercial varieties	131	1 orange	0.114
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.124
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.080
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.076
09226	Papayas, raw	304	1 papaya	0.070
09226	Papayas, raw	140	1 cup	0.032
11297	Parsley, fresh	10	10 sprigs	0.009
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.129
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.229
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.029
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.011
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.008
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.020
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.001
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.033
09236	Peaches, raw	170	1 cup	0.041
09236	Peaches, raw	98	1 peach	0.024
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.017

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.012
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.124
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.124
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.024
09340	Pears, asian, raw	122	1 pear	0.011
09340	Pears, asian, raw	275	1 pear	0.025
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.008
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.027
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.008
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.027
09252	Pears, raw	166	1 pear	0.020
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.205
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.102
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.182
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.453
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.372
11670	Peppers, hot chili, green, raw	45	1 pepper	0.041
11819	Peppers, hot chili, red, raw	45	1 pepper	0.032
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.011
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.080
11333	Peppers, sweet, green, raw	149	1 cup	0.085
11333	Peppers, sweet, green, raw	10	1 ring	0.006
11333	Peppers, sweet, green, raw	119	1 pepper	0.068
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.080
11821	Peppers, sweet, red, raw	119	1 pepper	0.064
11821	Peppers, sweet, red, raw	149	1 cup	0.080
11945	Pickle relish, sweet	15	1 tbsp	0.000
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.018
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.249
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.378
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.704
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.009
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.019
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.033
18302	Pie, apple, prepared from recipe	155	1 piece	0.229
18305	Pie, blueberry, commercially prepared	117	1 piece	0.012
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.225
18308	Pie, cherry, commercially prepared	117	1 piece	0.027
18309	Pie, cherry, prepared from recipe	180	1 piece	0.266
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.041
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.092
18444	Pie, fried pies, cherry	128	1 pie	0.180
18319	Pie, fried pies, fruit	128	1 pie	0.180
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.070
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.150
18324	Pie, pecan, commercially prepared	113	1 piece	0.231

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18325	Pie, pecan, prepared from recipe	122	1 piece	0.229
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.193
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.143
11943	Pimento, canned	12	1 tbsp	0.002
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.075
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.075
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.145
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.229
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.044
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.045
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.237
09266	Pineapple, raw, all varieties	155	1 cup	0.122
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.133
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.171
09278	Plantains, cooked	154	1 cup	0.071
09277	Plantains, raw	179	1 medium	0.093
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.041
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.007
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.011
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.058
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.060
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.021
09279	Plums, raw	66	1 plum	0.018
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.093
07064	Pork sausage, fresh, cooked	27	1 patty	0.079
07064	Pork sausage, fresh, cooked	26	2 links	0.076
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.077
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.383
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.817
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.511
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.578
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.391
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.540
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.587
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.509
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.456
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.530
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.482
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.444
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.469
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.392
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.373

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.394
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.347
11672	Potato pancakes	76	1 pancake	0.120
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.103
11414	Potato salad, home-prepared	250	1 cup	0.193
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.129
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.049
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.157
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.164
11364	Potatoes, baked, skin, without salt	58	1 skin	0.071
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.144
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.132
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.153
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.064
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.032
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.268
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.273
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.187
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.193
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.047
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.169
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.063
09294	Prune juice, canned	256	1 cup	0.041
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.050
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.047
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.027
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.020
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.027
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.043
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.021
11424	Pumpkin, canned, without salt	245	1 cup	0.059
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.076
11429	Radishes, raw	4.5	1 radish	0.001
09298	Raisins, seedless	14	1 packet	0.015
09298	Raisins, seedless	145	1 cup	0.154
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.048
09302	Raspberries, raw	123	1 cup	0.039
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.088
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.043
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.065
20037	Rice, brown, long-grain, cooked	195	1 cup	0.187
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.371
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.116
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.124

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.258
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.066
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.147
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.276
18353	Rolls, hard (includes kaiser)	57	1 roll	0.272
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.139
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.002
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.003
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.004
04133	Salad dressing, french, home recipe	14	1 tbsp	0.001
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.010
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	0.002
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.005
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.004
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.001
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.007
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.225
07069	Salami, cooked, beef and pork	56.7	2 slices	0.208
07072	Salami, dry or hard, pork, beef	20	2 slices	0.120
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.026
06150	Sauce, barbecue	15.75	1 tbsp	0.002
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.004
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.001
06166	Sauce, homemade, white, medium	250	1 cup	0.173
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.060
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.004
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.005
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.050
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.014
11445	Seaweed, kelp, raw	10	2 tbsp	0.005
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.022
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.020
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.183
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.056
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.034
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.030
14346	Shake, fast food, chocolate	333	16 fl oz	0.193
14347	Shake, fast food, vanilla	333	16 fl oz	0.087
11677	Shallots, raw	10	1 tbsp	0.006
19097	Sherbet, orange	74	1/2 cup	0.020
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.000

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.033
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.030
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.021
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.005
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.045
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.012
19014	Snacks, fruit leather, rolls	21	1 large	0.018
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	0.097
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.075
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.028
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.048
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.065
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.279
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.225
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.088
19034	Snacks, popcorn, air-popped	8	1 cup	0.008
19036	Snacks, popcorn, cakes	10	1 cake	0.008
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.021
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.023
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.014
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.015
19041	Snacks, pork skins, plain	28.35	1 oz	0.028
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.061
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.060
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.051
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.018
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.047
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.059
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.054
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.304
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.005
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.014
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.063
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.004
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.603
19061	Snacks, trail mix, tropical	140	1 cup	0.630
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	0.146
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.081
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.004
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241	1 cup	0.022
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.068
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.133
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.204
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.041

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.017
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.043
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.072
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.029
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.201
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	0.038
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.074
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.029
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.102
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.051
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.053
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.145
06094	Soup, onion, dry, mix	39	1 packet	0.109
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.030
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.100
06174	Soup, stock, fish, home-prepared	233	1 cup	0.077
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.097
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.046
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.037
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.053
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.005
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.005
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.468
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.267
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.147
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.345
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.384
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.151
02007	Spices, celery seed	2	1 tsp	0.007
02009	Spices, chili powder	2.6	1 tsp	0.007
02010	Spices, cinnamon, ground	2.3	1 tsp	0.001
02015	Spices, curry powder	2	1 tsp	0.005
02020	Spices, garlic powder	2.8	1 tsp	0.012
02026	Spices, onion powder	2.1	1 tsp	0.010
02027	Spices, oregano, dried	1.5	1 tsp	0.003
02028	Spices, paprika	2.1	1 tsp	0.007
02029	Spices, parsley, dried	1.3	1 tbsp	0.003
02030	Spices, pepper, black	2.1	1 tsp	0.002
11658	Spinach souffle	136	1 cup	0.112
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.034
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.171



# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.148
11457	Spinach, raw	10	1 leaf	0.008
11457	Spinach, raw	30	1 cup	0.023
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.079
11641	Squash, summer, all varieties, raw	113	1 cup	0.054
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.033
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.120
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.041
09316	Strawberries, raw	12	1 strawberry	0.003
09316	Strawberries, raw	18	1 strawberry	0.004
09316	Strawberries, raw	166	1 cup	0.040
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.049
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.094
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.156
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.087
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.019
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.194
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.123
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.006
19350	Syrups, corn, light	20	1 tbsp	0.012
19353	Syrups, maple	20	1 tbsp	0.013
19129	Syrups, table blends, pancake	20	1 tbsp	0.005
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.004
18360	Taco shells, baked	13.3	1 medium	0.029
09223	Tangerine juice, canned, sweetened	249	1 cup	0.149
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.134
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.049
20068	Tapioca, pearl, dry	152	1 cup	0.006
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.018
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.018
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.003
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.187
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.190
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.156
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.049
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.056
11954	Tomatillos, raw	34	1 medium	0.015

# USDA National Nutrient Database for Standard Reference, Release 24

## Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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11540	Tomato juice, canned, with salt added	243	1 cup	0.114
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.157
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.063
11549	Tomato products, canned, sauce	245	1 cup	0.059
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.108
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.117
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.006
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.046
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.067
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.007
11955	Tomatoes, sun-dried	2	1 piece	0.011
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.006
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.024
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.157
21088	Tostada with guacamole	130.5	1 tostada	0.065
05286	Turkey and gravy, frozen	142	5-oz package	0.034
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.064
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.040
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.053
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.039
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.051
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.087
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.055
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.065
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.089
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.042
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.051
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.043
11578	Vegetable juice cocktail, canned	242	1 cup	0.104
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.075
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.129
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.173
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.197
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.015
09326	Watermelon, raw	152	1 cup	0.050
09326	Watermelon, raw	286	1 wedge	0.094
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.981
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.843
20083	Wheat flour, white, bread, enriched	137	1 cup	1.112
20084	Wheat flour, white, cake, enriched	137	1 cup	1.222
20080	Wheat flour, whole-grain	120	1 cup	0.602
20089	Wild rice, cooked	164	1 cup	0.085
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.084
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.100

# USDA National Nutrient Database for Standard Reference, Release 24

Thiamin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.109
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.066