

USDA National Nutrient Database for Standard Reference, Release 24

Sugars, total (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01095	Milk, canned, condensed, sweetened	306	1 cup	166.46
09087	Dates, deglet noor	178	1 cup	112.76
19087	Candies, white chocolate	170	1 cup	100.30
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	95.19
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	91.63
19080	Candies, semisweet chocolate	168	1 cup	91.56
09298	Raisins, seedless	145	1 cup	85.83
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	79.60
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70.71
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	68.88
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	64.28
01110	Milk shakes, thick chocolate	300	10.6 fl oz	62.55
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	61.95
14346	Shake, fast food, chocolate	333	16 fl oz	61.94
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	61.23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	57.56
01111	Milk shakes, thick vanilla	313	11 fl oz	55.56
09250	Peaches, frozen, sliced, sweetened	250	1 cup	55.45
09306	Raspberries, frozen, red, sweetened	250	1 cup	54.40
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	51.26
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	48.84
14347	Shake, fast food, vanilla	333	16 fl oz	45.39
09055	Blueberries, frozen, sweetened	230	1 cup	45.36
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	44.42
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	43.64
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.24
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	42.93
09294	Prune juice, canned	256	1 cup	42.11
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	40.43
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	40.15
14157	Carbonated beverage, root beer	370	12 fl oz	39.22
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	39.03
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	38.20
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	37.41
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	36.41
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	35.98
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	35.93
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	35.83
18090	Cake, boston cream pie, commercially prepared	92	1 piece	33.22
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	33.19
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	33.05
14277	Grape drink, canned	250	8 fl oz	32.65
11546	Tomato products, canned, paste, without salt added	262	1 cup	31.91
14136	Carbonated beverage, ginger ale	366	12 fl oz	31.84
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	31.63

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14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	31.49
14242	Cranberry juice cocktail, bottled	253	8 fl oz	30.03
09223	Tangerine juice, canned, sweetened	249	1 cup	29.38
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	29.06
14341	Pineapple and orange juice drink, canned	250	8 fl oz	28.98
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	28.80
19116	Candies, marshmallows	50	1 cup	28.78
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	28.77
18324	Pie, pecan, commercially prepared	113	1 piece	28.45
09176	Mangos, raw	207	1 mango	28.28
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	28.00
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	27.80
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.58
18319	Pie, fried pies, fruit	128	1 pie	27.39
18320	Pie, lemon meringue, commercially prepared	113	1 piece	26.96
09277	Plantains, raw	179	1 medium	26.85
09087	Dates, deglet noor	41.5	5 dates	26.29
18139	Cake, white, prepared from recipe without frosting	74	1 piece	26.26
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	26.21
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	26.12
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	25.74
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	25.57
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	25.47
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	25.30
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	25.10
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	24.95
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	24.85
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	24.77
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	24.75
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	24.20
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	24.14
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	24.06
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	23.98
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	23.88
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	23.86
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	23.85
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	23.79
09226	Papayas, raw	304	1 papaya	23.77
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	23.14
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	22.91
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	22.66

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09176	Mangos, raw	165	1 cup	22.54
09128	Grapefruit juice, white, raw	247	1 cup	22.48
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	22.18
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	21.93
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	21.88
09207	Orange juice, canned, unsweetened	249	1 cup	21.81
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	21.66
09081	Cranberry sauce, canned, sweetened	57	1 slice	21.60
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	21.57
09278	Plantains, cooked	154	1 cup	21.56
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	21.23
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	20.92
09206	Orange juice, raw	248	1 cup	20.83
09209	Orange juice, chilled, includes from concentrate	249	1 cup	20.69
18326	Pie, pumpkin, commercially prepared	109	1 piece	20.58
18151	Cookies, brownies, commercially prepared	56	1 brownie	20.50
01057	Eggnog	254	1 cup	20.45
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	20.45
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	20.22
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	20.07
19108	Candies, jellybeans	28.35	10 large	19.85
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	19.76
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.55
19183	Puddings, chocolate, ready-to-eat	113	4 oz	19.40
09340	Pears, asian, raw	275	1 pear	19.39
19201	Puddings, vanilla, ready-to-eat	113	4 oz	19.18
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	19.05
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	19.04
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	18.88
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	18.72
09032	Apricots, dried, sulfured, uncooked	35	10 halves	18.70
14194	Cocoa mix, powder, prepared with water	206	1 serving	18.60
14192	Cocoa mix, powder	28.35	3 heaping tsp	18.58
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	18.54
09040	Bananas, raw	150	1 cup	18.35
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	18.31
09011	Apples, dried, sulfured, uncooked	32	5 rings	18.30
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	18.27
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	18.27
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	18.24
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	18.21
09094	Figs, dried, uncooked	38	2 figs	18.21
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	18.20
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	18.12
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	18.00

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19097	Sherbet, orange	74	1/2 cup	18.00
09326	Watermelon, raw	286	1 wedge	17.73
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	17.64
18147	Cheesecake commercially prepared	80	1 piece	17.44
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.43
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.28
19296	Honey	21	1 tbsp	17.25
16008	Beans, baked, canned, with franks	259	1 cup	16.91
19218	Puddings, tapioca, ready-to-eat	113	4 oz	16.85
09200	Oranges, raw, all commercial varieties	180	1 cup	16.83
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	16.83
19270	Ice creams, chocolate	66	1/2 cup	16.74
18308	Pie, cherry, commercially prepared	117	1 piece	16.72
19013	Snacks, fruit leather, pieces	28.35	1 oz	16.32
09246	Peaches, dried, sulfured, uncooked	39	3 halves	16.28
09252	Pears, raw	166	1 pear	16.27
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	16.19
09291	Plums, dried (prunes), uncooked	42	5 prunes	16.01
19193	Puddings, rice, ready-to-eat	113.4	4 oz	16.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.98
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	15.85
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	15.71
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	15.42
19089	Ice creams, vanilla, rich	74	1/2 cup	15.28
09266	Pineapple, raw, all varieties	155	1 cup	15.27
18088	Cake, angelfood, dry mix, prepared	50	1 piece	15.26
12167	Nuts, chestnuts, european, roasted	143	1 cup	15.16
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	15.12
19126	Candies, milk chocolate coated peanuts	40	10 pieces	15.04
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	14.87
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	14.82
19088	Ice creams, vanilla, light	66	1/2 cup	14.60
09050	Blueberries, raw	145	1 cup	14.44
09040	Bananas, raw	118	1 banana	14.43
11226	Jerusalem-artichokes, raw	150	1 cup	14.40
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	14.35
09003	Apples, raw, with skin	138	1 apple	14.34
09236	Peaches, raw	170	1 cup	14.26
19095	Ice creams, vanilla	66	1/2 cup	14.01
21024	Fast foods, french toast sticks	141	5 sticks	13.94
09184	Melons, honeydew, raw	170	1 cup	13.80
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	13.75
11081	Beets, cooked, boiled, drained	170	1 cup	13.53
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	13.51
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	13.46
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	13.31

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08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	13.20
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	13.00
09184	Melons, honeydew, raw	160	1/8 melon	12.99
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	12.97
18110	Cake, fruitcake, commercially prepared	43	1 piece	12.83
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	12.83
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	12.81
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	12.76
11512	Sweet potato, canned, vacuum pack	255	1 cup	12.75
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	12.69
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	12.67
09181	Melons, cantaloupe, raw	160	1 cup	12.58
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	12.56
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	12.47
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	12.43
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	12.35
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	12.32
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	12.26
09200	Oranges, raw, all commercial varieties	131	1 orange	12.25
19353	Syrups, maple	20	1 tbsp	12.09
11547	Tomato products, canned, puree, without salt added	250	1 cup	12.08
21127	Fast foods, coleslaw	99	3/4 cup	12.07
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.04
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	12.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	12.00
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	12.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	11.97
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	11.94
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.74
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11.71
18305	Pie, blueberry, commercially prepared	117	1 piece	11.57
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	11.55
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	11.49
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	11.30
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	11.25
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	11.11
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	11.11
09004	Apples, raw, without skin	110	1 cup	11.11
18133	Cake, sponge, commercially prepared	30	1 shortcake	11.00
06166	Sauce, homemade, white, medium	250	1 cup	10.95
09226	Papayas, raw	140	1 cup	10.95
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	10.74
09191	Nectarines, raw	136	1 nectarine	10.73

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08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	10.71
19104	Candies, fudge, vanilla with nuts	15	1 piece	10.65
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	10.62
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.58
11549	Tomato products, canned, sauce	245	1 cup	10.41
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	10.34
19014	Snacks, fruit leather, rolls	21	1 large	10.32
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.26
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	10.23
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	10.21
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	10.15
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	10.06
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	10.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	9.95
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	9.95
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	9.93
16120	Soymilk, original and vanilla, unfortified	245	1 cup	9.78
19300	Jellies	19	1 tbsp	9.73
19297	Jams and preserves	20	1 tbsp	9.70
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	9.69
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	9.68
19071	Candies, carob, unsweetened	28.35	1 oz	9.67
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	9.64
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	9.62
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	9.46
09326	Watermelon, raw	152	1 cup	9.42
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	9.38
11084	Beets, canned, drained solids	170	1 cup	9.37
14181	Chocolate syrup	18.75	1 tbsp	9.31
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	9.30
11655	Carrot juice, canned	236	1 cup	9.23
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	9.03
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	9.01
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	8.98
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	8.95
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	8.89
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	8.76
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	8.75
09070	Cherries, sweet, raw	68	10 cherries	8.72
11540	Tomato juice, canned, with salt added	243	1 cup	8.65
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	8.63
09340	Pears, asian, raw	122	1 pear	8.60
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	8.47

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08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	8.44
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	8.34
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	8.29
09298	Raisins, seedless	14	1 packet	8.29
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	8.28
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	8.27
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	8.27
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	8.26
09236	Peaches, raw	98	1 peach	8.22
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	8.20
09316	Strawberries, raw	166	1 cup	8.12
19015	Snacks, granola bars, hard, plain	28.35	1 bar	8.10
11424	Pumpkin, canned, without salt	245	1 cup	8.09
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	8.06
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	8.01
11578	Vegetable juice cocktail, canned	242	1 cup	7.99
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	7.98
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	7.87
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	7.84
19336	Sugars, powdered	8	1 tbsp	7.82
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	7.74
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	7.71
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	7.65
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	7.58
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	7.49
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	7.48
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	7.44
18170	Cookies, fig bars	16	1 cookie	7.42
09254	Pears, canned, juice pack, solids and liquids	76	1 half	7.37
22401	Spaghetti with meat sauce, frozen entree	283	1 package	7.36
09206	Orange juice, raw	86	juice from 1 orange	7.22
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	7.13
09042	Blackberries, raw	144	1 cup	7.03
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	6.97
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	6.94
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.89
09148	Kiwifruit, green, raw	76	1 medium	6.83
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	6.79
11282	Onions, raw	160	1 cup	6.78
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	6.77
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	6.73
19348	Syrups, chocolate, fudge-type	19	1 tbsp	6.62
19074	Candies, caramels	10.1	1 piece	6.62
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	6.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	6.56
09279	Plums, raw	66	1 plum	6.55
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.54
18239	Croissants, butter	57	1 croissant	6.42
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	6.38
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	6.36
11821	Peppers, sweet, red, raw	149	1 cup	6.26
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	6.23
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.22
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	6.22
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	6.17
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.15
19294	Fruit butters, apple	17	1 tbsp	6.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	5.97
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5.96
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	5.95
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	5.92
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	5.90
09153	Lemon juice, canned or bottled	244	1 cup	5.86
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	5.71
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	5.68
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.68
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	5.68
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	5.66
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	5.65
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	5.63
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	5.63
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.61
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	5.58
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.57
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	5.53
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	5.45
09302	Raspberries, raw	123	1 cup	5.44
09181	Melons, cantaloupe, raw	69	1/8 melon	5.42
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.38
01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.38
19350	Syrups, corn, light	20	1 tbsp	5.35
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	5.33
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	5.33
18005	Bagels, cinnamon-raisin	89	4" bagel	5.32
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	5.31
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.28
11124	Carrots, raw	110	1 cup	5.21
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	5.16
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	5.13
20068	Tapioca, pearl, dry	152	1 cup	5.09

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	5.08
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	5.03
11205	Cucumber, with peel, raw	301	1 large	5.03
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	5.00
11821	Peppers, sweet, red, raw	119	1 pepper	5.00
18245	Danish pastry, cheese	71	1 danish	4.93
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	4.93
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	4.92
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	4.77
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	4.74
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	4.73
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.71
18283	Muffins, oat bran	57	1 muffin	4.69
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	4.66
11282	Onions, raw	110	1 whole	4.66
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4.66
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	4.62
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4.61
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	4.49
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	4.46
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4.45
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	4.39
11945	Pickle relish, sweet	15	1 tbsp	4.37
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	4.36
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	4.35
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	4.34
22970	Macaroni and cheese, frozen entree	283	1 package	4.33
09060	Carambola, (starfruit), raw	108	1 cup	4.30
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	4.30
19129	Syrups, table blends, pancake	20	1 tbsp	4.29
18279	Muffins, corn, commercially prepared	57	1 muffin	4.28
16112	Miso	68.75	1 cup	4.26
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	4.25
11439	Sauerkraut, canned, solids and liquids	236	1 cup	4.20
19335	Sugars, granulated	4.2	1 tsp	4.19
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	4.19
22904	Chili con carne with beans, canned entree	222	1 cup	4.15
06150	Sauce, barbecue	15.75	1 tbsp	4.10
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	4.10
22905	Beef stew, canned entree	232	1 cup	4.08
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	4.05
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	3.99
11081	Beets, cooked, boiled, drained	50	1 beet	3.98
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	3.94

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	3.93
11581	Vegetables, mixed, canned, drained solids	163	1 cup	3.93
16055	Carob flour	8	1 tbsp	3.93
11206	Cucumber, peeled, raw	280	1 large	3.86
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	3.84
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	3.83
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	3.78
19107	Candies, hard	6	1 piece	3.77
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	3.75
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	3.72
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	3.65
11264	Mushrooms, canned, drained solids	156	1 cup	3.65
09060	Carambola, (starfruit), raw	91	1 fruit	3.62
11128	Carrots, canned, regular pack, drained solids	146	1 cup	3.62
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	3.60
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	3.59
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	3.59
11333	Peppers, sweet, green, raw	149	1 cup	3.58
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3.56
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.56
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	3.56
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	3.52
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	3.51
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	3.51
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	3.50
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	3.50
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.48
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	3.46
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.44
11935	Catsup	15	1 tbsp	3.42
11124	Carrots, raw	72	1 carrot	3.41
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.38
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	3.37
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3.35
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	3.30
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	3.25
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	3.23
09021	Apricots, raw	35	1 apricot	3.23
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	3.22
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	3.22
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	3.21
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.19
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.19
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	3.17

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20011	Buckwheat flour, whole-groat	120	1 cup	3.12
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.11
19334	Sugars, brown	3.2	1 tsp	3.10
21129	Fast foods, hush puppies	78	5 pieces	2.96
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.96
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	2.94
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	2.93
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	2.91
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	2.90
11333	Peppers, sweet, green, raw	119	1 pepper	2.86
12104	Nuts, coconut meat, raw	45	1 piece	2.80
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.75
18350	Rolls, hamburger or hotdog, plain	43	1 roll	2.74
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2.71
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.71
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.70
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.68
11112	Cabbage, red, raw	70	1 cup	2.68
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.65
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.65
18177	Cookies, molasses	15	1 cookie, medium	2.64
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	2.58
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	2.54
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.54
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	2.53
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	2.52
11658	Spinach souffle	136	1 cup	2.52
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	2.51
07008	Bologna, beef and pork	56.7	2 slices	2.51
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.50
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.49
11641	Squash, summer, all varieties, raw	113	1 cup	2.49
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	2.48
11028	Bamboo shoots, canned, drained solids	131	1 cup	2.48
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	2.47
11819	Peppers, hot chili, red, raw	45	1 pepper	2.39
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.38
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.37
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	2.37
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.33
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.32
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	2.30
11670	Peppers, hot chili, green, raw	45	1 pepper	2.30
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	2.28
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.28

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	2.28
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	2.26
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	2.25
11109	Cabbage, raw	70	1 cup	2.24
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	2.22
18040	Bread, oatmeal, toasted	25	1 slice	2.21
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.20
18039	Bread, oatmeal	27	1 slice	2.20
11143	Celery, raw	120	1 cup	2.20
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	2.19
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.19
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.17
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.17
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.11
01048	Cheese spread, pasteurized process, American	28.35	1 oz	2.08
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.01
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1.94
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	1.94
11135	Cauliflower, raw	100	1 cup	1.91
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	1.89
19107	Candies, hard	3	1 small piece	1.89
11284	Onions, dehydrated flakes	5	1 tbsp	1.87
35142	Frybread, made with lard (Navajo)	90	5" bread	1.83
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	1.82
06094	Soup, onion, dry, mix	39	1 packet	1.81
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.80
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.78
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.77
18243	Croutons, seasoned	40	1 cup	1.76
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.76
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	1.76
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.74
11205	Cucumber, with peel, raw	104	1 cup	1.74
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1.71
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.71
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.71
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	1.67
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.66
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	1.66
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1.66
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	1.66
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	1.66
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.66

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11206	Cucumber, peeled, raw	119	1 cup	1.64
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.63
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.61
20005	Barley, pearled, raw	200	1 cup	1.60
11114	Cabbage, savoy, raw	70	1 cup	1.59
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	1.58
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.56
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.55
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	1.54
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.53
18064	Bread, wheat	25	1 slice	1.52
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.51
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1.50
11090	Broccoli, raw	88	1 cup	1.50
18048	Bread, raisin, toasted, enriched	24	1 slice	1.48
18047	Bread, raisin, enriched	26	1 slice	1.48
18065	Bread, wheat, toasted	23	1 slice	1.48
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.48
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.45
09150	Lemons, raw, without peel	58	1 lemon	1.45
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.44
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.43
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.42
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.42
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.41
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	1.40
11260	Mushrooms, white, raw	70	1 cup	1.39
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	1.37
11935	Catsup	6	1 packet	1.37
20033	Oat bran, raw	94	1 cup	1.36
11672	Potato pancakes	76	1 pancake	1.36
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.35
11954	Tomatillos, raw	34	1 medium	1.34
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	1.33
11084	Beets, canned, drained solids	24	1 beet	1.32
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.32
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.31
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.30
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	1.27
22247	Macaroni and Cheese, canned entree	252	1 cup	1.26
18060	Bread, rye	32	1 slice	1.23
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.23
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	1.23
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.22
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	1.21
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.21

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.21
20089	Wild rice, cooked	164	1 cup	1.20
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.19
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.19
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.19
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.19
09152	Lemon juice, raw	47	juice of 1 lemon	1.18
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.18
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.18
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	1.17
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.17
01019	Cheese, feta	28.35	1 oz	1.16
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	1.16
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.15
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.14
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.13
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.12
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	1.12
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.12
18232	Crackers, wheat, regular	8	4 crackers	1.10
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.10
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	1.10
01069	Cream substitute, powdered	2	1 tsp	1.10
18057	Bread, reduced-calorie, white	23	1 slice	1.09
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.08
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	1.07
18070	Bread, white, commercially prepared, toasted	22	1 slice	1.04
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.02
12147	Nuts, pine nuts, dried	28.35	1 oz	1.02
18061	Bread, rye, toasted	24	1 slice	1.02
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.01
18353	Rolls, hard (includes kaiser)	57	1 roll	1.01
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.99
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.97
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.97
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.93
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.92
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.92
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.91
01031	Cheese, neufchatel	28.35	1 oz	0.90
18229	Crackers, standard snack-type, regular	12	4 crackers	0.89
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.89
09316	Strawberries, raw	18	1 strawberry	0.88
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.87
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.86

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.86
01186	Cheese, cream, fat free	15.6	1 tbsp	0.85
18055	Bread, reduced-calorie, wheat	23	1 slice	0.85
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.85
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.85
01132	Egg, whole, cooked, scrambled	61	1 large	0.85
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.84
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.81
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.81
11364	Potatoes, baked, skin, without salt	58	1 skin	0.81
11677	Shallots, raw	10	1 tbsp	0.79
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.78
20100	Macaroni, cooked, enriched	140	1 cup	0.78
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.78
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.78
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.78
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.78
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.77
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.77
13350	Beef, cured, dried	28.35	1 oz	0.77
11015	Asparagus, canned, drained solids	72	4 spears	0.76
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.76
01037	Cheese, ricotta, part skim milk	246	1 cup	0.76
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.76
16051	Beans, white, mature seeds, canned	262	1 cup	0.76
11955	Tomatoes, sun-dried	2	1 piece	0.75
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.74
11143	Celery, raw	40	1 stalk	0.73
18027	Bread, egg	40	1/2" slice	0.71
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.70
09039	Avocados, raw, Florida	28.35	1 oz	0.69
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.69
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.68
20037	Rice, brown, long-grain, cooked	195	1 cup	0.68
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.68
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.67
11251	Lettuce, cos or romaine, raw	56	1 cup	0.67
01036	Cheese, ricotta, whole milk	246	1 cup	0.66
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.66
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.65
01072	Dessert topping, pressurized	4	1 tbsp	0.64
09160	Lime juice, raw	38	juice of 1 lime	0.64
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.64
20110	Noodles, egg, cooked, enriched	160	1 cup	0.64
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.64
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.64

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.63
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.61
11282	Onions, raw	14	1 slice	0.59
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.59
09316	Strawberries, raw	12	1 strawberry	0.59
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.59
07022	Frankfurter, beef, unheated	45	1 frank	0.59
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	0.58
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.58
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.58
20012	Bulgur, dry	140	1 cup	0.57
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.57
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.56
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.56
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.56
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.56
07069	Salami, cooked, beef and pork	56.7	2 slices	0.54
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.53
02050	Vanilla extract	4.2	1 tsp	0.53
11090	Broccoli, raw	31	1 spear	0.53
18053	Bread, reduced-calorie, rye	23	1 slice	0.53
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.53
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.53
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.52
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.51
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.49
20080	Wheat flour, whole-grain	120	1 cup	0.49
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.49
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.49
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.49
11960	Carrots, baby, raw	10	1 medium	0.48
01017	Cheese, cream	14.5	1 tbsp	0.47
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.46
01164	Cheese sauce, prepared from recipe	243	1 cup	0.46
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.46
18214	Crackers, cheese, regular	10	10 crackers	0.45
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.45
20006	Barley, pearled, cooked	157	1 cup	0.44
11253	Lettuce, green leaf, raw	56	1 cup	0.44
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.43
20084	Wheat flour, white, cake, enriched	137	1 cup	0.42
20083	Wheat flour, white, bread, enriched	137	1 cup	0.42
21139	Fast foods, potato, mashed	80	1/3 cup	0.40
02055	Horseradish, prepared	5	1 tsp	0.40
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.39
01040	Cheese, swiss	28.35	1 oz	0.37

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.37
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.36
18041	Bread, pita, white, enriched	28	4" pita	0.36
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.36
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.35
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.35
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.35
01056	Cream, sour, cultured	12	1 tbsp	0.35
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.34
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.34
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.33
11943	Pimento, canned	12	1 tbsp	0.33
07017	Chicken roll, light meat	56.7	2 slices	0.32
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.32
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.32
01030	Cheese, muenster	28.35	1 oz	0.32
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.31
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.31
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.29
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.29
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.28
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.28
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.27
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.27
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.26
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.26
11135	Cauliflower, raw	13	1 floweret	0.25
11333	Peppers, sweet, green, raw	10	1 ring	0.24
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.24
07024	Frankfurter, chicken	45	1 frank	0.24
01124	Egg, white, raw, fresh	33.4	1 large	0.24
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.23
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.22
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.22
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.22
02028	Spices, paprika	2.1	1 tsp	0.22
01123	Egg, whole, raw, fresh	58	1 extra large	0.21
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.21
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.20
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.20
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.19
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.19
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.19
18235	Crackers, whole-wheat	16	4 crackers	0.19
18220	Crackers, melba toast, plain	20	4 pieces	0.19
02009	Spices, chili powder	2.6	1 tsp	0.19

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01123	Egg, whole, raw, fresh	50	1 large	0.19
01131	Egg, whole, cooked, poached	50	1 large	0.19
01128	Egg, whole, cooked, fried	46	1 large	0.18
20013	Bulgur, cooked	182	1 cup	0.18
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.18
01007	Cheese, camembert	38	1 wedge	0.17
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.17
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.17
18044	Bread, pumpernickel	32	1 slice	0.17
18045	Bread, pumpernickel, toasted	29	1 slice	0.17
18033	Bread, italian	20	1 slice	0.17
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.16
18360	Taco shells, baked	13.3	1 medium	0.16
01123	Egg, whole, raw, fresh	44	1 medium	0.16
01035	Cheese, provolone	28.35	1 oz	0.16
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.16
20029	Couscous, cooked	157	1 cup	0.16
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.15
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.15
01009	Cheese, cheddar	28.35	1 oz	0.15
01004	Cheese, blue	28.35	1 oz	0.14
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.14
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.14
02026	Spices, onion powder	2.1	1 tsp	0.14
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.14
11457	Spinach, raw	30	1 cup	0.13
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.13
11213	Endive, raw	50	1 cup	0.13
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.12
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.12
20113	Noodles, chinese, chow mein	45	1 cup	0.12
18226	Crackers, rye, wafers, plain	11	1 wafer	0.11
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.10
02029	Spices, parsley, dried	1.3	1 tbsp	0.09
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.09
01125	Egg, yolk, raw, fresh	16.6	1 large	0.09
09038	Avocados, raw, California	28.35	1 oz	0.09
11297	Parsley, fresh	10	10 sprigs	0.09
11429	Radishes, raw	4.5	1 radish	0.08
18217	Crackers, matzo, plain	28.35	1 matzo	0.08
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.08
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.08
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.08
11253	Lettuce, green leaf, raw	10	1 leaf	0.08
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.08
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.07

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19036	Snacks, popcorn, cakes	10	1 cake	0.07
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.07
19034	Snacks, popcorn, air-popped	8	1 cup	0.07
02020	Spices, garlic powder	2.8	1 tsp	0.07
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.06
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.06
02027	Spices, oregano, dried	1.5	1 tsp	0.06
11445	Seaweed, kelp, raw	10	2 tbsp	0.06
02048	Vinegar, cider	15	1 tbsp	0.06
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.06
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.06
11156	Chives, raw	3	1 tbsp	0.06
02015	Spices, curry powder	2	1 tsp	0.06
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.05
02010	Spices, cinnamon, ground	2.3	1 tsp	0.05
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.05
01032	Cheese, parmesan, grated	5	1 tbsp	0.05
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.04
11457	Spinach, raw	10	1 leaf	0.04
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.04
11215	Garlic, raw	3	1 clove	0.03
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.03
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.02
01049	Cream, fluid, half and half	15	1 tbsp	0.02
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.02
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.02
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.02
01052	Cream, fluid, light whipping	15	1 tbsp	0.02
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.02
02030	Spices, pepper, black	2.1	1 tsp	0.01
02007	Spices, celery seed	2	1 tsp	0.01
01001	Butter, salted	14.2	1 tbsp	0.01
01145	Butter, without salt	14.2	1 tbsp	0.01
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.00
04002	Lard	12.8	1 tbsp	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.00
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00

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04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.00
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.00
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.00
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.00
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.00
02047	Salt, table	6	1 tsp	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.00
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.00
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00

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Sugars, total (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.00
07073	Sandwich spread, pork, beef	15	1 tbsp	0.00
07072	Salami, dry or hard, pork, beef	20	2 slices	0.00
14429	Water, tap, municipal	237	8 fl oz	0.00
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.00
07064	Pork sausage, fresh, cooked	26	2 links	0.00
07064	Pork sausage, fresh, cooked	27	1 patty	0.00
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.00
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.00
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.00
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.00
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.00
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.00
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.00
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.00
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.00
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.00
07027	Ham, chopped, not canned	21	2 slices	0.00
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.00
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.00
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.00
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.00
05277	Chicken, canned, meat only, with broth	142	5 oz	0.00
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.00
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.00
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.00
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.00
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.00
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.00
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.00
15141	Crustaceans, crab, blue, canned	135	1 cup	0.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.00
04582	Oil, canola	14	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.00
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
07023	Frankfurter, beef and pork	45	1 frank	0.00
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.00
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.00
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.00
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.00
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
19041	Snacks, pork skins, plain	28.35	1 oz	0.00
06174	Soup, stock, fish, home-prepared	233	1 cup	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.00
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.00
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.00