

USDA National Nutrient Database for Standard Reference, Release 24

Niacin (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	1.384
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	1.821
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.031
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.005
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.005
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.005
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.075
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.166
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.219
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.219
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.231
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.111
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.159
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.181
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.297
09003	Apples, raw, with skin	138	1 apple	0.126
09004	Apples, raw, without skin	110	1 cup	0.100
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.184
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.205
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.653
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.970
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.839
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.906
09021	Apricots, raw	35	1 apricot	0.210
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.865
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.332
11015	Asparagus, canned, drained solids	72	4 spears	0.687
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.650
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.868
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.623
09038	Avocados, raw, California	28.35	1 oz	0.542
09039	Avocados, raw, Florida	28.35	1 oz	0.191
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.187
18005	Bagels, cinnamon-raisin	89	4" bagel	2.741
18003	Bagels, egg	71	3-1/2" bagel	2.445
18003	Bagels, egg	89	4" bagel	3.064
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	3.538
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	2.822
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.595
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.384
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.183
09040	Bananas, raw	118	1 banana	0.785

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09040	Bananas, raw	150	1 cup	0.998
20006	Barley, pearled, cooked	157	1 cup	3.239
20005	Barley, pearled, raw	200	1 cup	9.208
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.087
16008	Beans, baked, canned, with franks	259	1 cup	2.334
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.893
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.250
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.869
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.205
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	1.265
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.023
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.181
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.544
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.277
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.768
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.517
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.271
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.768
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.517
16051	Beans, white, mature seeds, canned	262	1 cup	0.296
22905	Beef stew, canned entree	232	1 cup	2.543
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	2.049
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	2.270
13348	Beef, cured, corned beef, canned	85.05	3 oz	2.067
13350	Beef, cured, dried	28.35	1 oz	1.464
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	4.095
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	4.333
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	4.571
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	2.941
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	2.941
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	4.867
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	5.244
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.205
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.540
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	6.100
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	7.157
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	14.854
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.719
11084	Beets, canned, drained solids	24	1 beet	0.038
11084	Beets, canned, drained solids	170	1 cup	0.267
11081	Beets, cooked, boiled, drained	50	1 beet	0.166
11081	Beets, cooked, boiled, drained	170	1 cup	0.563

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18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.978
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.769
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.958
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.724
09042	Blackberries, raw	144	1 cup	0.930
09055	Blueberries, frozen, sweetened	230	1 cup	0.582
09050	Blueberries, raw	145	1 cup	0.606
07008	Bologna, beef and pork	56.7	2 slices	1.429
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	4.745
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.881
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	7.393
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.475
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.868
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.234
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.465
18025	Bread, cracked-wheat	25	1 slice	0.918
18027	Bread, egg	40	1/2" slice	1.939
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	1.190
18033	Bread, italian	20	1 slice	0.876
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	1.051
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	1.055
18039	Bread, oatmeal	27	1 slice	0.847
18040	Bread, oatmeal, toasted	25	1 slice	0.767
18041	Bread, pita, white, enriched	60	6-1/2" pita	2.779
18041	Bread, pita, white, enriched	28	4" pita	1.297
18044	Bread, pumpernickel	32	1 slice	0.989
18045	Bread, pumpernickel, toasted	29	1 slice	0.887
18047	Bread, raisin, enriched	26	1 slice	0.901
18048	Bread, raisin, toasted, enriched	24	1 slice	0.814
18053	Bread, reduced-calorie, rye	23	1 slice	0.581
18055	Bread, reduced-calorie, wheat	23	1 slice	0.869
18057	Bread, reduced-calorie, white	23	1 slice	0.837
18060	Bread, rye	32	1 slice	1.218
18061	Bread, rye, toasted	24	1 slice	0.903
18064	Bread, wheat	25	1 slice	1.483
18065	Bread, wheat, toasted	23	1 slice	1.438
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	1.195
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	2.151
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.864
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.320
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.433
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.863
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.205
11740	Broccoli, flower clusters, raw	11	1 floweret	0.070
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.843
11090	Broccoli, raw	88	1 cup	0.562

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11090	Broccoli, raw	31	1 spear	0.198
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.947
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.832
20011	Buckwheat flour, whole-groat	120	1 cup	7.380
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.579
20013	Bulgur, cooked	182	1 cup	1.820
20012	Bulgur, dry	140	1 cup	7.160
01001	Butter, salted	14.2	1 tbsp	0.006
01145	Butter, without salt	14.2	1 tbsp	0.006
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.728
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.595
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.372
11109	Cabbage, raw	70	1 cup	0.164
11112	Cabbage, red, raw	70	1 cup	0.293
11114	Cabbage, savoy, raw	70	1 cup	0.210
18086	Cake, angelfood, commercially prepared	28	1 piece	0.247
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.086
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.176
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.495
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.080
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.340
18116	Cake, gingerbread, prepared from recipe	74	1 piece	1.286
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.369
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.367
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.192
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.672
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.463
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.658
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.307
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.580
18134	Cake, sponge, prepared from recipe	63	1 piece	0.759
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.191
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.134
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	0.512
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.320
19074	Candies, caramels	10.1	1 piece	0.015
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.015
19071	Candies, carob, unsweetened	28.35	1 oz	0.295
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.030
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.060
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.027
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.006
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.002
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.007
19107	Candies, hard	6	1 piece	0.000

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19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.002
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.210
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.019
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.672
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.094
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.028
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	2.052
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.039
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.170
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.700
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.040
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.304
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.686
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.185
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.021
19080	Candies, semisweet chocolate	168	1 cup	0.717
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
19087	Candies, white chocolate	170	1 cup	1.267
09060	Carambola, (starfruit), raw	108	1 cup	0.396
09060	Carambola, (starfruit), raw	91	1 fruit	0.334
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	0.055
16055	Carob flour	8	1 tbsp	0.152
11655	Carrot juice, canned	236	1 cup	0.911
11960	Carrots, baby, raw	10	1 medium	0.056
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.806
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.006
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.607
11124	Carrots, raw	72	1 carrot	0.708
11124	Carrots, raw	110	1 cup	1.081
11935	Catsup	15	1 tbsp	0.214
11935	Catsup	6	1 packet	0.086
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.221
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.508
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.558

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11135	Cauliflower, raw	100	1 cup	0.507
11135	Cauliflower, raw	13	1 floweret	0.066
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.120
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.479
11143	Celery, raw	120	1 cup	0.384
11143	Celery, raw	40	1 stalk	0.128
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	4.839
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	5.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	5.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	4.546
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	5.730
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	7.148
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	5.556
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	4.839
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	5.357
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	4.688
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.825
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	7.275
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.556
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.612
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	5.172
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	5.741
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	20.010
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	20.755
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	4.688
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.191
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	11.100
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	20.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	20.010
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.440
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	5.370
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	5.425
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	6.832
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	4.836
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	6.960
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	5.160
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	8.293
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	5.198
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	4.995
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	20.010
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	8.937
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	7.037

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08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	5.100
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	7.006
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	5.100
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.796
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	5.713
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	5.497
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.186
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	1.084
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	5.867
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	5.632
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	8.987
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.942
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.398
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4.236
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	2.413
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.934
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.844
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	4.970
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	1.305
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	3.568
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	7.574
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	5.354
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.527
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	2.291
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.337
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.044
01164	Cheese sauce, prepared from recipe	243	1 cup	0.496
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.037
01004	Cheese, blue	28.35	1 oz	0.288
01007	Cheese, camembert	38	1 wedge	0.239
01009	Cheese, cheddar	28.35	1 oz	0.023
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.208
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.339
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.289
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.244
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.209
01017	Cheese, cream	14.5	1 tbsp	0.021
01186	Cheese, cream, fat free	15.6	1 tbsp	0.036
01019	Cheese, feta	28.35	1 oz	0.281

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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	0.014
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.034
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.029
01030	Cheese, muenster	28.35	1 oz	0.029
01031	Cheese, neufchatel	28.35	1 oz	0.060
01032	Cheese, parmesan, grated	5	1 tbsp	0.006
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.022
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.011
01035	Cheese, provolone	28.35	1 oz	0.044
01037	Cheese, ricotta, part skim milk	246	1 cup	0.192
01036	Cheese, ricotta, whole milk	246	1 cup	0.256
01040	Cheese, swiss	28.35	1 oz	0.026
18147	Cheesecake commercially prepared	80	1 piece	0.156
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.432
09070	Cherries, sweet, raw	68	10 cherries	0.105
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	4.839
07017	Chicken roll, light meat	56.7	2 slices	4.587
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	14.732
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	13.467
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	11.792
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	2.443
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	5.939
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	3.669
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.958
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	9.606
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	11.227
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.712
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	4.915
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	3.216
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.580
05277	Chicken, canned, meat only, with broth	142	5 oz	8.987
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.165
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.971
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.312
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.863
22904	Chili con carne with beans, canned entree	222	1 cup	1.736
11156	Chives, raw	3	1 tbsp	0.019
14181	Chocolate syrup	18.75	1 tbsp	0.060
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.110
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.378
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.163

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.166
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.167
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.163
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.118
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.340
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	3.124
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.422
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.057
11159	Coleslaw, home-prepared	120	1 cup	0.326
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.093
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.080
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.964
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.220
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.160
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.192
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.277
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.218
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.514
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.219
18170	Cookies, fig bars	16	1 cookie	0.300
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.462
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.577
18177	Cookies, molasses	15	1 cookie, medium	0.455
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.970
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.131
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.557
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.273
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.189
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.641
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.703
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.347
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.267
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.404
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.342
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.362
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.269
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.404
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.124
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.283
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2.458
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2.451
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1.296
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2.150
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.956

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	6.856
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.301
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.431
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	1.543
20028	Couscous, dry	173	1 cup	6.038
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	2.315
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.238
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.850
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.851
18214	Crackers, cheese, regular	10	10 crackers	0.611
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.408
18217	Crackers, matzo, plain	28.35	1 matzo	1.103
18220	Crackers, melba toast, plain	20	4 pieces	0.823
18226	Crackers, rye, wafers, plain	11	1 wafer	0.174
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.628
18229	Crackers, standard snack-type, regular	12	4 crackers	0.502
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.264
18232	Crackers, wheat, regular	8	4 crackers	0.397
18235	Crackers, whole-wheat	16	4 crackers	0.741
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.104
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.057
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	0.012
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.006
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.009
01052	Cream, fluid, light whipping	15	1 tbsp	0.006
01056	Cream, sour, cultured	12	1 tbsp	0.013
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.010
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
18239	Croissants, butter	57	1 croissant	1.247
18243	Croutons, seasoned	40	1 cup	1.858
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.139
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.527
15141	Crustaceans, crab, blue, canned	135	1 cup	3.708
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.335
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.740
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.556
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.475
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	2.610
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.382
11206	Cucumber, peeled, raw	280	1 large	0.104
11206	Cucumber, peeled, raw	119	1 cup	0.044
11205	Cucumber, with peel, raw	301	1 large	0.295

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	104	1 cup	0.102
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.540
18245	Danish pastry, cheese	71	1 danish	1.420
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.414
09087	Dates, deglet noor	41.5	5 dates	0.529
09087	Dates, deglet noor	178	1 cup	2.268
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.002
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	0.016
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.276
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.926
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.566
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.339
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	11.271
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.799
01124	Egg, white, raw, fresh	33.4	1 large	0.035
01128	Egg, whole, cooked, fried	46	1 large	0.038
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.032
01131	Egg, whole, cooked, poached	50	1 large	0.032
01132	Egg, whole, cooked, scrambled	61	1 large	0.046
01123	Egg, whole, raw, fresh	50	1 large	0.038
01123	Egg, whole, raw, fresh	44	1 medium	0.033
01123	Egg, whole, raw, fresh	58	1 extra large	0.044
01125	Egg, yolk, raw, fresh	16.6	1 large	0.004
01057	Eggnog	254	1 cup	0.267
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.594
11213	Endive, raw	50	1 cup	0.200
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.320
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	2.595
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.913
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	4.388
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	4.441
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	2.523
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.879
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	7.389
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	8.051
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	6.792
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	8.254
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	7.286
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	3.966
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	4.710

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21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	6.807
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	6.344
21042	Fast foods, chili con carne	253	1 cup	2.479
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	5.777
21043	Fast foods, clams, breaded and fried	115	3/4 cup	2.864
21127	Fast foods, coleslaw	99	3/4 cup	0.204
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.548
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.795
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.907
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	4.366
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	4.227
21024	Fast foods, french toast sticks	141	5 sticks	3.631
21023	Fast foods, french toast with butter	135	2 slices	3.915
21077	Fast foods, frijoles with cheese	167	1 cup	1.486
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	7.571
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	6.730
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	7.281
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	4.305
21118	Fast foods, hotdog, plain	98	1 sandwich	3.646
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.739
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	4.165
21129	Fast foods, hush puppies	78	5 pieces	1.661
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.537
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.921
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	3.387
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	3.346
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.122
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	4.220
21139	Fast foods, potato, mashed	80	1/3 cup	0.864
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.205
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	5.866
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.977
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	5.886
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	2.034
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	5.495
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	5.962
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	11.341
21033	Fast foods, sundae, hot fudge	158	1 sundae	1.074
21083	Fast foods, taco salad	198	1-1/2 cups	2.455
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	2.822
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	4.340
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	2.858
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.513
09094	Figs, dried, uncooked	38	2 figs	0.235

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15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	1.940
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	2.129
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	1.142
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.912
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.448
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.086
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	1.623
15034	Fish, haddock, cooked, dry heat	85	3 oz	3.501
15034	Fish, haddock, cooked, dry heat	150	1 fillet	6.179
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	6.724
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	12.578
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.807
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.033
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.608
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	2.369
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	3.357
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	4.317
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	2.462
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	1.547
15077	Fish, salmon, chinook, smoked	85.05	3 oz	4.014
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	5.556
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	8.243
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	15.032
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.461
15111	Fish, swordfish, cooked, dry heat	85	3 oz	7.866
15111	Fish, swordfish, cooked, dry heat	106	1 piece	9.809
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	5.649
15128	Fish, tuna salad	205	1 cup	13.735
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	10.546
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	11.288
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	4.929
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	18.760
07023	Frankfurter, beef and pork	45	1 frank	1.185
07022	Frankfurter, beef, unheated	45	1 frank	0.938
07024	Frankfurter, chicken	45	1 frank	2.109
18268	French toast, frozen, ready-to-heat	59	1 slice	1.606
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.058
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.045
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.084
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.122
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.829
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.220
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.207
19294	Fruit butters, apple	17	1 tbsp	0.013
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.928

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.955
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.052
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.993
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	7.365
35142	Frybread, made with lard (Navajo)	90	5" bread	4.143
11215	Garlic, raw	3	1 clove	0.021
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.001
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	0.025
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.310
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.931
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.336
09404	Grapefruit juice, pink, raw	247	1 cup	0.494
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.798
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.571
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.536
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.598
09128	Grapefruit juice, white, raw	247	1 cup	0.494
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.251
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.317
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.617
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.094
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.301
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.384
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.264
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.400
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.775
07027	Ham, chopped, not canned	21	2 slices	0.815
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	3.238
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.647
11961	Hearts of palm, canned	33	1 piece	0.144
19296	Honey	21	1 tbsp	0.025
02055	Horseradish, prepared	5	1 tsp	0.019
16158	Hummus, commercial	14	1 tbsp	0.081
19270	Ice creams, chocolate	66	1/2 cup	0.149
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.082
19095	Ice creams, vanilla	66	1/2 cup	0.077
19088	Ice creams, vanilla, light	66	1/2 cup	0.090
19089	Ice creams, vanilla, rich	74	1/2 cup	0.061
19297	Jams and preserves	20	1 tbsp	0.007
19300	Jellies	19	1 tbsp	0.007
11226	Jerusalem-artichokes, raw	150	1 cup	1.950

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.650
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.874
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	2.594
09148	Kiwifruit, green, raw	76	1 medium	0.259
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.644
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.602
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.389
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	6.035
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	5.823
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.738
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.236
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.661
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.381
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.608
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.814
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	2.091
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.208
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.030
09153	Lemon juice, canned or bottled	244	1 cup	0.481
09152	Lemon juice, raw	47	juice of 1 lemon	0.043
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.040
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	0.058
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.099
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.027
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.582
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.031
11251	Lettuce, cos or romaine, raw	56	1 cup	0.175
11253	Lettuce, green leaf, raw	56	1 cup	0.210
11253	Lettuce, green leaf, raw	10	1 leaf	0.038
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.010
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.663
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.068
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.386

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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	1.817
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.629
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.791
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.401
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.025
09160	Lime juice, raw	38	juice of 1 lime	0.054
22247	Macaroni and Cheese, canned entree	252	1 cup	2.981
22970	Macaroni and cheese, frozen entree	283	1 package	2.091
20100	Macaroni, cooked, enriched	140	1 cup	2.365
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	10.697
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	11.035
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	8.889
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	10.581
09176	Mangos, raw	165	1 cup	1.104
09176	Mangos, raw	207	1 mango	1.385
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.003
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	0.003
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.002
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.001
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.001
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	0.506
09181	Melons, cantaloupe, raw	160	1 cup	1.174
09184	Melons, honeydew, raw	160	1/8 melon	0.669
09184	Melons, honeydew, raw	170	1 cup	0.711
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.372
01111	Milk shakes, thick vanilla	313	11 fl oz	0.457
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.057
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.142
01095	Milk, canned, condensed, sweetened	306	1 cup	0.643
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.445
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.489
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.318
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.410
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.313
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.205
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.227
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.230
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.224
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.217
16112	Miso	68.75	1 cup	0.623

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.491
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.298
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	1.403
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.777
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	1.400
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	12.760
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.784
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.260
18279	Muffins, corn, commercially prepared	57	1 muffin	1.161
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.051
18283	Muffins, oat bran	57	1 muffin	0.239
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.788
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.013
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.779
11264	Mushrooms, canned, drained solids	156	1 cup	2.485
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	2.175
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.508
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	6.958
11260	Mushrooms, white, raw	70	1 cup	2.525
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.606
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.026
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.215
09191	Nectarines, raw	136	1 nectarine	1.530
20113	Noodles, chinese, chow mein	45	1 cup	2.678
20110	Noodles, egg, cooked, enriched	160	1 cup	3.323
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.358
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.960
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.084
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.397
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.492
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.919
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.441
12104	Nuts, coconut meat, raw	45	1 piece	0.243
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.510
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.645
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.332
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.186
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.331
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.377
12147	Nuts, pine nuts, dried	28.35	1 oz	1.244
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.389
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.319
20034	Oat bran, cooked	219	1 cup	0.315
20033	Oat bran, raw	94	1 cup	0.878
04582	Oil, canola	14	1 tbsp	0.000

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04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	1.394
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.133
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.008
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	2.166
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.347
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.155
11284	Onions, dehydrated flakes	5	1 tbsp	0.050
11282	Onions, raw	14	1 slice	0.016
11282	Onions, raw	110	1 whole	0.128
11282	Onions, raw	160	1 cup	0.186
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.079
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.525
09207	Orange juice, canned, unsweetened	249	1 cup	0.500
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.697
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.503
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.525
09206	Orange juice, raw	86	juice from 1 orange	0.344
09206	Orange juice, raw	248	1 cup	0.992
09200	Oranges, raw, all commercial varieties	131	1 orange	0.369
09200	Oranges, raw, all commercial varieties	180	1 cup	0.508
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.048
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.650
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.468
09226	Papayas, raw	140	1 cup	0.500
09226	Papayas, raw	304	1 papaya	1.085
11297	Parsley, fresh	10	10 sprigs	0.131
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.129
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	5.005
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.609
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.602
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.570
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.443
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.706
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.633
09236	Peaches, raw	170	1 cup	1.370
09236	Peaches, raw	98	1 peach	0.790
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.191
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.144

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16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	3.834
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	3.834
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	3.919
09340	Pears, asian, raw	122	1 pear	0.267
09340	Pears, asian, raw	275	1 pear	0.602
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.184
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.644
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.496
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.152
09252	Pears, raw	166	1 pear	0.261
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.862
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.901
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	1.664
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.368
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.744
11670	Peppers, hot chili, green, raw	45	1 pepper	0.428
11819	Peppers, hot chili, red, raw	45	1 pepper	0.560
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.105
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.649
11333	Peppers, sweet, green, raw	10	1 ring	0.048
11333	Peppers, sweet, green, raw	149	1 cup	0.715
11333	Peppers, sweet, green, raw	119	1 pepper	0.571
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.649
11821	Peppers, sweet, red, raw	149	1 cup	1.459
11821	Peppers, sweet, red, raw	119	1 pepper	1.165
11945	Pickle relish, sweet	15	1 tbsp	0.035
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.064
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.098
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	4.347
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.953
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.026
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.104
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.308
18302	Pie, apple, prepared from recipe	155	1 piece	1.907
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.755
18308	Pie, cherry, commercially prepared	117	1 piece	0.234
18309	Pie, cherry, prepared from recipe	180	1 piece	2.297
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.766
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.419
18444	Pie, fried pies, cherry	128	1 pie	1.824
18319	Pie, fried pies, fruit	128	1 pie	1.824
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.733
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.199
18324	Pie, pecan, commercially prepared	113	1 piece	1.480
18325	Pie, pecan, prepared from recipe	122	1 piece	1.033

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.207
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.212
11943	Pimento, canned	12	1 tbsp	0.074
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.668
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.518
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.498
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.729
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.141
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.133
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.707
09266	Pineapple, raw, all varieties	155	1 cup	0.775
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	1.383
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	1.879
09278	Plantains, cooked	154	1 cup	1.164
09277	Plantains, raw	179	1 medium	1.228
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.134
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.751
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1.192
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.218
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	1.793
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.790
09279	Plums, raw	66	1 plum	0.275
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.875
07064	Pork sausage, fresh, cooked	27	1 patty	1.690
07064	Pork sausage, fresh, cooked	26	2 links	1.627
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.109
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.215
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.277
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3.792
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.267
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	6.491
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	3.888
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	4.195
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	6.925
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	7.808
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	7.212
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	8.217
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	8.067
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	8.503
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	4.716
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	4.512

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.707
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	4.654
11672	Potato pancakes	76	1 pancake	1.271
11399	Potato puffs, frozen, oven-heated	79	10 puffs	1.193
11414	Potato salad, home-prepared	250	1 cup	2.225
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.848
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.301
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	2.433
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.176
11364	Potatoes, baked, skin, without salt	58	1 skin	1.778
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.957
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.047
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.771
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.109
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.702
11370	Potatoes, hashed brown, home-prepared	156	1 cup	3.591
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.630
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	2.348
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.465
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.521
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.580
05306	Poultry food products, ground turkey, cooked	82	1 patty	7.154
09294	Prune juice, canned	256	1 cup	2.010
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.159
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.193
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.139
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.183
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.073
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.105
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.064
11424	Pumpkin, canned, without salt	245	1 cup	0.899
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.012
11429	Radishes, raw	4.5	1 radish	0.011
09298	Raisins, seedless	145	1 cup	1.111
09298	Raisins, seedless	14	1 packet	0.107
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.575
09302	Raspberries, raw	123	1 cup	0.736
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	1.068
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.480
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.936
20037	Rice, brown, long-grain, cooked	195	1 cup	2.980
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4.041
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	9.339
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	2.866

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2.332
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.755
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.503
18350	Rolls, hamburger or hotdog, plain	43	1 roll	2.049
18353	Rolls, hard (includes kaiser)	57	1 roll	2.416
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.216
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.015
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.029
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.076
04133	Salad dressing, french, home recipe	14	1 tbsp	0.018
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.040
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.000
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.091
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.067
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.065
07069	Salami, cooked, beef and pork	56.7	2 slices	3.432
07072	Salami, dry or hard, pork, beef	20	2 slices	0.973
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.260
06150	Sauce, barbecue	15.75	1 tbsp	0.077
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.015
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.187
06166	Sauce, homemade, white, medium	250	1 cup	1.005
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	9.793
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.012
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.012
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.229
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.337
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.258
11445	Seaweed, kelp, raw	10	2 tbsp	0.047
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.119
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.256
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.818
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.464
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.996
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253
14346	Shake, fast food, chocolate	333	16 fl oz	0.536
14347	Shake, fast food, vanilla	333	16 fl oz	0.709
11677	Shallots, raw	10	1 tbsp	0.020
19097	Sherbet, orange	74	1/2 cup	0.047
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.919
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.343
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.466
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.103
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.334
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.028
19014	Snacks, fruit leather, rolls	21	1 large	0.021
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	1.234
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.448
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.933
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.217
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.312
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	3.583
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	5.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.873
19034	Snacks, popcorn, air-popped	8	1 cup	0.185
19036	Snacks, popcorn, cakes	10	1 cake	0.601
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.836
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.774
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.160
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.131
19041	Snacks, pork skins, plain	28.35	1 oz	0.439
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.330
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	1.019
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.709
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.186
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.085
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.985
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.142
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.078
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.703
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.369
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.118
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.358
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6.431
19061	Snacks, trail mix, tropical	140	1 cup	2.075
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	1.701
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.521
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.268
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241	1 cup	0.711
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	1.037
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	1.301
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	1.087
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	3.290

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	1.106
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	2.870
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	1.200
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.776
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.969
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	1.262
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.923
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.820
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.625
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.508
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.942
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	1.542
06094	Soup, onion, dry, mix	39	1 packet	0.574
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.155
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	1.155
06174	Soup, stock, fish, home-prepared	233	1 cup	2.763
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.352
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.232
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	1.005
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.901
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.009
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.351
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.250
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.686
16120	Soymilk, original and vanilla, unfortified	245	1 cup	1.257
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.501
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.365
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.990
02007	Spices, celery seed	2	1 tsp	0.061
02009	Spices, chili powder	2.6	1 tsp	0.302
02010	Spices, cinnamon, ground	2.3	1 tsp	0.031
02015	Spices, curry powder	2	1 tsp	0.069
02020	Spices, garlic powder	2.8	1 tsp	0.022
02026	Spices, onion powder	2.1	1 tsp	0.007
02027	Spices, oregano, dried	1.5	1 tsp	0.070
02028	Spices, paprika	2.1	1 tsp	0.211
02029	Spices, parsley, dried	1.3	1 tbsp	0.129
02030	Spices, pepper, black	2.1	1 tsp	0.024
11658	Spinach souffle	136	1 cup	0.651
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.830
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.882

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11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.834
11457	Spinach, raw	30	1 cup	0.217
11457	Spinach, raw	10	1 leaf	0.072
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.923
11641	Squash, summer, all varieties, raw	113	1 cup	0.550
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.015
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.114
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.023
09316	Strawberries, raw	166	1 cup	0.641
09316	Strawberries, raw	12	1 strawberry	0.046
09316	Strawberries, raw	18	1 strawberry	0.069
19334	Sugars, brown	3.2	1 tsp	0.004
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	0.666
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.890
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	2.171
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.839
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.414
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.430
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.087
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.048
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.016
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.001
18360	Taco shells, baked	13.3	1 medium	0.248
09223	Tangerine juice, canned, sweetened	249	1 cup	0.249
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.121
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.316
20068	Tapioca, pearl, dry	152	1 cup	0.000
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	0.047
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.028
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.076
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.287
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.652
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.976
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.082
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.642
11954	Tomatillos, raw	34	1 medium	0.629

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11540	Tomato juice, canned, with salt added	243	1 cup	1.635
11546	Tomato products, canned, paste, without salt added	262	1 cup	8.059
11547	Tomato products, canned, puree, without salt added	250	1 cup	3.665
11549	Tomato products, canned, sauce	245	1 cup	2.389
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	1.709
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.821
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.731
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.069
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.119
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.101
11955	Tomatoes, sun-dried	2	1 piece	0.181
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.109
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.389
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	1.163
21088	Tostada with guacamole	130.5	1 tostada	0.992
05286	Turkey and gravy, frozen	142	5-oz package	2.555
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.472
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	5.333
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.065
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	10.147
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.744
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	7.620
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.590
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.592
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.768
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.466
02050	Vanilla extract	4.2	1 tsp	0.018
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	8.976
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	5.933
11578	Vegetable juice cocktail, canned	242	1 cup	1.757
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.941
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.549
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.933
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.555
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.504
09326	Watermelon, raw	152	1 cup	0.271
09326	Watermelon, raw	286	1 wedge	0.509
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	7.380
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	7.290
20083	Wheat flour, white, bread, enriched	137	1 cup	10.349
20084	Wheat flour, white, cake, enriched	137	1 cup	9.302
20080	Wheat flour, whole-grain	120	1 cup	5.948
20089	Wild rice, cooked	164	1 cup	2.111
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.216
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.259

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01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.281
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.170