

USDA National Nutrient Database for Standard Reference, Release 24

Vitamin B-6 (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	0.120
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.163
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.005
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.063
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.059
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.052
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.011
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.045
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.040
09003	Apples, raw, with skin	138	1 apple	0.057
09004	Apples, raw, without skin	110	1 cup	0.041
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.069
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	0.055
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.139
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.132
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.050
09021	Apricots, raw	35	1 apricot	0.019
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.097
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.136
11015	Asparagus, canned, drained solids	72	4 spears	0.079
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.047
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.036
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.012
09038	Avocados, raw, California	28.35	1 oz	0.081
09039	Avocados, raw, Florida	28.35	1 oz	0.022
18005	Bagels, cinnamon-raisin	89	4" bagel	0.055
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.044
18003	Bagels, egg	89	4" bagel	0.077
18003	Bagels, egg	71	3-1/2" bagel	0.062
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.047
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.059
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.020
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.008
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.178
09040	Bananas, raw	118	1 banana	0.433

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09040	Bananas, raw	150	1 cup	0.551
20006	Barley, pearled, cooked	157	1 cup	0.181
20005	Barley, pearled, raw	200	1 cup	0.520
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.213
16008	Beans, baked, canned, with franks	259	1 cup	0.119
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.144
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.159
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.119
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.207
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.205
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.212
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.251
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.392
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.041
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.070
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.081
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.050
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.070
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.081
16051	Beans, white, mature seeds, canned	262	1 cup	0.197
22905	Beef stew, canned entree	232	1 cup	0.202
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.221
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.247
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.111
13350	Beef, cured, dried	28.35	1 oz	0.109
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.298
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.312
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.325
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.196
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.196
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.366
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.392
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.316
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.339
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.479
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.536
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.873
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.190
11084	Beets, canned, drained solids	170	1 cup	0.097
11084	Beets, canned, drained solids	24	1 beet	0.014
11081	Beets, cooked, boiled, drained	170	1 cup	0.114
11081	Beets, cooked, boiled, drained	50	1 beet	0.034

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18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.035
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.021
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.018
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.006
09042	Blackberries, raw	144	1 cup	0.043
09055	Blueberries, frozen, sweetened	230	1 cup	0.136
09050	Blueberries, raw	145	1 cup	0.075
07008	Bologna, beef and pork	56.7	2 slices	0.168
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.187
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.034
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.205
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.040
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.090
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.062
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.073
18025	Bread, cracked-wheat	25	1 slice	0.076
18027	Bread, egg	40	1/2" slice	0.026
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.025
18033	Bread, italian	20	1 slice	0.010
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.068
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.069
18039	Bread, oatmeal	27	1 slice	0.018
18040	Bread, oatmeal, toasted	25	1 slice	0.017
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.020
18041	Bread, pita, white, enriched	28	4" pita	0.010
18044	Bread, pumpernickel	32	1 slice	0.040
18045	Bread, pumpernickel, toasted	29	1 slice	0.036
18047	Bread, raisin, enriched	26	1 slice	0.018
18048	Bread, raisin, toasted, enriched	24	1 slice	0.016
18053	Bread, reduced-calorie, rye	23	1 slice	0.018
18055	Bread, reduced-calorie, wheat	23	1 slice	0.014
18057	Bread, reduced-calorie, white	23	1 slice	0.010
18060	Bread, rye	32	1 slice	0.024
18061	Bread, rye, toasted	24	1 slice	0.018
18064	Bread, wheat	25	1 slice	0.027
18065	Bread, wheat, toasted	23	1 slice	0.035
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.022
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.039
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.014
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.059
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.059
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.312
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.074
11740	Broccoli, flower clusters, raw	11	1 floweret	0.017
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.239
11090	Broccoli, raw	31	1 spear	0.054

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11090	Broccoli, raw	88	1 cup	0.154
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.278
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.448
20011	Buckwheat flour, whole-groat	120	1 cup	0.698
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.129
20013	Bulgur, cooked	182	1 cup	0.151
20012	Bulgur, dry	140	1 cup	0.479
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.000
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.282
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.211
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.168
11109	Cabbage, raw	70	1 cup	0.087
11112	Cabbage, red, raw	70	1 cup	0.146
11114	Cabbage, savoy, raw	70	1 cup	0.133
18086	Cake, angelfood, commercially prepared	28	1 piece	0.009
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.003
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.024
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	0.039
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.020
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.141
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.039
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.012
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.003
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.020
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.072
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.000
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.003
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.016
18134	Cake, sponge, prepared from recipe	63	1 piece	0.037
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.032
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.016
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	0.000
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.017
19074	Candies, caramels	10.1	1 piece	0.006
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.001
19071	Candies, carob, unsweetened	28.35	1 oz	0.037
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.002
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.017
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.012
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.001
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.001
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.004
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)	0.008
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.002
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.018
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.003
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.009
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.051
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.002
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.016
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.040
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.007
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.018
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.034
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.005
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.045
19080	Candies, semisweet chocolate	168	1 cup	0.059
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19087	Candies, white chocolate	170	1 cup	0.095
09060	Carambola, (starfruit), raw	91	1 fruit	0.015
09060	Carambola, (starfruit), raw	108	1 cup	0.018
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	0.000
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	0.029
11655	Carrot juice, canned	236	1 cup	0.512
11960	Carrots, baby, raw	10	1 medium	0.011
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.164
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.239
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.123
11124	Carrots, raw	72	1 carrot	0.099
11124	Carrots, raw	110	1 cup	0.152
11935	Catsup	6	1 packet	0.009
11935	Catsup	15	1 tbsp	0.022
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.215
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.093
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.158

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11135	Cauliflower, raw	100	1 cup	0.184
11135	Cauliflower, raw	13	1 floweret	0.024
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.032
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.129
11143	Celery, raw	40	1 stalk	0.030
11143	Celery, raw	120	1 cup	0.089
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.484
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.500
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.455
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.533
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.540
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.556
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.484
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.536
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.469
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.482
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.690
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.556
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.561
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.517
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.574
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	2.001
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2.076
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.469
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.319
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.111
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	2.030
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.600
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.540
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.017
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.963
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.496
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.696
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.510
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.907
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.517
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.513
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	2.070
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.083
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.990

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08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.510
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	2.015
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	0.577
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.569
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.550
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.124
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.117
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.587
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.565
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.882
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.011
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.070
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.020
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.531
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.111
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.085
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.568
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.033
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.229
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.520
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.513
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.012
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.067
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.046
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.029
01164	Cheese sauce, prepared from recipe	243	1 cup	0.109
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.033
01004	Cheese, blue	28.35	1 oz	0.047
01007	Cheese, camembert	38	1 wedge	0.086
01009	Cheese, cheddar	28.35	1 oz	0.021
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.097
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.154
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.154
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.050
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.023
01017	Cheese, cream	14.5	1 tbsp	0.005
01186	Cheese, cream, fat free	15.6	1 tbsp	0.008
01019	Cheese, feta	28.35	1 oz	0.120

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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	0.013
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.022
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.010
01030	Cheese, muenster	28.35	1 oz	0.016
01031	Cheese, neufchatel	28.35	1 oz	0.012
01032	Cheese, parmesan, grated	5	1 tbsp	0.002
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.015
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.010
01035	Cheese, provolone	28.35	1 oz	0.021
01037	Cheese, ricotta, part skim milk	246	1 cup	0.049
01036	Cheese, ricotta, whole milk	246	1 cup	0.106
01040	Cheese, swiss	28.35	1 oz	0.024
18147	Cheesecake commercially prepared	80	1 piece	0.042
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.107
09070	Cherries, sweet, raw	68	10 cherries	0.033
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.260
07017	Chicken roll, light meat	56.7	2 slices	0.210
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.602
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.568
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.516
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.177
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.311
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.194
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.172
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.576
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.529
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.029
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.224
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.238
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.147
05277	Chicken, canned, meat only, with broth	142	5 oz	0.497
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.148
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.434
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	1.135
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.228
22904	Chili con carne with beans, canned entree	222	1 cup	0.233
11156	Chives, raw	3	1 tbsp	0.004
14181	Chocolate syrup	18.75	1 tbsp	0.001
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.002
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.090
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.048

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.032
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.033
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.048
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.006
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.002
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	0.017
11159	Coleslaw, home-prepared	120	1 cup	0.151
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.243
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.194
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.020
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.002
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.002
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.003
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.026
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.014
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.001
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18170	Cookies, fig bars	16	1 cookie	0.012
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.009
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.055
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.033
18177	Cookies, molasses	15	1 cookie, medium	0.016
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.007
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.017
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.013
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.011
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.013
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.017
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.003
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.006
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.008
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.004
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.003
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.002
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.003
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.003
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.098
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.161
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.116
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.107
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.162
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.141

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20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.251
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.538
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.371
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.080
20028	Couscous, dry	173	1 cup	0.190
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.107
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.162
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.108
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.172
18214	Crackers, cheese, regular	10	10 crackers	0.017
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.011
18217	Crackers, matzo, plain	28.35	1 matzo	0.033
18220	Crackers, melba toast, plain	20	4 pieces	0.020
18226	Crackers, rye, wafers, plain	11	1 wafer	0.030
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.007
18229	Crackers, standard snack-type, regular	12	4 crackers	0.007
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.003
18232	Crackers, wheat, regular	8	4 crackers	0.012
18235	Crackers, whole-wheat	16	4 crackers	0.030
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.008
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	0.006
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.004
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	0.007
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.002
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.001
18239	Croissants, butter	57	1 croissant	0.033
18243	Croutons, seasoned	40	1 cup	0.033
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.153
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.111
15141	Crustaceans, crab, blue, canned	135	1 cup	0.211
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.133
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.102
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.101
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.009
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.083
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.044
11206	Cucumber, peeled, raw	280	1 large	0.143
11206	Cucumber, peeled, raw	119	1 cup	0.061
11205	Cucumber, with peel, raw	104	1 cup	0.042

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	301	1 large	0.120
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.168
18245	Danish pastry, cheese	71	1 danish	0.028
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.031
09087	Dates, deglet noor	178	1 cup	0.294
09087	Dates, deglet noor	41.5	5 dates	0.068
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	0.002
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.014
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.004
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.005
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.022
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.553
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.059
01124	Egg, white, raw, fresh	33.4	1 large	0.002
01128	Egg, whole, cooked, fried	46	1 large	0.085
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.061
01131	Egg, whole, cooked, poached	50	1 large	0.072
01132	Egg, whole, cooked, scrambled	61	1 large	0.082
01123	Egg, whole, raw, fresh	58	1 extra large	0.099
01123	Egg, whole, raw, fresh	44	1 medium	0.075
01123	Egg, whole, raw, fresh	50	1 large	0.085
01125	Egg, yolk, raw, fresh	16.6	1 large	0.058
01057	Eggnog	254	1 cup	0.127
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.085
11213	Endive, raw	50	1 cup	0.010
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.031
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.035
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.093
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.085
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.122
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	0.228
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.093
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	0.221
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.183
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.290
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.472
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.423
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.141
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.200
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.157

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21042	Fast foods, chili con carne	253	1 cup	0.329
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.278
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.035
21127	Fast foods, coleslaw	99	3/4 cup	0.111
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.116
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.055
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.056
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.391
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.097
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.110
21024	Fast foods, french toast sticks	141	5 sticks	0.075
21023	Fast foods, french toast with butter	135	2 slices	0.054
21077	Fast foods, frijoles with cheese	167	1 cup	0.200
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.542
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.366
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.327
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.114
21118	Fast foods, hotdog, plain	98	1 sandwich	0.049
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.046
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.088
21129	Fast foods, hush puppies	78	5 pieces	0.086
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.203
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.058
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.116
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.508
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.322
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.641
21139	Fast foods, potato, mashed	80	1/3 cup	0.096
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.161
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.264
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.109
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.436
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	0.137
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.324
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.230
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.126
21083	Fast foods, taco salad	198	1-1/2 cups	0.218
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	0.154
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	0.237
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.248
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.056
09094	Figs, dried, uncooked	38	2 figs	0.040
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.162
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.240

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15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.116
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.030
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.015
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.098
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.146
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.491
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.278
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.005
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.537
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.145
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.071
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.042
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.197
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.280
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.359
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.205
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.057
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.236
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.255
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.589
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	1.074
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.142
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.523
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.652
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.328
15128	Fish, tuna salad	205	1 cup	0.166
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.094
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.298
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.184
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.882
07023	Frankfurter, beef and pork	45	1 frank	0.059
07022	Frankfurter, beef, unheated	45	1 frank	0.083
07024	Frankfurter, chicken	45	1 frank	0.145
18268	French toast, frozen, ready-to-heat	59	1 slice	0.293
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.048
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.002
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)	0.019
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.002
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.053
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.058
19294	Fruit butters, apple	17	1 tbsp	0.006
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.124
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.121
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.027

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.063
35142	Frybread, made with lard (Navajo)	90	5" bread	0.034
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.061
11215	Garlic, raw	3	1 clove	0.037
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	0.005
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.105
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.318
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.081
09404	Grapefruit juice, pink, raw	247	1 cup	0.109
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.050
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.049
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.109
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.319
09128	Grapefruit juice, white, raw	247	1 cup	0.109
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.065
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.051
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.051
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.043
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.138
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.006
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.006
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.012
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.006
07027	Ham, chopped, not canned	21	2 slices	0.074
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.108
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.187
11961	Hearts of palm, canned	33	1 piece	0.007
19296	Honey	21	1 tbsp	0.005
02055	Horseradish, prepared	5	1 tsp	0.004
16158	Hummus, commercial	14	1 tbsp	0.028
19270	Ice creams, chocolate	66	1/2 cup	0.036
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.041
19095	Ice creams, vanilla	66	1/2 cup	0.032
19088	Ice creams, vanilla, light	66	1/2 cup	0.030
19089	Ice creams, vanilla, rich	74	1/2 cup	0.033
19297	Jams and preserves	20	1 tbsp	0.004
19300	Jellies	19	1 tbsp	0.004
11226	Jerusalem-artichokes, raw	150	1 cup	0.116
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.179
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.112
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.165

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09148	Kiwifruit, green, raw	76	1 medium	0.048
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.254
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.145
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	0.136
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.094
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.094
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.111
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	7	1 pkg	0.105
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.060
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.073
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.118
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.007
09153	Lemon juice, canned or bottled	244	1 cup	0.105
09152	Lemon juice, raw	47	juice of 1 lemon	0.022
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	0.046
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.352
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.006
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.134
11251	Lettuce, cos or romaine, raw	56	1 cup	0.041
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.007
11253	Lettuce, green leaf, raw	56	1 cup	0.050
11253	Lettuce, green leaf, raw	10	1 leaf	0.009
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.226
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.003
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.023
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.207
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.207
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.219

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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	0.004
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.066
09160	Lime juice, raw	38	juice of 1 lime	0.014
22247	Macaroni and Cheese, canned entree	252	1 cup	0.093
22970	Macaroni and cheese, frozen entree	283	1 package	0.119
20100	Macaroni, cooked, enriched	140	1 cup	0.069
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.917
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.015
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	0.861
09176	Mangos, raw	165	1 cup	0.196
09176	Mangos, raw	207	1 mango	0.246
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	0.180
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	69	1/8 melon	0.050
09181	Melons, cantaloupe, raw	160	1 cup	0.115
09184	Melons, honeydew, raw	170	1 cup	0.150
09184	Melons, honeydew, raw	160	1/8 melon	0.141
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.075
01111	Milk shakes, thick vanilla	313	11 fl oz	0.131
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.022
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.083
01095	Milk, canned, condensed, sweetened	306	1 cup	0.156
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.141
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.126
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.103
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.060
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.100
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.079
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.090
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.091
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.093
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.088
16112	Miso	68.75	1 cup	0.137
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.014
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.009

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.054
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.026
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.130
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	0.880
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.024
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.025
18279	Muffins, corn, commercially prepared	57	1 muffin	0.048
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.053
18283	Muffins, oat bran	57	1 muffin	0.092
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.019
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.067
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.092
11264	Mushrooms, canned, drained solids	156	1 cup	0.095
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.231
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.035
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.148
11260	Mushrooms, white, raw	70	1 cup	0.073
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.137
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.003
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.003
09191	Nectarines, raw	136	1 nectarine	0.034
20113	Noodles, chinese, chow mein	45	1 cup	0.050
20110	Noodles, egg, cooked, enriched	160	1 cup	0.074
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.182
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.041
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.029
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.073
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.092
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.711
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.252
12104	Nuts, coconut meat, raw	45	1 piece	0.024
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.160
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.102
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.084
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.100
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.060
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.008
12147	Nuts, pine nuts, dried	28.35	1 oz	0.027
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.318
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.152
20034	Oat bran, cooked	219	1 cup	0.055
20033	Oat bran, raw	94	1 cup	0.155
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

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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	0.299
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.068
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.002
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.046
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.271
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.121
11284	Onions, dehydrated flakes	5	1 tbsp	0.080
11282	Onions, raw	14	1 slice	0.017
11282	Onions, raw	160	1 cup	0.192
11282	Onions, raw	110	1 whole	0.132
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.061
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.009
09207	Orange juice, canned, unsweetened	249	1 cup	0.077
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.189
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	0.332
09206	Orange juice, raw	86	juice from 1 orange	0.034
09206	Orange juice, raw	248	1 cup	0.099
09200	Oranges, raw, all commercial varieties	180	1 cup	0.108
09200	Oranges, raw, all commercial varieties	131	1 orange	0.079
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.053
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.035
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.040
09226	Papayas, raw	304	1 papaya	0.116
09226	Papayas, raw	140	1 cup	0.053
11297	Parsley, fresh	10	10 sprigs	0.009
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.145
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.161
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.050
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.019
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.047
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.019
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.026
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.045
09236	Peaches, raw	170	1 cup	0.043
09236	Peaches, raw	98	1 peach	0.025
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.067
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.087
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.073
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.073

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16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.131
09340	Pears, asian, raw	122	1 pear	0.027
09340	Pears, asian, raw	275	1 pear	0.061
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.037
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.011
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
09252	Pears, raw	166	1 pear	0.046
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.230
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.278
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.095
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.181
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.094
11670	Peppers, hot chili, green, raw	45	1 pepper	0.125
11819	Peppers, hot chili, red, raw	45	1 pepper	0.228
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.049
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.317
11333	Peppers, sweet, green, raw	119	1 pepper	0.267
11333	Peppers, sweet, green, raw	149	1 cup	0.334
11333	Peppers, sweet, green, raw	10	1 ring	0.022
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.317
11821	Peppers, sweet, red, raw	149	1 cup	0.434
11821	Peppers, sweet, red, raw	119	1 pepper	0.346
11945	Pickle relish, sweet	15	1 tbsp	0.002
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.015
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.086
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.057
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.045
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.012
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.027
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.044
18302	Pie, apple, prepared from recipe	155	1 piece	0.050
18305	Pie, blueberry, commercially prepared	117	1 piece	0.043
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.050
18308	Pie, cherry, commercially prepared	117	1 piece	0.048
18309	Pie, cherry, prepared from recipe	180	1 piece	0.061
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.023
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.011
18444	Pie, fried pies, cherry	128	1 pie	0.038
18319	Pie, fried pies, fruit	128	1 pie	0.038
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.034
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.034
18324	Pie, pecan, commercially prepared	113	1 piece	0.043
18325	Pie, pecan, prepared from recipe	122	1 piece	0.073
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.069
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.073

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11943	Pimento, canned	12	1 tbsp	0.026
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.105
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.118
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.250
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.188
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.036
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.035
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.184
09266	Pineapple, raw, all varieties	155	1 cup	0.174
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.052
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.118
09278	Plantains, cooked	154	1 cup	0.370
09277	Plantains, raw	179	1 medium	0.535
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.012
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.070
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.068
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.012
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.541
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.086
09279	Plums, raw	66	1 plum	0.019
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.013
07064	Pork sausage, fresh, cooked	27	1 patty	0.088
07064	Pork sausage, fresh, cooked	26	2 links	0.085
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.066
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.209
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.340
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.323
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.400
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.351
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.342
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.383
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.569
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.446
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.596
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.478
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.412
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.439
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.401
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.294
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.308
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.298

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11672	Potato pancakes	76	1 pancake	0.340
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.101
11414	Potato salad, home-prepared	250	1 cup	0.353
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.628
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.098
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.426
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.470
11364	Potatoes, baked, skin, without salt	58	1 skin	0.356
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.407
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.363
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.420
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.092
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.037
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.736
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.206
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.487
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.519
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.103
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.436
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.519
09294	Prune juice, canned	256	1 cup	0.558
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.056
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.045
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.020
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.046
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	0.048
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.021
11424	Pumpkin, canned, without salt	245	1 cup	0.137
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.108
11429	Radishes, raw	4.5	1 radish	0.003
09298	Raisins, seedless	14	1 packet	0.024
09298	Raisins, seedless	145	1 cup	0.252
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.085
09302	Raspberries, raw	123	1 cup	0.068
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.277
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.048
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.094
20037	Rice, brown, long-grain, cooked	195	1 cup	0.283
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.273
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.836
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.083
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.147
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.303

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.027
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.031
18353	Rolls, hard (includes kaiser)	57	1 roll	0.020
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.173
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.006
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.009
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.005
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	0.009
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.011
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.080
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.015
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	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	0.260
07072	Salami, dry or hard, pork, beef	20	2 slices	0.100
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.018
06150	Sauce, barbecue	15.75	1 tbsp	0.006
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.011
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.010
06166	Sauce, homemade, white, medium	250	1 cup	0.100
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.433
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.007
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.028
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.307
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.019
11445	Seaweed, kelp, raw	10	2 tbsp	0.000
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.003
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.028
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.022
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.032
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.257
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.228
14346	Shake, fast food, chocolate	333	16 fl oz	0.167
14347	Shake, fast food, vanilla	333	16 fl oz	0.200
11677	Shallots, raw	10	1 tbsp	0.035
19097	Sherbet, orange	74	1/2 cup	0.017
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	0.115
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.035

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19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.065
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.033
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.022
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.085
19014	Snacks, fruit leather, rolls	21	1 large	0.063
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	0.026
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.024
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.030
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.019
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.029
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.198
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.518
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.020
19034	Snacks, popcorn, air-popped	8	1 cup	0.013
19036	Snacks, popcorn, cakes	10	1 cake	0.018
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.078
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.010
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.026
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.012
19041	Snacks, pork skins, plain	28.35	1 oz	0.007
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.176
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.117
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.135
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.205
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.187
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.190
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.189
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.026
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.014
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.057
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.065
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.060
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.378
19061	Snacks, trail mix, tropical	140	1 cup	0.458
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	0.122
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.038
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.012
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.024
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.037
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.048
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.025
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.096
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.024

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.120
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.192
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.095
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.174
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.067
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.017
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.050
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.000
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.099
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.145
06094	Soup, onion, dry, mix	39	1 packet	0.227
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	0.050
06174	Soup, stock, fish, home-prepared	233	1 cup	0.086
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.151
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.102
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.073
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.055
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.002
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.024
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.108
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.402
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.189
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.198
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.069
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.111
02007	Spices, celery seed	2	1 tsp	0.018
02009	Spices, chili powder	2.6	1 tsp	0.054
02010	Spices, cinnamon, ground	2.3	1 tsp	0.004
02015	Spices, curry powder	2	1 tsp	0.023
02020	Spices, garlic powder	2.8	1 tsp	0.046
02026	Spices, onion powder	2.1	1 tsp	0.015
02027	Spices, oregano, dried	1.5	1 tsp	0.016
02028	Spices, paprika	2.1	1 tsp	0.045
02029	Spices, parsley, dried	1.3	1 tbsp	0.012
02030	Spices, pepper, black	2.1	1 tsp	0.006
11658	Spinach souffle	136	1 cup	0.133
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.214
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.436
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.258
11457	Spinach, raw	30	1 cup	0.059
11457	Spinach, raw	10	1 leaf	0.020

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.117
11641	Squash, summer, all varieties, raw	113	1 cup	0.246
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.330
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.166
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.077
09316	Strawberries, raw	18	1 strawberry	0.008
09316	Strawberries, raw	166	1 cup	0.078
09316	Strawberries, raw	12	1 strawberry	0.006
19334	Sugars, brown	3.2	1 tsp	0.001
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	0.122
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.485
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.418
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.257
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.043
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.064
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.010
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.004
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.027
09223	Tangerine juice, canned, sweetened	249	1 cup	0.080
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.106
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.066
20068	Tapioca, pearl, dry	152	1 cup	0.012
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.002
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	0.002
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.213
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.231
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.208
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.058
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.062
11954	Tomatillos, raw	34	1 medium	0.019
11540	Tomato juice, canned, with salt added	243	1 cup	0.270
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.566
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.315
11549	Tomato products, canned, sauce	245	1 cup	0.238

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.266
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.043
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.016
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.014
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.098
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.144
11955	Tomatoes, sun-dried	2	1 piece	0.007
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.010
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.057
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.016
21088	Tostada with guacamole	130.5	1 tostada	0.131
05286	Turkey and gravy, frozen	142	5-oz package	0.142
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.126
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.230
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.302
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.842
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.454
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.644
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.319
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.259
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.110
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.105
02050	Vanilla extract	4.2	1 tsp	0.001
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.306
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.213
11578	Vegetable juice cocktail, canned	242	1 cup	0.339
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.129
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.135
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.345
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.042
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.223
09326	Watermelon, raw	152	1 cup	0.068
09326	Watermelon, raw	286	1 wedge	0.129
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.055
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.063
20083	Wheat flour, white, bread, enriched	137	1 cup	0.051
20084	Wheat flour, white, cake, enriched	137	1 cup	0.045
20080	Wheat flour, whole-grain	120	1 cup	0.488
20089	Wild rice, cooked	164	1 cup	0.221
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.091
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.111
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.120
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.073