

# USDA National Nutrient Database for Standard Reference, Release 24

## Vitamin E (alpha-tocopherol) ( mg ) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	13.50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	13.50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	13.50
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	13.50
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	13.44
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.27
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	8.35
12061	Nuts, almonds	28.35	1 oz (24 nuts)	7.43
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	7.40
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	6.73
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	6.00
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	5.59
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.54
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.93
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	4.74
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	4.64
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	4.36
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.26
11461	Spinach, canned, regular pack, drained solids	214	1 cup	4.15
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	4.13
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	3.74
11549	Tomato products, canned, sauce	245	1 cup	3.48
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	3.42
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	3.35
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	3.23
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.10
11655	Carrot juice, canned	236	1 cup	2.74
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	2.71
12147	Nuts, pine nuts, dried	28.35	1 oz	2.65
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.61
11424	Pumpkin, canned, without salt	245	1 cup	2.60
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.58
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	2.56
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2.55
11512	Sweet potato, canned, vacuum pack	255	1 cup	2.55
15141	Crustaceans, crab, blue, canned	135	1 cup	2.48
04582	Oil, canola	14	1 tbsp	2.44
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.43
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	2.37
11821	Peppers, sweet, red, raw	149	1 cup	2.35
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.26
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	2.25
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	2.24
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.22
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.21
18319	Pie, fried pies, fruit	128	1 pie	2.20

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04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	2.19
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	2.17
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.16
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.13
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.12
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.12
16051	Beans, white, mature seeds, canned	262	1 cup	2.07
15111	Fish, swordfish, cooked, dry heat	85	3 oz	2.05
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	2.01
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.97
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.96
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.96
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	1.94
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1.94
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.94
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.91
11821	Peppers, sweet, red, raw	119	1 pepper	1.88
09176	Mangos, raw	207	1 mango	1.86
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.83
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.80
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.78
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	1.77
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.75
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.74
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1.71
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	1.69
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	1.69
09042	Blackberries, raw	144	1 cup	1.68
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.67
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	1.65
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	1.63
19087	Candies, white chocolate	170	1 cup	1.63
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.62
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.61
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.61
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	1.59
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.59
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	1.58
20113	Noodles, chinese, chow mein	45	1 cup	1.57
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.56
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.56
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.55
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.55
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.55
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1.55
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	1.55
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.52

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09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.51
09176	Mangos, raw	165	1 cup	1.49
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.48
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1.47
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	1.47
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	1.46
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.45
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.44
22401	Spaghetti with meat sauce, frozen entree	283	1 package	1.42
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.40
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	1.40
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.39
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.33
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.32
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.29
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.28
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	1.27
11658	Spinach souffle	136	1 cup	1.26
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	1.26
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.26
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.25
09236	Peaches, raw	170	1 cup	1.24
21024	Fast foods, french toast sticks	141	5 sticks	1.24
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.22
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	1.22
18305	Pie, blueberry, commercially prepared	117	1 piece	1.22
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1.22
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.22
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.20
09055	Blueberries, frozen, sweetened	230	1 cup	1.20
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.19
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.19
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.18
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.18
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.15
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.15
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.14
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	1.13
04133	Salad dressing, french, home recipe	14	1 tbsp	1.12
22904	Chili con carne with beans, canned entree	222	1 cup	1.11
09148	Kiwifruit, green, raw	76	1 medium	1.11
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.11
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.11
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	1.10

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06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	1.09
11128	Carrots, canned, regular pack, drained solids	146	1 cup	1.08
09302	Raspberries, raw	123	1 cup	1.07
09191	Nectarines, raw	136	1 nectarine	1.05
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.05
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1.04
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	1.03
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.02
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	1.01
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.01
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.99
02009	Spices, chili powder	2.6	1 tsp	0.99
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.98
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.98
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.97
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.97
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.97
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.97
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.96
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.95
20033	Oat bran, raw	94	1 cup	0.95
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.95
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.94
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.92
21129	Fast foods, hush puppies	78	5 pieces	0.91
09226	Papayas, raw	304	1 papaya	0.91
18324	Pie, pecan, commercially prepared	113	1 piece	0.90
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.90
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.89
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.89
18308	Pie, cherry, commercially prepared	117	1 piece	0.89
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.89
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.89
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.88
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.88
11015	Asparagus, canned, drained solids	72	4 spears	0.88
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.86
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.86
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.86
20080	Wheat flour, whole-grain	120	1 cup	0.85
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.85
14347	Shake, fast food, vanilla	333	16 fl oz	0.83
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.83
09050	Blueberries, raw	145	1 cup	0.83

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11028	Bamboo shoots, canned, drained solids	131	1 cup	0.83
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.83
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.80
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.79
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.78
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.78
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.78
11540	Tomato juice, canned, with salt added	243	1 cup	0.78
11578	Vegetable juice cocktail, canned	242	1 cup	0.77
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.77
09039	Avocados, raw, Florida	28.35	1 oz	0.75
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.75
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.74
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.74
11124	Carrots, raw	110	1 cup	0.73
06166	Sauce, homemade, white, medium	250	1 cup	0.73
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.72
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.72
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.72
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.72
09236	Peaches, raw	98	1 peach	0.72
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.72
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.72
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.71
22970	Macaroni and cheese, frozen entree	283	1 package	0.71
01132	Egg, whole, cooked, scrambled	61	1 large	0.70
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.70
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.70
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.70
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.70
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.69
11090	Broccoli, raw	88	1 cup	0.69
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.69
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.68
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.68
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.67
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.67
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.66
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.66
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.66
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.66
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.66
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.65
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.65
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.65

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04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.65
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.64
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.63
02028	Spices, paprika	2.1	1 tsp	0.63
22905	Beef stew, canned entree	232	1 cup	0.63
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.62
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.62
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.62
01123	Egg, whole, raw, fresh	58	1 extra large	0.61
11457	Spinach, raw	30	1 cup	0.61
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.60
01128	Egg, whole, cooked, fried	46	1 large	0.60
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.60
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.60
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.59
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.59
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.59
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.59
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.59
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.59
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.59
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.58
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.58
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.57
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.57
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.57
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.57
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.56
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.56
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.56
09038	Avocados, raw, California	28.35	1 oz	0.56
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.56
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.56
11333	Peppers, sweet, green, raw	149	1 cup	0.55
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.55
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.55
20083	Wheat flour, white, bread, enriched	137	1 cup	0.55
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.55
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.55
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.54
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.54
09128	Grapefruit juice, white, raw	247	1 cup	0.54
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.54
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.54

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11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.54
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.54
21127	Fast foods, coleslaw	99	3/4 cup	0.53
01057	Eggnog	254	1 cup	0.53
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.53
01123	Egg, whole, raw, fresh	50	1 large	0.53
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.52
01131	Egg, whole, cooked, poached	50	1 large	0.52
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.52
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	0.52
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.52
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.51
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.51
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.51
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.50
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.50
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.50
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.50
09207	Orange juice, canned, unsweetened	249	1 cup	0.50
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.49
01095	Milk, canned, condensed, sweetened	306	1 cup	0.49
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.48
09316	Strawberries, raw	166	1 cup	0.48
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.48
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.48
18239	Croissants, butter	57	1 croissant	0.48
11124	Carrots, raw	72	1 carrot	0.48
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.47
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.47
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.47
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.47
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.46
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.46
01123	Egg, whole, raw, fresh	44	1 medium	0.46
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.46
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.46
18279	Muffins, corn, commercially prepared	57	1 muffin	0.46
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.46
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.45
18147	Cheesecake commercially prepared	80	1 piece	0.45
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.45
19071	Candies, carob, unsweetened	28.35	1 oz	0.45
11333	Peppers, sweet, green, raw	119	1 pepper	0.44
02015	Spices, curry powder	2	1 tsp	0.44

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19080	Candies, semisweet chocolate	168	1 cup	0.44
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.43
18229	Crackers, standard snack-type, regular	12	4 crackers	0.43
01125	Egg, yolk, raw, fresh	16.6	1 large	0.43
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.42
09226	Papayas, raw	140	1 cup	0.42
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.42
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.42
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.42
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.41
16008	Beans, baked, canned, with franks	259	1 cup	0.41
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.41
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.41
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.41
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.40
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.40
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.40
06174	Soup, stock, fish, home-prepared	233	1 cup	0.40
20089	Wild rice, cooked	164	1 cup	0.39
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.39
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.39
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.39
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.39
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.39
20011	Buckwheat flour, whole-groat	120	1 cup	0.38
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.38
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.38
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.38
19089	Ice creams, vanilla, rich	74	1/2 cup	0.38
18283	Muffins, oat bran	57	1 muffin	0.38
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.37
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.37
09223	Tangerine juice, canned, sweetened	249	1 cup	0.37
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.37
05277	Chicken, canned, meat only, with broth	142	5 oz	0.37
14346	Shake, fast food, chocolate	333	16 fl oz	0.37
09153	Lemon juice, canned or bottled	244	1 cup	0.37
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.36
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.36
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.36
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.36
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.36
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.36
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.35



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.35
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.35
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.35
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	0.35
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.34
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.34
21139	Fast foods, potato, mashed	80	1/3 cup	0.34
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.33
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.33
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.33
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.33
09340	Pears, asian, raw	275	1 pear	0.33
01145	Butter, without salt	14.2	1 tbsp	0.33
01001	Butter, salted	14.2	1 tbsp	0.33
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.33
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.33
11143	Celery, raw	120	1 cup	0.32
09200	Oranges, raw, all commercial varieties	180	1 cup	0.32
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.32
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.32
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.32
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.32
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.32
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.31
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.31
09021	Apricots, raw	35	1 apricot	0.31
11670	Peppers, hot chili, green, raw	45	1 pepper	0.31
11819	Peppers, hot chili, red, raw	45	1 pepper	0.31
09294	Prune juice, canned	256	1 cup	0.31
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.31
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.30
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.30
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.30
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.29
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.29
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.29
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.29
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.29
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.29
11226	Jerusalem-artichokes, raw	150	1 cup	0.29
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.28
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.28
18005	Bagels, cinnamon-raisin	89	4" bagel	0.28

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02027	Spices, oregano, dried	1.5	1 tsp	0.27
20110	Noodles, egg, cooked, enriched	160	1 cup	0.27
01036	Cheese, ricotta, whole milk	246	1 cup	0.27
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.27
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.27
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.26
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.26
07073	Sandwich spread, pork, beef	15	1 tbs	0.26
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.26
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.26
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.26
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.25
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.25
09277	Plantains, raw	179	1 medium	0.25
18245	Danish pastry, cheese	71	1 danish	0.25
09003	Apples, raw, with skin	138	1 apple	0.25
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.25
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.25
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.25
11090	Broccoli, raw	31	1 spear	0.24
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.24
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.24
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.24
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.24
18353	Rolls, hard (includes kaiser)	57	1 roll	0.24
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.24
09200	Oranges, raw, all commercial varieties	131	1 orange	0.24
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.23
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.23
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.23
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.23
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.23
18235	Crackers, whole-wheat	16	4 crackers	0.23
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.23
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.23
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.22
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.22
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.22
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.22
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.22
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.22
11213	Endive, raw	50	1 cup	0.22

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18214	Crackers, cheese, regular	10	10 crackers	0.22
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.22
11935	Catsup	15	1 tbsp	0.22
01164	Cheese sauce, prepared from recipe	243	1 cup	0.22
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.22
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.21
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.21
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.21
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.21
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.21
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.21
20029	Couscous, cooked	157	1 cup	0.20
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.20
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.20
11457	Spinach, raw	10	1 leaf	0.20
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.20
09278	Plantains, cooked	154	1 cup	0.20
09252	Pears, raw	166	1 pear	0.20
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.20
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.20
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.20
19095	Ice creams, vanilla	66	1/2 cup	0.20
19270	Ice creams, chocolate	66	1/2 cup	0.20
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.20
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.20
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.19
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.19
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.19
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.19
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.19
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.19
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.19
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.19
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.18
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.18
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.18
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.18
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.18
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.18
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.18
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.18
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.18
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.18

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.18
11672	Potato pancakes	76	1 pancake	0.17
09298	Raisins, seedless	145	1 cup	0.17
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.17
01037	Cheese, ricotta, part skim milk	246	1 cup	0.17
09279	Plums, raw	66	1 plum	0.17
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.17
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.17
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.17
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.17
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.17
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.17
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.17
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.17
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.17
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.17
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.17
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.16
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.16
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.16
09060	Carambola, (starfruit), raw	108	1 cup	0.16
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.16
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.16
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.16
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.16
18243	Croutons, seasoned	40	1 cup	0.16
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.16
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.16
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.16
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.16
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.16
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.16
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.16
01111	Milk shakes, thick vanilla	313	11 fl oz	0.16
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.15
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.15
07017	Chicken roll, light meat	56.7	2 slices	0.15
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.15
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.15
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.15
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.15
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.15
19041	Snacks, pork skins, plain	28.35	1 oz	0.15

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	0.15
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.15
07064	Pork sausage, fresh, cooked	27	1 patty	0.15
09340	Pears, asian, raw	122	1 pear	0.15
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.14
07064	Pork sausage, fresh, cooked	26	2 links	0.14
09326	Watermelon, raw	286	1 wedge	0.14
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.14
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.14
09060	Carambola, (starfruit), raw	91	1 fruit	0.14
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.14
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.14
11641	Squash, summer, all varieties, raw	113	1 cup	0.14
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.13
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.13
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.13
18044	Bread, pumpernickel	32	1 slice	0.13
18045	Bread, pumpernickel, toasted	29	1 slice	0.13
09094	Figs, dried, uncooked	38	2 figs	0.13
18040	Bread, oatmeal, toasted	25	1 slice	0.13
01052	Cream, fluid, light whipping	15	1 tbsp	0.13
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.13
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.13
18039	Bread, oatmeal	27	1 slice	0.13
11954	Tomatillos, raw	34	1 medium	0.13
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.13
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.13
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.13
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.13
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.13
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.13
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.13
22247	Macaroni and Cheese, canned entree	252	1 cup	0.13
07069	Salami, cooked, beef and pork	56.7	2 slices	0.12
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.12
11253	Lettuce, green leaf, raw	56	1 cup	0.12
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.12
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.12
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.12
11114	Cabbage, savoy, raw	70	1 cup	0.12
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.12
09040	Bananas, raw	118	1 banana	0.12
19014	Snacks, fruit leather, rolls	21	1 large	0.12
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.12

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02029	Spices, parsley, dried	1.3	1 tbsp	0.12
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.12
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.11
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.11
01031	Cheese, neufchatel	28.35	1 oz	0.11
07023	Frankfurter, beef and pork	45	1 frank	0.11
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.11
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.11
11143	Celery, raw	40	1 stalk	0.11
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.11
12104	Nuts, coconut meat, raw	45	1 piece	0.11
13350	Beef, cured, dried	28.35	1 oz	0.11
01040	Cheese, swiss	28.35	1 oz	0.11
18060	Bread, rye	32	1 slice	0.11
11109	Cabbage, raw	70	1 cup	0.11
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.10
18027	Bread, egg	40	1/2" slice	0.10
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.10
18170	Cookies, fig bars	16	1 cookie	0.10
06150	Sauce, barbecue	15.75	1 tbsp	0.10
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.10
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.10
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.10
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.10
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.10
09206	Orange juice, raw	248	1 cup	0.10
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.10
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.10
07024	Frankfurter, chicken	45	1 frank	0.10
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.10
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.10
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.10
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.10
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.10
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.10
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.10
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.09
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.09
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.09
18360	Taco shells, baked	13.3	1 medium	0.09
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.09
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.09

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	301	1 large	0.09
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.09
07022	Frankfurter, beef, unheated	45	1 frank	0.09
09087	Dates, deglet noor	178	1 cup	0.09
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.09
18232	Crackers, wheat, regular	8	4 crackers	0.09
18061	Bread, rye, toasted	24	1 slice	0.09
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.09
18226	Crackers, rye, wafers, plain	11	1 wafer	0.09
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.09
11935	Catsup	6	1 packet	0.09
11945	Pickle relish, sweet	15	1 tbsp	0.09
11445	Seaweed, kelp, raw	10	2 tbsp	0.09
09150	Lemons, raw, without peel	58	1 lemon	0.09
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.09
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.09
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.09
18220	Crackers, melba toast, plain	20	4 pieces	0.09
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.09
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.09
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.08
18041	Bread, pita, white, enriched	28	4" pita	0.08
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.08
20012	Bulgur, dry	140	1 cup	0.08
11206	Cucumber, peeled, raw	280	1 large	0.08
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.08
20100	Macaroni, cooked, enriched	140	1 cup	0.08
09160	Lime juice, raw	38	juice of 1 lime	0.08
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.08
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.08
11943	Pimento, canned	12	1 tbsp	0.08
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.08
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.08
01009	Cheese, cheddar	28.35	1 oz	0.08
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.08
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.08
09181	Melons, cantaloupe, raw	160	1 cup	0.08
11135	Cauliflower, raw	100	1 cup	0.08
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.08
01007	Cheese, camembert	38	1 wedge	0.08
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.08
19088	Ice creams, vanilla, light	66	1/2 cup	0.08
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.08
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.08

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.08
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.08
11112	Cabbage, red, raw	70	1 cup	0.08
04002	Lard	12.8	1 tbsp	0.08
09326	Watermelon, raw	152	1 cup	0.08
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.08
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.08
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.08
11297	Parsley, fresh	10	10 sprigs	0.08
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.08
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.08
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.08
18048	Bread, raisin, toasted, enriched	24	1 slice	0.07
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.07
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.07
01030	Cheese, muenster	28.35	1 oz	0.07
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.07
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.07
18047	Bread, raisin, enriched	26	1 slice	0.07
11251	Lettuce, cos or romaine, raw	56	1 cup	0.07
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.07
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.07
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.07
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.07
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.07
01004	Cheese, blue	28.35	1 oz	0.07
09152	Lemon juice, raw	47	juice of 1 lemon	0.07
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.07
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.07
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.07
11081	Beets, cooked, boiled, drained	170	1 cup	0.07
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.07
01035	Cheese, provolone	28.35	1 oz	0.07
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.07
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.07
18053	Bread, reduced-calorie, rye	23	1 slice	0.06
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.06
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.06
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.06
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.06
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.06
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.06
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.06
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.06
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.06



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.06
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.06
20037	Rice, brown, long-grain, cooked	195	1 cup	0.06
18033	Bread, italian	20	1 slice	0.06
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.06
07072	Salami, dry or hard, pork, beef	20	2 slices	0.06
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.06
18055	Bread, reduced-calorie, wheat	23	1 slice	0.06
18065	Bread, wheat, toasted	23	1 slice	0.06
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.06
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.06
09004	Apples, raw, without skin	110	1 cup	0.06
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.06
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.05
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.05
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.05
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.05
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.05
02010	Spices, cinnamon, ground	2.3	1 tsp	0.05
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.05
01056	Cream, sour, cultured	12	1 tbsp	0.05
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.05
09316	Strawberries, raw	18	1 strawberry	0.05
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.05
01019	Cheese, feta	28.35	1 oz	0.05
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.05
11084	Beets, canned, drained solids	170	1 cup	0.05
06094	Soup, onion, dry, mix	39	1 packet	0.05
16055	Carob flour	8	1 tbsp	0.05
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.05
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.05
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.05
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.05
01049	Cream, fluid, half and half	15	1 tbsp	0.05
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.05
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.05
07027	Ham, chopped, not canned	21	2 slices	0.05
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.05
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.05
09070	Cherries, sweet, raw	68	10 cherries	0.05
18064	Bread, wheat	25	1 slice	0.05
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.05
19074	Candies, caramels	10.1	1 piece	0.05
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.05
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.05

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.05
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.05
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.05
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.04
18057	Bread, reduced-calorie, white	23	1 slice	0.04
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.04
01017	Cheese, cream	14.5	1 tbsp	0.04
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.04
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.04
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.04
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.04
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.04
20005	Barley, pearled, raw	200	1 cup	0.04
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.04
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.04
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.04
11333	Peppers, sweet, green, raw	10	1 ring	0.04
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.04
11206	Cucumber, peeled, raw	119	1 cup	0.04
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.04
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.04
09316	Strawberries, raw	12	1 strawberry	0.03
09181	Melons, cantaloupe, raw	69	1/8 melon	0.03
09206	Orange juice, raw	86	juice from 1 orange	0.03
01072	Dessert topping, pressurized	4	1 tbsp	0.03
09184	Melons, honeydew, raw	170	1 cup	0.03
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.03
11282	Onions, raw	160	1 cup	0.03
09184	Melons, honeydew, raw	160	1/8 melon	0.03
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.03
11205	Cucumber, with peel, raw	104	1 cup	0.03
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.03
09266	Pineapple, raw, all varieties	155	1 cup	0.03
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.03
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.03
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.03
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.03
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.03
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.03
19036	Snacks, popcorn, cakes	10	1 cake	0.03
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.03
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.03
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.03
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.03
20084	Wheat flour, white, cake, enriched	137	1 cup	0.03
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.03
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.03

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.03
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.03
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.02
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.02
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.02
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.02
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.02
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.02
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.02
19297	Jams and preserves	20	1 tbsp	0.02
19034	Snacks, popcorn, air-popped	8	1 cup	0.02
11364	Potatoes, baked, skin, without salt	58	1 skin	0.02
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.02
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.02
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.02
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.02
11253	Lettuce, green leaf, raw	10	1 leaf	0.02
11282	Onions, raw	110	1 whole	0.02
02030	Spices, pepper, black	2.1	1 tsp	0.02
02007	Spices, celery seed	2	1 tsp	0.02
09087	Dates, deglet noor	41.5	5 dates	0.02
11081	Beets, cooked, boiled, drained	50	1 beet	0.02
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.02
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.02
02020	Spices, garlic powder	2.8	1 tsp	0.02
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.02
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.02
20013	Bulgur, cooked	182	1 cup	0.02
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.02
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.02
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.02
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.02
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.02
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.02
18217	Crackers, matzo, plain	28.35	1 matzo	0.02
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.02
09298	Raisins, seedless	14	1 packet	0.02
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.02
18177	Cookies, molasses	15	1 cookie, medium	0.02
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.02
20006	Barley, pearled, cooked	157	1 cup	0.02
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.02
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.02
11264	Mushrooms, canned, drained solids	156	1 cup	0.02
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.02

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.02
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.01
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.01
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.01
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.01
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.01
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.01
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.01
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.01
01032	Cheese, parmesan, grated	5	1 tbsp	0.01
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.01
01069	Cream substitute, powdered	2	1 tsp	0.01
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.01
11135	Cauliflower, raw	13	1 floweret	0.01
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.01
11284	Onions, dehydrated flakes	5	1 tbsp	0.01
19294	Fruit butters, apple	17	1 tbsp	0.01
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.01
19097	Sherbet, orange	74	1/2 cup	0.01
11084	Beets, canned, drained solids	24	1 beet	0.01
11260	Mushrooms, white, raw	70	1 cup	0.01
16112	Miso	68.75	1 cup	0.01
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.01
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.01
11156	Chives, raw	3	1 tbsp	0.01
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.01
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.01
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.01
02026	Spices, onion powder	2.1	1 tsp	0.01
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.01
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.01
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.01
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.00
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.00
11677	Shallots, raw	10	1 tbsp	0.00
14181	Chocolate syrup	18.75	1 tbsp	0.00
01186	Cheese, cream, fat free	15.6	1 tbsp	0.00
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.00
11282	Onions, raw	14	1 slice	0.00
11215	Garlic, raw	3	1 clove	0.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.00
02055	Horseradish, prepared	5	1 tsp	0.00
11955	Tomatoes, sun-dried	2	1 piece	0.00
07008	Bologna, beef and pork	56.7	2 slices	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00

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## Vitamin E (alpha-tocopherol) ( mg ) 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
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.00
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.00
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.00
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	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
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
35142	Frybread, made with lard (Navajo)	90	5" bread	0.00
11429	Radishes, raw	4.5	1 radish	0.00
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.00
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.00
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.00
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.00
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.00
02047	Salt, table	6	1 tsp	0.00

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## Vitamin E (alpha-tocopherol) ( mg ) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
19353	Syrups, maple	20	1 tbsp	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
19300	Jellies	19	1 tbsp	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19296	Honey	21	1 tbsp	0.00
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.00
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
01124	Egg, white, raw, fresh	33.4	1 large	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
20068	Tapioca, pearl, dry	152	1 cup	0.00
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.00
14429	Water, tap, municipal	237	8 fl oz	0.00
19107	Candies, hard	3	1 small piece	0.00
19107	Candies, hard	6	1 piece	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.00
19116	Candies, marshmallows	50	1 cup	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.00