14003 Alcoholic beverage, beer, regular, all 355 12 fl oz 1 14010 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14501 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14511 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz 0 14414 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz 0 14414 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz 0 14417 Alcoholic beverage, wine, dessert, sveet 103 3.5 fl oz 0 14057 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, white 103 1.5 fl oz 0 14066 Apple, joue, canned or bottidd, unswetened, without added ascorbic add 24 1.cup 0 08	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14010 Alcoholic beverage, disjuir, prepared-from-recipe 60 2 fl oz 0 14037 Alcoholic beverage, disjuir, prepared-from-recipe 42 1.5 fl oz 0 14550 Alcoholic beverage, disjuird, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14651 Alcoholic beverage, disjuird, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14444 Alcoholic beverage, wine, dessert, sovet 103 3.5 fl oz 0 14057 Alcoholic beverage, wine, dessert, sovet 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, dessert, sovet 103 3.5 fl oz 0 14065 Alcoholic beverage, wine, table, rd 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, table, rd 24 1 cup 0 06016 Apples, dired, sulfured, uncooked 32 5 rings 0 06016 Apples, dired, sulfured, uncooked 32 1 cup 0	14006	Alcoholic beverage, beer, light	354	12 fl oz	0.85
HADDR Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz C 14550 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz C 14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz C 14141 Alcoholic beverage, line, octata, prepared-from-recipe 141 4.5 fl oz C 14017 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz C 14056 Alcoholic beverage, wine, table, red 103 3.5 fl oz C 14066 Alcoholic beverage, wine, table, red 103 3.5 fl oz C 11001 Alfafa seeds, sprouted, raw 33 1 cup 1 10010 Alfafa seeds, sprouted, raw 33 1 cup C 09011 Apples, flaw, without skin 110 1 cup C 09002 Apples. flaw, without skin 110 1 cup C 09014 Apples, raw, with skin, solids and liquids 288 1 cup C 09024	14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	1.63
prod 14500 Actorial barrange, distilled, all (gin, rum, vodka, whiskey) 86 42 1.5 fl oz C 14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz C 14414 Alcoholic beverage, injeueur, offre, 55 proof 52 1.5 fl oz C 14017 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz C 14056 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz C 14057 Alcoholic beverage, wine, table, velto 103 3.5 fl oz C 14056 Alcoholic beverage, wine, table, velto 103 3.5 fl oz C 14056 Alcoholic beverage, wine, table, velto 103 3.5 fl oz C 14051 Alcoholic beverage, wine, table, velto 103 3.5 fl oz C 08016 Apple juics, canned or bottled, unsweetened, without added 248 1 cup C 08001 Apples, raw, without shi 110 1 cup C 08022 Apricots, canned, without sait (includes USDA 255 1 cup C	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.04
proof 14551 Alcoholic bowrage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5.ft oz 0 14414 Alcoholic bowrage, liqueur, coffee, 53 proof 52 1.5.ft oz 0 14017 Alcoholic bowrage, wine, dessert, dy 103 3.5.ft oz 0 14056 Alcoholic bowrage, wine, dessert, dy 103 3.5.ft oz 0 14057 Alcoholic bowrage, wine, table, red 103 3.5.ft oz 0 14066 Alcoholic bowrage, wine, table, white 103 3.5.ft oz 0 11001 Alcoholic bowrage, wine, table, white 103 3.5.ft oz 0 11001 Alcoholic bowrage, wine, table, white 103 3.5.ft oz 0 11001 Alcoholic bowrage, wine, table, white 103 3.5.ft oz 0 09016 Apples, aw, with skin 138 1 oup 0 0 09011 Apples, raw, without skin 138 1 oup 0 0 0 0 0 0 0 0 0 0 0 0	14037		42	1.5 fl oz	0.00
proof 52 1.5 fl oz 1 14017 Alcoholic beverage, ina colada, prepared-from-recipe 141 4.5 fl oz 0 14017 Alcoholic beverage, wine, dessert, dy 103 3.5 fl oz 0 14058 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 11001 Alfala seeds, sprouted, raw 33 1 cup 1 09016 Apples, dried, suffured, unsweetened, without added 248 1 cup 0 09011 Apples, raw, with skin 138 1 apple 0 09004 Apples, raw, with skin 138 1 apple 0 09004 Apples, raw, withot skin 110 1 cup 0 09020 Applesauce, canned, sweetened, without added ascorbic add 251 1 cup 0 09021 Applesauce, canned, sweetened, without salt (includes USDA 255 1 cup 1 09024 Applesauce, anned, unsweetened, without salt 244 1 cup <td>14550</td> <td>U</td> <td>42</td> <td>1.5 fl oz</td> <td>0.00</td>	14550	U	42	1.5 fl oz	0.00
14017 Alcoholic beverage, wine, dessert, dy 103 3.5 fl oz 0 14536 Alcoholic beverage, wine, dessert, dy 103 3.5 fl oz 0 14057 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14106 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14006 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14010 Alfalfa seeds, sprouted, raw 33 1 cup 1 08011 Apples, dired, suffured, uncocked 32 5 rings 0 09003 Apples, raw, with shin 110 1 cup 0 09004 Apples, raw, without shin 110 1 cup 0 09020 commodity Applesauce, canned, without salt (ncluded scorbic acid 244 1 cup 0 09021 Apricots, canned, unswetened, without added acorbic acid 255 1 cup 1 09024 Apricots, canned, uncocked 35 1 apricot 0 09021 A	14551	o i i i i j	42	1.5 fl oz	0.00
14536Alcoholic beverage, wine, dessert, dry1033.5 fl oz014057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz014086Alcoholic beverage, wine, table, red1033.5 fl oz014001Alcoholic beverage, wine, table, red1033.5 fl oz014002Alcoholic beverage, wine, table, red1033.5 fl oz014001Alfafa seeds, sprouted, raw331 cup014002Apple juice, canned or bottled, unsweetened, without added2481 cup009014Apples, raw, with skin1381 apple009020Apples, raw, without skin1101 cup009021Apples, canned, unsweetened, without added ascorbic2441 cup009024Apricot, canned, unsweetened, without added ascorbic2441 cup009027Apricots, canned, unsweetened, without added ascorbic2551 cup109028Apricots, canned, unsweetened, without added ascorbic2441 cup109029Apricots, canned, unsweetened, without added ascorbic351 0 halves109024Apricots, canned, unsweetened, without added ascorbic351 oup109024Apricots, canned, unsweetened, without1681 cup109024Apricots, canned, unsweetened, without1681 cup109024Apricots, canned, duiney solids724 spears109024Apricots, canned, duined s	14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.05
14057 Alcoholic beverage, wine, desserf, sweet 103 3.5 fl oz 0 14096 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 14106 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 09016 Apple juice, canned or bottled, unsweetened, without added 248 1 cup 0 09011 Apples, tined, suffured, uncooked 32 5 rings 0 09010 Apples, traw, with skin 138 1 apple 0 09020 Apples, raw, without skin 110 1 cup 0 09019 Apples, canned, unsweetened, without added acorbic acid 255 1 cup 0 09020 Applesuze, canned, unsweetened, without added acorbic acid 251 1 cup 1 09021 Apricots, canned, iwae ysrup pack, with skin, solids and liquids 258 1 cup 1 09022 Apricots, canned, iwae ysrup pack, with skin, solids and liquids 254 1 cup 1 09024 Apricots, canned, iwae ysrup pack, with skin, solids and liquids 254 1 cup 4 11008 Artichokes, (globe or french), cooked, boiled, drained, without </td <td>14017</td> <td>Alcoholic beverage, pina colada, prepared-from-recipe</td> <td>141</td> <td>4.5 fl oz</td> <td>0.59</td>	14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.59
14096Alcoholic beverage, wine, table, red1033.5 fl oz014106Alcoholic beverage, wine, table, white1033.5 fl oz011001Alfalfa seeds, sprouted, raw331 cup108016Apple juice, canned or bottled, unsweetened, without added ascorbic acid2481 cup009011Apples, dried, sulfured, uncooked325 rings009003Apples, raw, without skin1381 apple009004Apples, raw, without skin1101 cup009020Applesace, canned, sweetened, without added ascorbic aci (includes USDA commodity)2551 cup009021Applesace, canned, unsweetened, without added ascorbic aci (includes USDA commodity)2581 cup009027Apricots, canned, unsweetened, without added ascorbic acid2511 cup009028Apricots, canned, unsweetened, without added ascorbic acid2511 cup009029Apricots, canned, unsweetened, without2581 cup109024Apricots, canned, unsweetened, without2581 cup109024Apricots, canned, unsweetened, without25510 halves109024Apricots, canned, unsweetened, without2681 cup109024Apricots, canned, unsweetened, without1681 cup109024Apricots, canned, unsweetened, without1001 cup211008Artichokes, Iglobe or french), cooked, boiled, drained, without <td>14536</td> <td>Alcoholic beverage, wine, dessert, dry</td> <td>103</td> <td>3.5 fl oz</td> <td>0.21</td>	14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.21
14106Alcoholic beverage, wine, table, white1033.5 fl oz011001Alfalfa seeds, sprouted, raw331 cup109016Apple juice, canned or bottled, unsweetened, without added2481 cup009011Apples, riaw, with skin1381 apple009002Apples, raw, without skin1101 cup009003Apples, raw, without skin1101 cup009004Apples, raw, without skin1101 cup009005Applesauce, canned, sweetened, without added ascorbic2441 cup009019Applesauce, canned, with added ascorbic acid2511 cup009020Capplesauce, canned, with added ascorbic acid2511 cup009021Apricot, canned, luice pack, with skin, solids and liquids2441 cup109022Apricots, canned, luice pack, with skin, solids and liquids2441 cup109021Apricots, canned, luice pack, with skin, solids and liquids2441 cup109021Apricots, canned, luice developed, boiled, drained, without1681 cup111008Artichokes, (globe or french), cocked, boiled, drained, without1681 cup211015Asparagus, frozen, cocked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cocked, boiled, drained, without salt604 spears111019Asparagus, frozen, cocked, boiled, drained, without salt604 s	14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.21
11001Alfalfa seeds, sprouted, raw331 cup109016Apple juice, canned or bottled, unsweetened, without added2481 cup009011Apples, dried, sulfured, uncooked325 rings009003Apples, raw, with skin1381 apple009004Apples, raw, with skin1101 cup009020Applesauce, canned, sweetened, without salt (includes USDA2551 cup009019Applesauce, canned, unsweetened, without added ascorbic2441 cup009027Apricot, canned, unsweetened, without added ascorbic2511 cup009028Apricot, canned, unsweetened, without added ascorbic2581 cup109024Apricots, canned, unsweetened, without added ascorbic2581 cup109027Apricots, canned, heavy syrup pack, with skin, solds and liquids2441 cup109021Apricots, canned, juice pack, with skin, solds and liquids2581 cup109021Apricots, canned, juice pack, with skin, solds and liquids2541 cup109021Apricots, raw351 apricot0011008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup311018Asparagus, conked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup211019Asparagus, frozen, cooked, boiled, drained, without	14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.07
Apple julce, canned or botlied, unsweetened, without added ascorbic acid2481 cupC09011Apples, dird, sulfured, uncooked325 ringsC09003Apples, raw, with skin1381 appleC09004Apples, raw, without skin1101 cupC09005Applesauce, canned, sweetened, without salt (includes USDA2551 cupC09010Applesauce, canned, unsweetened, without salt (includes USDA2551 cupC09027Apricots, canned, unsweetened, without added ascorbic2441 cupC09027Apricots, canned, unsweetened, with added ascorbic acid2511 cupC09027Apricots, canned, unsweetened, with skin, solids and liquids2441 cup109024Apricots, canned, juice pack, with skin, solids and liquids2441 cup109021Apricots, canned, juice pack, with skin, solids and liquids2441 cup109024Apricots, canned, ince pack, with skin, solids and liquids2441 cup109024Apricots, raw351 apricotC1008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup311012Asparagus, cooked, boiled, drained, without salt1801 cup111013Asparagus, frozen, cooked, boiled, drained, without salt1801 cup111014Asparagus, frozen, cooked, boiled, drained, without salt604 spears111019Asparagus, fro	14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.07
ascorbic acid325 rings0009011Apples, raw, with skin1381 apple009003Apples, raw, with skin1101 cup009004Apples, raw, without skin1101 cup009005Applesauce, canned, sweetened, without salt (includes USDA2551 cup009019Applesauce, canned, unsweetened, without added ascorbic2441 cup009019Applesauce, canned, unsweetened, without added ascorbic acid2511 cup009027Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup109024Apricots, canned, juice pack, with skin, solids and liquids2541 cup109025Apricots, canned, juice pack, with skin, solids and liquids2541 cup109024Apricots, canned, juice pack, with skin, solids and liquids2541 cup109025Apricots, raw3510 halves111008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup311015Asparagus, canned, drained solids724 spears111019Asparagus, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1 <td>11001</td> <td>Alfalfa seeds, sprouted, raw</td> <td>33</td> <td>1 cup</td> <td>1.32</td>	11001	Alfalfa seeds, sprouted, raw	33	1 cup	1.32
Apples, raw, with skin1381 appleC09003Apples, raw, without skin1101 cupC09004Apples, raw, without skin1101 cupC09020Commodify2551 cupC09019Applesauce, canned, unsweetened, without added ascorbic2441 cupC09027Apricots, canned, neavy syrup pack, with skin, solids and liquids2581 cup109024Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup109022Apricots, canned, unlaweetened, without added ascorbic351 halves109024Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup109022Apricots, canned, buildred, uncooked351 apricotC09021Apricots, raw351 apricotC09022Apricots, canned, drained, uncooked1681 cup411008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, canned, drained solids724 spears111019Asparagus, cooked, boiled, drained, without salt1801 cup2611019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup2611019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup2611019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup2611019Aspara	09016		248	1 cup	0.25
Apples, raw, without skin1101 cup09004Applessauce, canned, sweetened, without salt (includes USDA2551 cup09019Applessauce, canned, unsweetened, without added ascorbic2441 cup009019Applessauce, canned, unsweetened, without added ascorbic2441 cup009020Apricots, canned, with added ascorbic acid2511 cup109027Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup109024Apricots, canned, juice pack, with skin, solids and liquids2441 cup109021Apricots, canned, juice pack, with skin, solids and liquids2581 otp109024Apricots, dried, sulfured, uncooked351 bhalves109021Apricots, raw351 apricot011008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup311018Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, frozen, cooked, boiled, drained, without salt18001 cup511019Asparagus, frozen, cooked, boiled, drained, without salt18001 cup511019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears111019 <td< td=""><td>09011</td><td>Apples, dried, sulfured, uncooked</td><td>32</td><td>5 rings</td><td>0.30</td></td<>	09011	Apples, dried, sulfured, uncooked	32	5 rings	0.30
Applesauce, canned, sweetened, without salt (includes USDA commodity)2551 cup009019Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)2441 cup009030Apricot nectar, canned, with added ascorbic acid2511 cup009027Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup109024Apricots, canned, juice pack, with skin, solids and liquids2581 oup109021Apricots, raw3510 halves109021Apricots, raw351 apricot011008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup411015Asparagus, canned, drained solids724 spears111019Asparagus, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained28.351 oz009038Avocados, raw, Claffornia28.351 oz018005Bagels, cinnamon-raisin713-1/2' bagel618003Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)713-1/2' bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)894' bagel8180	09003	Apples, raw, with skin	138	1 apple	0.36
commodity)Applesauce, canned, unsweetened, without added ascorbic2441 cupC09019Applesauce, canned, unsweetened, with added ascorbic acid2511 cupC09027Apricot nectar, canned, with added ascorbic acid2581 cup109024Apricots, canned, juice pack, with skin, solids and liquids2681 cup109022Apricots, canned, ipice pack, with skin, solids and liquids2441 cup109032Apricots, canned, uce pack, with skin, solids and liquids2441 cup109032Apricots, canned, uce pack, with skin, solids and liquids2551 0 halves109032Apricots, canned, uce pack, with skin, solids and liquids2541 cup109032Apricots, canned, conced, boiled, drained, without1681 cup411008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, canned, drained solids724 spears111014Asparagus, frozen, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup211019Asparagus, frozen, cooked, boiled, drained, without salt604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears111019Asparagus, frozen, cooked, boiled, drained28.351 ozC11015Bagels, cinnamon-raisin713-1/2" bagel <td>09004</td> <td>Apples, raw, without skin</td> <td>110</td> <td>1 cup</td> <td>0.30</td>	09004	Apples, raw, without skin	110	1 cup	0.30
acid (includes USDA commodity)09403Apricot nectar, canned, with adde ascorbic acid2511 cup009027Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup109024Apricots, canned, juice pack, with skin, solids and liquids2441 cup109032Apricots, dried, sulfured, uncooked3510 halves109021Apricots, dried, sulfured, uncooked351 apricot011008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup411008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium311015Asparagus, canned, drained solids724 spears111012Asparagus, conked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, Florida28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)894" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)894" bagel718001Bagels, plain, enriched, with calcium pro	09020		255	1 cup	0.41
Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup109027Apricots, canned, juice pack, with skin, solids and liquids2441 cup109032Apricots, canned, juice pack, with skin, solids and liquids2441 cup109032Apricots, dried, sulfured, uncooked3510 halves109021Apricots, raw351 apricot011008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup411008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, canned, drained solids724 spears111019Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)1 oz3319078Baking chocolate, unsweetened, liquid28.35<	09019		244	1 cup	0.41
Apricots, canned, juice pack, with skin, solids and liquids2441 cup109032Apricots, canned, juice pack, with skin, solids and liquids3510 halves109032Apricots, raw351 apricot011008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup411008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, canned, drained solids724 spears111012Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt894' bagel	09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.93
Apricats, dried, sulfured, uncooked3510 halves109032Apricots, dried, sulfured, uncooked351 apricot011008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup411008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, canned, drained solids724 spears111012Asparagus, cooked, boiled, drained604 spears111013Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained28.351 oz009038Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel818003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)1 oz319078Baking chocolate, unsweetened, iquid28.351 oz319078Baking chocolate, unsweetened, squares28.35	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1.37
Apricats, raw351 apricot11008Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium11018Asparagus, canned, drained solids724 spears111012Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618005Bagels, egg894" bagel918001Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square319078Baking chocolate, unsweetened, squares<	09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	1.54
Artichokes, (globe or french), cooked, boiled, drained, without1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311018Artichokes, (globe or french), cooked, boiled, drained, without1201 medium311015Asparagus, canned, drained solids724 spears111012Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears110938Avocados, raw, California28.351 oz009039Avocados, raw, California28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618003Bagels, egg713-1/2" bagel718001Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.19
salt11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium311015Asparagus, canned, drained solids724 spears111012Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618003Bagels, cinnamon-raisin894" bagel818003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel818001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819078Baking chocolate, unsweetened, Iquid28.351 oz3319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	09021	Apricots, raw	35	1 apricot	0.49
salt11015Asparagus, canned, drained solids724 spears111012Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618003Bagels, cinnamon-raisin894" bagel818003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel818007Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel818007Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)1 oz319077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square319078Bamboo shoots, canned, drained solids1311 cup2	11008		168	1 cup	4.86
11012Asparagus, cooked, boiled, drained604 spears111019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618003Bagels, egg894" bagel818003Bagels, egg713-1/2" bagel718003Bagels, egg713-1/2" bagel718003Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	11008		120	1 medium	3.47
11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup511019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618005Bagels, cinnamon-raisin894" bagel818003Bagels, egg894" bagel818003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	11015	Asparagus, canned, drained solids	72	4 spears	1.54
11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears109038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618005Bagels, cinnamon-raisin894" bagel818003Bagels, egg894" bagel718003Bagels, egg713-1/2" bagel718001Bagels, pinn, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	11012	Asparagus, cooked, boiled, drained	60	4 spears	1.44
09038Avocados, raw, California28.351 oz009039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618005Bagels, cinnamon-raisin894" bagel818003Bagels, egg894" bagel818003Bagels, egg713-1/2" bagel718001Bagels, piani, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, piani, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5.31
09039Avocados, raw, Florida28.351 oz018005Bagels, cinnamon-raisin713-1/2" bagel618005Bagels, cinnamon-raisin894" bagel818003Bagels, egg894" bagel818003Bagels, egg713-1/2" bagel718003Bagels, pgg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square31908Bamboo shoots, canned, drained solids1311 cup2	11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.77
18005Bagels, cinnamon-raisin713-1/2" bagel618005Bagels, cinnamon-raisin894" bagel818003Bagels, egg894" bagel918003Bagels, egg713-1/2" bagel718003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	09038	Avocados, raw, California	28.35	1 oz	0.56
18005Bagels, cinnamon-raisin894" bagel818003Bagels, egg894" bagel918003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square31028Bamboo shoots, canned, drained solids1311 cup2	09039	Avocados, raw, Florida	28.35	1 oz	0.63
18003Bagels, egg894" bagel918003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel818001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square31028Bamboo shoots, canned, drained solids1311 cup2	18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	6.96
18003Bagels, egg713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel818001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	18005	Bagels, cinnamon-raisin	89	4" bagel	8.72
18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel818001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel819077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	18003	Bagels, egg	89	4" bagel	9.43
onion, poppy, sesame)894" bagel8018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel8019077Baking chocolate, unsweetened, liquid28.351 oz3019078Baking chocolate, unsweetened, squares28.351 square3011028Bamboo shoots, canned, drained solids1311 cup20	18003	Bagels, egg	71	3-1/2" bagel	7.53
onion, poppy, sesame)28.351 oz319077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	18001		71	3-1/2" bagel	7.11
19078Baking chocolate, unsweetened, squares28.351 square311028Bamboo shoots, canned, drained solids1311 cup2	18001	Bagels, plain, enriched, with calcium propionate (includes	89	4" bagel	8.92
11028Bamboo shoots, canned, drained solids1311 cup2	19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.43
	19078	Baking chocolate, unsweetened, squares	28.35	1 square	3.66
09040 Bananas, raw 118 1 banana 1	11028	Bamboo shoots, canned, drained solids	131	1 cup	2.25
	09040	Bananas, raw	118	1 banana	1.29

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	1.64
20006	Barley, pearled, cooked	157	1 cup	3.55
20005	Barley, pearled, raw	200	1 cup	19.82
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.07
16008	Beans, baked, canned, with franks	259	1 cup	17.48
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13.18
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	13.03
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	15.24
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	14.74
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	13.36
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	15.35
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	14.98
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	15.41
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.70
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	2.36
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	2.01
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.55
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	2.36
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	2.01
16051	Beans, white, mature seeds, canned	262	1 cup	19.02
22905	Beef stew, canned entree	232	1 cup	10.23
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	22.41
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	26.40
13348	Beef, cured, corned beef, canned	85.05	3 oz	23.05
13350	Beef, cured, dried	28.35	1 oz	8.82
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	21.73
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	21.89
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	22.04
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	19.35
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	19.35
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	27.85
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	29.19
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	24.06 25.27
23598 13930	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8"	85	3 oz 3 oz	23.27
23610	fat, all grades, cooked, broiled Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat,	85	3 oz	25.01
13327	all grades, cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	22.54
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	3.70
11084	Beets, canned, drained solids	170	1 cup	1.55
11084	Beets, canned, drained solids	24	1 beet	0.22
11084	Beets, cooked, boiled, drained	50	1 beet	0.22
11001		170	1 cup	2.86

Content per NDB No Description Weight (g) **Common Measure** Measure 18016 Biscuits, plain or buttermilk, prepared from recipe 2-1/2" biscuit 4.20 60 18016 Biscuits, plain or buttermilk, prepared from recipe 101 4" biscuit 7.07 2-1/2" biscuit 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 27 1.99 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 21 2-1/4" biscuit 1.64 09042 Blackberries, raw 144 2.00 1 cup 09055 Blueberries, frozen, sweetened 230 1 cup 0.92 09050 Blueberries, raw 145 1 cup 1.07 07008 Bologna, beef and pork 56.7 2 slices 8.62 07014 Braunschweiger (a liver sausage), pork 56.7 2 slices 8.22 28.35 18079 Bread crumbs, dry, grated, plain 3.78 1 oz 120 18376 Bread crumbs, dry, grated, seasoned 1 cup 16.96 18082 Bread stuffing, bread, dry mix, prepared 100 1/2 cup 3.20 18019 Bread, banana, prepared from recipe, made with margarine 2.58 60 1 slice 18023 Bread, cornbread, dry mix, prepared 60 3.96 1 piece Bread, cornbread, prepared from recipe, made with low fat (2%) 18024 65 1 piece 4.36 milk 25 2.18 18025 Bread, cracked-wheat 1 slice 18027 40 1/2" slice 3.80 Bread, egg Bread, french or vienna (includes sourdough) 1/2" slice 18029 25 2.94 18033 Bread, italian 20 1 slice 1.76 18035 Bread, Multi-Grain (includes whole-grain) 26 1 slice 3.47 Bread, Multi-Grain, toasted (includes whole-grain) 3.48 18036 24 1 slice 27 2 27 18039 Bread, oatmeal 1 slice 18040 Bread, oatmeal, toasted 25 1 slice 2.30 18041 Bread, pita, white, enriched 28 4" pita 2.55 18041 Bread, pita, white, enriched 60 6-1/2" pita 5.46 32 18044 Bread, pumpernickel 1 slice 2.78 18045 Bread, pumpernickel, toasted 29 1 slice 2.76 18047 Bread, raisin, enriched 26 1 slice 2.05 18048 Bread, raisin, toasted, enriched 24 1 slice 2.06 23 2.09 18053 Bread, reduced-calorie, rye 1 slice 18055 Bread, reduced-calorie, wheat 23 3.06 1 slice 18057 Bread, reduced-calorie, white 23 1 slice 2.00 18060 Bread, rye 32 1 slice 2.72 18061 Bread, rye, toasted 24 1 slice 2.26 Bread, wheat 25 1 slice 2.59 18064 23 18065 Bread, wheat, toasted 1 slice 2.98 18069 Bread, white, commercially prepared (includes soft bread 45 1 cup 4.12 crumbs) 18069 Bread, white, commercially prepared (includes soft bread 25 2.29 1 slice crumbs) 22 1.98 18070 Bread, white, commercially prepared, toasted 1 slice 3.63 18075 Bread, whole-wheat, commercially prepared 28 1 slice 18076 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 4.07 11091 Broccoli, cooked, boiled, drained, without salt 156 3.71 1 cup Broccoli, cooked, boiled, drained, without salt 37 0.88 11091 1 spear 0.33 11740 Broccoli, flower clusters, raw 11 1 floweret 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184 1 cup 5.70 11090 Broccoli, raw 31 0.87 1 spear

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11090	Broccoli, raw	88	1 cup	2.48
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	3.98
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	5.64
20011	Buckwheat flour, whole-groat	120	1 cup	15.14
20010	Buckwheat groats, roasted, cooked	168	1 cup	5.68
20013	Bulgur, cooked	182	1 cup	5.61
20012	Bulgur, dry	140	1 cup	17.21
01001	Butter, salted	14.2	1 tbsp	0.12
01145	Butter, without salt	14.2	1 tbsp	0.12
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	2.65
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	1.79
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	1.91
11109	Cabbage, raw	70	1 cup	0.90
11112	Cabbage, red, raw	70	1 cup	1.00
11114	Cabbage, savoy, raw	70	1 cup	1.40
18086	Cake, angelfood, commercially prepared	28	1 piece	1.65
18088	Cake, angelfood, dry mix, prepared	50	1 piece	3.05
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.21
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	2.23
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.04
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.25
18116	Cake, gingerbread, prepared from recipe	74	1 piece	2.89
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	4.03
18120	Cake, pound, commercially prepared, butter	28	1 piece	1.54
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1.51
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	3.97
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.82
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.47
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.85
18133	Cake, sponge, commercially prepared	30	1 shortcake	1.62
18134	Cake, sponge, prepared from recipe	63	1 piece	4.60
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.93
18139	Cake, white, prepared from recipe without frosting	74	1 piece	4.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in- store bakery	64	1 piece	2.02
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	2.24
19074	Candies, caramels	10.1	1 piece	0.46
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.11
19071	Candies, carob, unsweetened	28.35	1 oz	2.31
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.41
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.83
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.45
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.17
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19107	Candies, hard	3	1 small piece	0.00

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19107	Candies, hard	6	1 piece	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.73
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.30
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	1.91
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.72
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	2.45
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	4.29
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.02
19116	Candies, marshmallows	50	1 cup	0.90
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	3.37
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.24
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.41
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	3.69
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5.01
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.38
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	2.20
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	4.61
19080	Candies, semisweet chocolate	168	1 cup	7.06
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.47
19087	Candies, white chocolate	170	1 cup	9.98
09060	Carambola, (starfruit), raw	108	1 cup	1.12
09060	Carambola, (starfruit), raw	91	1 fruit	0.95
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.26
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.39
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.36
14150	Carbonated beverage, orange	372	12 fl oz	0.00
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.18
16055	Carob flour	8	1 tbsp	0.37
11655	Carrot juice, canned	236	1 cup	2.24
11960	Carrots, baby, raw	10	1 medium	0.06
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.93
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.19
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.85
11124	Carrots, raw	110	1 cup	1.02
11124	Carrots, raw	72	1 carrot	0.67
11935	Catsup	15	1 tbsp	0.19
11935	Catsup	6	1 packet	0.08
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	2.28
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.99

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	2.90
11135	Cauliflower, raw	13	1 floweret	0.25
11135	Cauliflower, raw	100	1 cup	1.92
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	1.25
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.31
11143	Celery, raw	40	1 stalk	0.28
11143	Celery, raw	120	1 cup	0.83
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	1.92
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	2.28
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.69
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.86
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	3.63
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.58
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.68
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.59
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	2.64
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	1.88
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.24
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	2.31
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	2.30
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.91
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	2.04
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	2.14
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	3.08
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.50
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	2.94
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	2.49
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.52
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	2.90
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.94
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.50
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.62
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	2.10
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.43
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.94
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.50
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.23
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size and little bites	55	1 cup	5.06
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	1.54
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	2.31
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	4.71
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	2.23

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.44
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	5.80
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	4.69
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.19
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.16
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.92
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	4.21
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	4.93
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	2.88
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	3.19
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.88
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	2.07
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	1.76
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	5.23
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	4.14
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	2.98
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	2.70
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	3.61
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	4.35
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal p	3.64
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	4.19
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	5.94
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	2.16
08143	Cereals, WHEATENA, cooked with water	243	1 cup	4.86
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	4.78
01164	Cheese sauce, prepared from recipe	243	1 cup	25.10
01048	Cheese spread, pasteurized process, American	28.35	1 oz	4.65
01004	Cheese, blue	28.35	1 oz	6.07
01007	Cheese, camembert	38	1 wedge	7.52
01009	Cheese, cheddar	28.35	1 oz	7.06
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	23.35
01013	Cheese, cottage, creamed, with fruit	226	1 cup	24.16
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	28.00
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	26.74
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	14.99
01017	Cheese, cream	14.5	1 tbsp	0.86
01186	Cheese, cream, fat free	15.6	1 tbsp	2.45
01019	Cheese, feta	28.35	1 oz	4.03
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	6.90
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	7.36

01030 Cheese, muanater 28.35 1 oz 28.5 01031 Cheese, muanater 28.35 1 oz 29.5 01042 Cheese, parateurized process, American, fortified with vitamin D 28.35 1 oz 7.0 01044 Cheese, parateurized process, swiss 28.35 1 oz 7.0 01035 Cheese, provolon 28.35 1 oz 7.0 01036 Cheese, nicotta, whole milk 246 1 cup 28.7 01036 Cheese, nicotta, whole milk 246 1 cup 27.7 01036 Cheese, swiss 28.35 1 oz 7.6 01040 Cheese, swiss 1 oz 7.6 1 0.1 20.7 7.6 01041 Cheese, swiss 0.0 1 piece 24.4 1 oz 1.0 2.7 7.6 01040 Cheese, swiss 0.0 1 piece 3.4 1.0 2.7 1 smail pie 10.4 01041 Chicken, polie or onmericibly prepard 20.7 1 smail pie 10.4 10.2 <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01031 Cheese, neudrhatel 28.35 1 oz 25.5 01032 Cheese, prawteriaen, grated 5 1 tbsp 1.5 01042 Cheese, prawteriaen forcess, swiss 28.35 1 oz 7.2 01044 Cheese, provolone 28.35 1 oz 7.2 01035 Cheese, notota, whole mik 246 1 cup 28.0 01036 Cheese, notota, whole mik 246 1 cup 28.0 01040 Cheese, notota, whole mik 246 1 cup 28.0 10141 Cheese, notota, whole mik 246 1 cup 28.0 10140 Cheese, notota, whole mik 244 1 cup 1.8 118147 Cheese, notota, whole meter, perpared 287 2 slices 34.4 09064 Cherines, sower, raw 08 10 cherries 34.7 09070 Cherines, sower, raw 08 10 cherries 34.2 07017 Cheken poties of rysen, breast, meat and skin, cooked, fried, 40 30.2 24.3 05057 Cheken, br	01026	Cheese, mozzarella, whole milk	28.35	1 oz	6.29
01032 Cheese, parmesan, grated 5 1 tbsp 1.9 01042 Cheese, pasturized process, sweet 28.35 1 oz 7.2 01035 Cheese, provolone 28.35 1 oz 7.2 01035 Cheese, provolone 28.35 1 oz 7.2 01036 Cheese, inotat, when milk 246 1 cup 27.2 01040 Cheese, inotat, when milk 246 1 cup 27.2 01040 Cheese, inotat, when milk 246 1 cup 27.2 01040 Cheese, inotat, when milk 246 1 cup 27.2 01040 Cheese, inotat, when etcher, etcher, and therries, canned, water pack, solids and liquids 244 1 cup 18.4 0907 Cherken, broilers or fryers, breast, meat and skin, cooked, fried, 140 12 breast 31.2 05058 Chicken not light meat 98 12 breast 21.2 05057 Chicken, broilers or fryers, breast, meat and skin, cooked, fried 86 1 drumstick 16.2 05076 Chicken, broilers or fryers, dantk meat, drumstick, meat and sk	01030	Cheese, muenster	28.35	1 oz	6.64
01042 Cheese, pasteurized process, swiss 28.35 1 oz 5.1 01044 Cheese, pasteurized process, swiss 28.35 1 oz 7.0 01035 Cheese, proxitone 28.35 1 oz 7.0 01036 Cheese, ricotta, part skim milk 246 1 cup 28.0 01037 Cheese, ricotta, whole milk 246 1 cup 7.6 01040 Cheese, swiss 28.35 1 oz 7.6 18147 Cheese, swiss 28.35 1 oz 7.6 08067 Christes, swiss 28.35 1 oz 7.6 08070 Charles, swiss 0.8 1 othernies 0.7 08070 Charles, breaker, maxet prepared 217 1 small pile 10.4 07017 Chicken pt pile, frozan entree, prepared 217 1 small pile 10.4 07036 Chicken, pt piles or tyres, breast, meat and skin, cooked, fried, 140 1.2 breast 3.1.2 07037 Chicken, broilers or tyres, dark meat, meat only, cooked, fried, 184 3 oz 2.2.3	01031	Cheese, neufchatel	28.35	1 oz	2.59
01044 Cheese, providine 28.35 1 oz 7.0 01035 Cheese, providine 28.35 1 oz 7.2 01036 Cheese, notat, part skim milk 246 1 cup 28.0 01036 Cheese, inotat, whole milk 246 1 cup 28.0 01037 Cheese, inotat, whole milk 246 1 cup 28.3 01040 Cheese, inotat, whole milk 246 1 cup 1.8 01040 Cheese, sour, recl, canned, water pack, solids and liquids 244 1 cup 1.8 01047 Cherries, swet, mext 68 10 cherries 0.7 02006 Chicken, prolies or fryers, breast, meat and skin, cooked, fried, 140 1/2 breast 3.1 05056 Chicken, prolies or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 2.6 05057 Chicken, prolies or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 2.6 05067 Chicken, prolies or fryers, durmatick, meat and skin, cooked, fried, 44 3 oz 2.4 05068 Chicken, prolies or fryers, durmatick, inmered 1	01032	Cheese, parmesan, grated	5	1 tbsp	1.92
01035 Cheese, providione 28.35 1 oz 7.2 01037 Cheese, incotta, part skim milk 246 1 cup 28.0 01036 Cheese, incotta, part skim milk 246 1 cup 27.7 01040 Cheese, swiss 28.35 1 oz 7.6 18147 Cheese, swiss 28.35 1 oz 7.2 18064 Chriens, swet, renew, repack, solids and liquids (fried, troilers, troilers, trow 68 10 cherries 3.4 05055 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 140 1/2 breast 2.12 05054 Chicken, broilers or fryers, dark meat, neat only, cooked, fried, 86 1 oz 2.2 05057 Chicken, broilers or fryers, dark meat, meat only, cooked, fried, 84 3 oz 2.2 2.4 05057 Chicken, broilers or fryers, dark meat, meat only, cooked, fried, 86 1 drums	01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	5.14
01037 Cheese, ricotta, whole milk 246 1 cup 28.0 01036 Cheese, ricotta, whole milk 246 1 cup 27.7 01040 Cheese, ricotta, whole milk 28.35 1 oz 7.6 01040 Cheese, swiss 28.35 1 oz 7.6 01040 Cheese, swiss 28.35 1 ozp 4.4 09064 Cherries, swoet, raw 68 0 cherries 0.7 09070 Cherries, swoet, raw 68 1 cup 1.6 05058 Chicken, toilight meat 55.7 2 slices 3.4 05058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 3.12 05054 Chicken, broilers or fryers, dram meat, drumstick, meat only, 44 1 drumstick 10.2 05054 Chicken, broilers or fryers, dram meat, and skin, cooked, fried 84 3 oz 2.2 05064 Chicken, broilers or fryers, drumstick, meat and skin, cooked, 172 1 drumstick 1.8 05076 Chicken, broilers or fryers, drumstick, meat and skin, cooked, 172 1 drumstick	01044	Cheese, pasteurized process, swiss	28.35	1 oz	7.01
01036 Cheese, ricota, whole milk 246 1 cup 27.7 01040 Cheese, sivis 28.35 1 oz 7.6 18147 Cheese, sivis 28.35 1 oz 7.6 09064 Cherries, sour, red, canned, water pack, solids and liquids 244 1 cup 1.8 09070 Cherries, swort, raw 68 10 cherries 0.7 22006 Chicken pot pie, frozen entree, prepared 217 1 small pie 10.4 05058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 140 1/2 breast 347 05059 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 28.6 05073 Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, fried 84 3 oz 24.3 05064 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 84 3 oz 24.3 05067 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 84 3 oz 24.3 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried 84 3 oz 25.	01035	Cheese, provolone	28.35	1 oz	7.25
010400Cheese, swiss28.351 oz7.618147Cheese, swiss28.351 oz7.618147Cheese, swiss2001 pice4.408064Cherries, sour, ed., canned, water pack, solids and liquids2441 cup1.809070Cherries, sweet, raw6810 cherries0.70717Chicken pot pie, frozen entree, prepared2171 small pie10.407017Chicken, roll, light meat56.72 slicos9.405058Chicken, pot piers, breast, meat and skin, cooked, fried, por981.2 breast3.105059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, por pres, dark meat, frameat only, cooked, fried, por cooked, roasted861.2 breast26.605073Chicken, broilers or fryers, dark meat, meat only, cooked, fried, 	01037	Cheese, ricotta, part skim milk	246	1 cup	28.02
18147Cheesecake commercially prepared801 piece4.409064Cherries, sour, red, canned, water pack, solids and liquids2441 cup1.809070Cherries, sour, red, canned, water pack, solids and liquids2441 cup1.809070Cherries, sweet, raw6810 cherries0.722906Chicken por pie, frozen entree, prepared2171 small pie10.405058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast34.705059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour981/2 breast26.605073Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast26.605074Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, fried843 oz24.305067Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz24.305067Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz27.505068Chicken, broilers or fryers, durunstick, meat and skin, cooked, fried843 oz27.505069Chicken, broilers or fryers, glibt meat, meat only, cooked, fried843 oz27.505069Chicken, broilers or fryers, glibt meat and skin, cooked, fried841 cup30.205077Chicken, broilers or fryers, light meat and skin, cooked, fried841 cup30.705088Chicken, broilers or fryers, light, meat and skin, co	01036	Cheese, ricotta, whole milk	246	1 cup	27.70
09064Cherries, sour, red, canned, water pack, solids and liquids2441 cup1.8 (includes USDA commodity red tari cherries, canned)09070Chicreries, sweet, raw6810 cherries0.722806Chicken pot pie, frozen entree, prepared2171 small pie10.405078Chicken, broliers or fryers, breast, meat and skin, cooked, fried, thour1401/2 breast34.705059Chicken, broliers or fryers, breast, meat and skin, cooked, fried, thour981/2 breast31.205064Chicken, broliers or fryers, breast, meat and skin, cooked, roasted861/2 breast26.605073Chicken, broliers or fryers, dark meat, drumstick, meat only, cooked, roasted843 oz24.305064Chicken, broliers or fryers, dark meat, fumatick, meat only, cooked, fried843 oz24.305064Chicken, broliers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick18.805073Chicken, broliers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick13.205080Chicken, broliers or fryers, glubets, cooked, simmered1451 cup39.305020Chicken, broliers or fryers, glubets, cooked, fried, batter861 thigh18.505098Chicken, broliers or fryers, light meat, meat only, cooked, fried, batter861 thigh18.505090Chicken, broliers or fryers, light meat, meat only, cooked, fried, batter861 thigh12.505091Chick	01040	Cheese, swiss	28.35	1 oz	7.63
(includes USDA commodily red tart cherries, canned) 54 10 cherries 10 cherries 0.7 22906 Chicken prolie, fozcen entree, prepared 217 1 small pie 0.0.7 22906 Chicken prolie, fozcen entree, prepared 217 1 small pie 0.0.7 22906 Chicken proliers or fryers, breast, meat and skin, cooked, fried, 140 1/2 breast 3.1.2 05058 Chicken, broliers or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 2.6.6 05073 Chicken, broliers or fryers, dark meat, drumstick, meat and), cooked, fried 84 3 oz 2.4.3 05064 Chicken, broliers or fryers, dark meat, meat only, cooked, fried 84 3 oz 2.4.3 05067 Chicken, broliers or fryers, drumstick, meat and skin, cooked, fried 84 3 oz 2.2.5 05068 Chicken, broliers or fryers, drumstick, meat and skin, cooked, fried 84 3 oz 2.2.5 05060 Chicken, broliers or fryers, light meat, meat only, cooked, fried 84 3 oz 2.2.5 05060 Chicken, broliers or fryers, light meat, meat only, cooked, fried, 84 3 oz 2.2.5 2.5	18147	Cheesecake commercially prepared	80	1 piece	4.40
22906Chicken pot pie, frozen entree, prepared2171 small pie10.407017Chicken roll, light meat56.72 slices9.405058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, potater1401/2 breast3.1.205059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, potater9.81/2 breast3.1.205064Chicken, broilers or fryers, breast, meat only, cooked, roasted8.61/2 breast26.605073Chicken, broilers or fryers, dark meat, drumstick, meat only, ocoked, roasted4.41 drumstick10.205064Chicken, broilers or fryers, dark meat, meat only, cooked, fried8.43 oz2.4.305067Chicken, broilers or fryers, drumstick, meat and skin, cooked, thick, batter721 drumstick13.205088Chicken, broilers or fryers, glubtes, cooked, simmered1451 cup39.305090Chicken, broilers or fryers, light meat, meat only, cooked, fried, batter861 thigh18.505098Chicken, broilers or fryers, light, meat and skin, cooked, fried, batter861 thigh12.405092Chicken, broilers or fryers, light, meat and skin, cooked, fried, batter861 thigh12.405093Chicken, broilers or fryers, light, meat and skin, cooked, fried, batter861 thigh12.405094Chicken, broilers or fryers, light, meat and skin, cooked, fried, batter861 thigh12.405095Chicken, broilers or fryers, light me	09064		244	1 cup	1.88
O7017Chicken roll, light meat56.72 slices9.405058Chicken, broilers or fryers, breast, meat and skin, cooked, fried,1401/2 breast34.705059Chicken, broilers or fryers, breast, meat and skin, cooked, fried,981/2 breast31.205064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast26.605073Chicken, broilers or fryers, dark meat, drumstick, meat only,441 drumstick10.205044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz24.305057Chicken, broilers or fryers, drumstick, meat and skin, cooked,721 drumstick15.805068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried843 oz22.505022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz22.505092Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz22.505090Chicken, broilers or fryers, light meat only, cooked, fried, 861 thigh18.505092Chicken, broilers or fryers, wing, meat and skin, cooked, fried, 861 thigh12.405092Chicken, broilers or fryers, wing, meat and skin, cooked, fried, 491 wing37.705277Chicken, broilers or fryers, wing, meat and skin, cooked, fried, 861 thigh14.205088Chicken, broilers or fryers, wing, meat and skin, co	09070	Cherries, sweet, raw	68	10 cherries	0.72
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast34.705059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour981/2 breast31.205054Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast26.605073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted441 drumstick10.205044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz24.305067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick13.205068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried843 oz27.505020Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, neck, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, uight meat and skin, cooked, fried861 thigh12.405092Chicken, broilers or fryers, wing, meat and skin, cooked, fried861 thigh12.405093Chicken, broilers or fryers, wing, meat and skin, cooked, fried91 wing9.705077Chicken, broilers or fryers, wing, meat and skin, cooked, fried401 cup42.50508Chicken, broilers or fryers, wing, meat and skin, cooked, fried11/25 oz30.905072Chicken, broilers or fryers, wing, meat and skin, cooked, fried11	22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	10.46
batter05059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour981/2 breast26.605073Chicken, broilers or fryers, breast, meat only, cooked, roasted cooked, roasted861/2 breast26.605073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted441 drumstick10.205044Chicken, broilers or fryers, dark meat, meat only, cooked, fried batter843 oz24.305067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour721 drumstick13.205068Chicken, broilers or fryers, glumstick, meat and skin, cooked, fried, flour10 drumstick13.205040Chicken, broilers or fryers, light meat, meat only, cooked, fried, batter861 trup39.305040Chicken, broilers or fryers, light meat, meat only, cooked, fried, batter861 thigh18.505090Chicken, broilers or fryers, light meat, meat only, cooked, fried, batter861 thigh12.405092Chicken, broilers or fryers, light, meat and skin, cooked, fried, batter861 thigh12.405093Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter861 thigh12.405094Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter861 thigh12.405092Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter861 thigh12.405093Chicken, stewing, meat only, cooked, stewed <td>07017</td> <td>Chicken roll, light meat</td> <td>56.7</td> <td>2 slices</td> <td>9.43</td>	07017	Chicken roll, light meat	56.7	2 slices	9.43
flourflourflour05064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast26.605073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted441 drumstick10.205044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz24.305067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick13.205082Chicken, broilers or fryers, grumstick, meat and skin, cooked, fried, flour491 drumstick13.205022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, neck, meat only, cooked, fried861 thigh18.505090Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh12.405022Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh12.405090Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh12.405092Chicken, broilers or fryers, skingh, meat and skin, cooked, fried91 wing9.705101Chicken, canned, meat only, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, simmered140 </td <td>05058</td> <td>· · · · · · · · · · · · · · · · · · ·</td> <td>140</td> <td>1/2 breast</td> <td>34.78</td>	05058	· · · · · · · · · · · · · · · · · · ·	140	1/2 breast	34.78
OS073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, reasted141 drumstick10.2OS044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz24.3OS067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour721 drumstick15.8OS068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour1 drumstick13.2OS022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.3OS040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz27.5OS090Chicken, broilers or fryers, neck, meat only, cooked, fried843 oz27.5OS092Chicken, broilers or fryers, neck, meat only, cooked, fried861 thigh18.5DS093Chicken, broilers or fryers, neck, meat only, cooked, fried, batter861 thigh18.5OS094Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.7OS277Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing47.5OS28Chicken, stewing, meat only, cooked, stewed1401 cup42.5I6058Chicken, stewing, meat only, cooked, stewed1401 cup14.516057Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chicken, stewing, meat, anned entree2221 cup12.816157Chicken stewing and entres<	05059	• • • • • • • • • •	98	1/2 breast	31.20
cooked, roasted24.305044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz24.305067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick15.805068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick13.205022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, neck, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, neck, meat only, cooked, fried, batter861 thigh18.505098Chicken, broilers or fryers, neck, meat only, cooked, fried, batter861 thigh12.405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905088Chicken, liver, all classes, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup11.805058Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chickens, stewing, meat only, cooked, stewed1641 cup14.516057Chickens, taw31 thisp0.316057Chickens, stewing, meat only, cooked, stewed1641 cup<	05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	26.68
OS0607Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick15.805068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, liour491 drumstick13.205022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, neck, meat only, cooked, fried843 oz27.505092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh18.505093Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh12.405094Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter861 thigh18.505098Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter901 wing9.705101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter1425 oz30.905028Chicken, istewing, meat only, cooked, stewed1401 cup42.505080Chicken, istewing, meat only, cooked, stewed1401 cup14.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids1641 cup14.516057Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids18.751 tbsp0.311156Chickpeas (garbanzo beans, bengal gram), mature seeds, canned,	05073		44	1 drumstick	10.28
fried, batter05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, tried, flour491 drumstick13.205022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck4.405092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh12.405098Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 wing9.705098Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705101Chicken, canned, meat only, with broth1425 oz30.905028Chicken, iannet, meat only, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chicken, stewing, meat only, cooked, stewed1641 cup14.516057Chickeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt22.21 cup12.822904Chilc con carne with beans, canned entree22.21 cup12.811156Chives, raw31 tbsp0.311417Chocolate flavor beverage mix for milk, powder, without added milk21.	05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	24.35
fried, flour1451 cup39.305022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup39.305040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck4.405092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18.505088Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter491 wing9.705077Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, stewing, meat only, cooked, stewed1401 cup42.505086Chicken, stewing, meat only, cooked, stewed1401 cup11.805126Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, conked, boiled, without salt1641 cup14.522904Chilic on carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added milk21.62.3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup2.314196Cocoa mix, no sugar added, po	05067	• • • • • • • • • • • • • • • • • • • •	72	1 drumstick	15.80
ObstanceChicken, broilers or fryers, light meat, meat only, cooked, fried843 oz27.505090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck4.405092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18.505098Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted521 thigh12.405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, stewing, meat only, cooked, stewed19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup14.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt2401 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chicker, sraw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314177Chocolate-flavor beverage mix, powder, without added multients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514192Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05068	· · · · · · · · · · · · · · · · · · ·	49	1 drumstick	13.21
05090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck4.405092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18.505098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh12.405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, stewing, meat only, cooked, stewed19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt2401 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.1114181Chocolate-flavor beverage mix for milk, powder, without added mutrients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	39.37
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18.505098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh12.405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, stewing, meat only, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup14.516057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate-flavor beverage mix for milk, powder, without added milk21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	27.57
batterbatter05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh12.405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, liver, all classes, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids1641 cup14.516057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without sait1641 cup12.811156Chives, raw31 tbsp0.114181Chocolate-flavor beverage mix for milk, powder, without added milk21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514192Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	4.42
05101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing9.705277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, liver, all classes, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, conked, solids and liquids2401 cup11.816057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, without salt1641 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added milk21.62-3 heaping tsp0.714176Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05092	batter	86	1 thigh	18.58
batter1425 oz30.905277Chicken, canned, meat only, with broth1425 oz30.905028Chicken, liver, all classes, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup11.816057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added milk21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	12.47
05028Chicken, liver, all classes, cooked, simmered19.61 liver4.705126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup11.816057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added milk21.62-3 heaping tsp0.714196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05101		49	1 wing	9.74
05126Chicken, stewing, meat only, cooked, stewed1401 cup42.516058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup11.816057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp0.714196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05277	Chicken, canned, meat only, with broth	142	5 oz	30.91
16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup11.816057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup14.522904Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	4.79
canned, solids and liquidsconversion	05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	42.59
cooked, boiled, without salt2004Chili con carne with beans, canned entree2221 cup12.811156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	16058		240	1 cup	11.81
11156Chives, raw31 tbsp0.114181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	16057		164	1 cup	14.53
14181Chocolate syrup18.751 tbsp0.314175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	22904	Chili con carne with beans, canned entree	222	1 cup	12.88
14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp0.714177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	11156	Chives, raw	3	1 tbsp	0.10
nutrients14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup8.514196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	14181	Chocolate syrup	18.75	1 tbsp	0.39
milk14196Cocoa mix, no sugar added, powder151/2 oz envelope2.314192Cocoa mix, powder28.353 heaping tsp1.8	14175	a 11	21.6	2-3 heaping tsp	0.71
14192Cocoa mix, powder28.353 heaping tsp1.8	14177	• • • •	266	1 cup	8.59
	14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2.32
14194Cocoa mix, powder, prepared with water2061 serving1.9	14192	Cocoa mix, powder	28.35	3 heaping tsp	1.89
	14194	Cocoa mix, powder, prepared with water	206	1 serving	1.90

19165 Cocoa, dry powder, unsweelenad 5.4 1 thap 1 14209 Coffee, brewed, orprepared with tap water 17.8 6 fl oz 0.0 14210 Coffee, brewed, orprepared with water 17.9 6 fl oz 0.0 14215 Coffee, instant, regular, prepared with water 17.9 6 fl oz 0.0 18104 Optigened, enriched 120 1 cup 1.0 11159 Collairds, cocokel, boled, drained, without salt 190 1 cup 5. 11162 Callards, cocokel, boled, drained, without salt 170 1 cup 5. 11164 Collairds, cocokel, boled, drained, without salt 170 1 cup 5. 11162 Callards, cocokel, boled, drained, without salt 100 1 cocokie 0.0 11163 Cockies, brownies, cornmercially prepared, regular, higher 10 1 cocokie 0.0 11815 Cockies, chocolaite ship, commercially prepared, regular, lower 10 1 cockie 0.0 118165 Cockies, chocolaite ship, commercially prepared, regular, lower 10 1 cockie	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 0. 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 0. 14210 Coffee, instaut, regular, prepared with water 179 6 fl oz 0. 18104 Coffeescake, cinnamon with crumb topping, commercially 63 1 piece 4. 11152 Coldesiaw, home-prepared 120 1 cup 5. 11152 Coldesiaw, home-prepared 56 1 brownie 2.0 18157 Cookies, brownies, commercially prepared, regular, higher 10 1 cookie 0. 18156 Cookies, brownies, drommercially prepared, regular, higher 10 1 cookie 0. 18158 Cookies, choclata chip, ornmercially prepared, regular, higher 10 1 cookie 0. 18168 Cookies, choclata chip, refigrated dough, baked 26 1 cookie 0. 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cookie 0. 18176 Cookies, graham	14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	2.32
14210 Coffee, brewed, expresso, restaurant-prepared 60 2 fl oz 00 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 0. 18104 Coffee, instant, regular, prepared with water 179 6 fl oz 0. 18104 Coffees, instant, regular, prepared with water 179 1 cup 1. 18105 Colatras, cooked, bolied, drained, without salt 190 1 cup 5. 111142 Colatras, cooked, bolied, drained, without salt 170 1 cup 5. 11164 Colatras, cooked, bolied, drained, without salt 170 1 cup 5. 11164 Colatras, cooked, bolied, drained, without salt 170 1 cup 5. 11165 Cookies, buter, commercially prepared, encluar, higher 10 1 cookie 0. 118158 Cookies, chocolate chip, commercially prepared, negular, higher 10 1 cookie 0. 118158 Cookies, chocolate chip, refigurated dough, baked 26 1 cookie 0. 118164 Cookies, graham crackers, plain or honey (includes cinnamon) 84	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.06
14215 Coffee, instant, regular, prepared with water 179 6 fl oz 0. 18104 Coffee, cake, cinnamon with crumb topping, commercially 63 1 picce 4. 11165 Collestaw, home-prepared 120 1 cup 5. 11164 Collards, concet, bolied, drained, without salt 170 1 cup 5. 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 5. 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 5. 11165 Cookies, brownies, commercially prepared, engular, higher 10 1 cookie 0. 11855 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 118165 Cookies, chocolate chip, reprared from recipe, made with 16 1 cookie 0. 118164 Cookies, chocolate sandwich, with rerme filling, regular 10 1 cookie 0. 118175 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118176 Cookies, quareak, commercial	14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.21
18104 Coffeecake, changen with crumb topping, commercially 63 1 piece 4. 11156 Collards, cooked, bolled, trained, without salt 190 1 cup 1. 11162 Collards, cooked, bolled, trained, without salt 190 1 cup 5. 11164 Collards, cooked, bolled, trained, without salt 190 1 cup 5. 118151 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 2. 118155 Cookies, butter, commercially prepared, engular, higher 10 1 cookie 0. 118156 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 118165 Cookies, chocolate chip, refrigerated dough, baked 28 1 cookie 0. 118166 Cookies, chocolate chip, refrigerated dough, baked 28 1 cookie 0. 118176 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118176 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cookie 0. <	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.07
prepared, enriched 1 cup 1 11195 Colsies, non-prepared 10 cup 5 111162 Collards, cooked, bolled, drained, without salt 190 1 cup 5 111164 Collards, frezen, chopped, cooked, bolled, drained, without salt 170 1 cup 5 111164 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0 111165 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0 118155 Cookies, chocolate chip, commercially prepared, ergular, higher 10 1 cookie 0 118165 Cookies, chocolate chip, repared from recipe, made with 16 1 cookie 0 118165 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0 118170 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0 118173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 aquares 0 118173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cookie 0	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.18
11162 Collards, cooked, bolled, drained, without salt 190 1 cup 5. 11164 Collards, frazen, chopped, cooked, bolled, drained, without salt 170 1 cup 5. 18151 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0. 18155 Cookies, butter, commercially prepared, engular, higher 10 1 cookie 0. 18156 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 18156 Cookies, chocolate chip, prepared form recipe, made with 16 1 cookie 0. 18166 Cookies, chocolate sandwich, with creme filing, regular 10 1 cookie 0. 18170 Cookies, chocolate sandwich, with creme filing, regular 10 1 cookie 0. 18171 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18173 Cookies, contales, commercially prepared, regular 25 1 cookie 0. 18177 Cookies, ontales, commercially prepared, regular 25 1 cookie 0. 18174 Cookies, ontales, commercially prepared, regular 15 1 cookie 0.	18104		63	1 piece	4.28
11164 Collards, frozen, chopped, cocked, bolled, drained, without salt 170 1 cup 55 18151 Cockies, brownies, commercially prepared 56 1 brownie 22 18197 Cockies, brownies, dry mix, special dietary, prepared 22 1 brownie 00 18155 Cockies, bouter, commercially prepared, regular, higher 10 1 cockie 00 18158 Cockies, chocolate chip, commercially prepared, regular, lower 10 1 cockie 00 18165 Cockies, chocolate chip, commercially prepared, regular, lower 10 1 cockie 00 18165 Cockies, chocolate chip, repriger from recipe, made with 16 1 cockie 00 18176 Cockies, chocolate chip, refrigerated dough, baked 26 1 cockie 00 18177 Cockies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 00 18177 Cockies, notasses 15 1 cockie, medium 00 18177 Cockies, oatmeal, commercially prepared, fat-free 11 1 cockie 10 18187 Cockies, oatmeal, commercially prepar	11159	Coleslaw, home-prepared	120	1 cup	1.55
18151 Cookies, brownies, commercially prepared 56 1 brownie 2.1 18157 Cookies, brownies, dyr mix, special dietary, prepared 2.2 1 brownie 0.0 18155 Cookies, butter, commercially prepared, regular, higher 1 1 cookie 0.0 18158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0.0 18164 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0.0 18165 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0.0 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0.0 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0.0 18177 Cookies, notasses 15 1 cookie 0.0 18177 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0.0 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 0.0 18177 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0.0 18178 <td< td=""><td>11162</td><td>Collards, cooked, boiled, drained, without salt</td><td>190</td><td>1 cup</td><td>5.15</td></td<>	11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.15
18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0.0 18155 Cookies, commercially prepared, engular, higher 10 1 cookie 0.0 18158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0.0 18168 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0.0 18164 Cookies, chocolate chip, repared from recipe, made with 16 1 cookie 0.0 18165 Cookies, chocolate chip, repared from recipe, made with 16 1 cookie 0.0 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0.0 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0.0 18177 Cookies, malasses 32 1 cookie 0.0 18177 Cookies, coatmeal, commercially prepared, fat-free 11 1 cookie 0.0 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 0.0 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0.0 18	11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	5.05
18155Cookies, butter, commercially prepared, engular, higher51 cookie0.18159Cookies, chocolate chip, commercially prepared, regular, lower101 cookie0.18165Cookies, chocolate chip, commercially prepared, regular, lower101 cookie0.18165Cookies, chocolate chip, refrigerated dough, baked261 cookie0.18166Cookies, chocolate chip, refrigerated dough, baked261 cookie0.18176Cookies, chocolate sandwich, with creme filling, regular101 cookie0.18177Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18177Cookies, graham crackers, plain or honey (includes cinnamon)841 cup5.18177Cookies, notasses151 cookie, medium0.18177Cookies, notasses321 cookie, medium0.18178Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, catmeal, commercially prepared, regular251 cookie0.18178Cookies, catmeal, commercially prepared, regular151 cookie0.18189Cookies, pearut butter, commercially prepared, regular151 cookie0.18189Cookies, pearut butter, commercially prepared, regular151 cookie0.18189Cookies, pearut butter, commercially prepared, regular151 cookie0.18180Cookies, soutmead, commercially prepared, peara141 co	18151	Cookies, brownies, commercially prepared	56	1 brownie	2.69
18159 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 0. 18158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 18165 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0. 18164 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18164 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18177 Cookies, oralmam crackers, plain or honey (includes cinnamon) 84 1 cup 5. 18177 Cookies, oralmeal, commercially prepared, fat-free 11 1 cookie 0. 18177 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 0. 18184 Cookies, patme drom recipe, with raisins 15 1 cookie 1. 18185 Cookies, sottmeal, commercially prepared, pecan 14 1 cookie 1.	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.84
fat, enriched 10 1 cookies 18158 Cookies, chocolate chip, oremercially prepared, regular, lower 10 1 cookie 0. 18165 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0. 18164 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18170 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 5. 18177 Cookies, molasses 32 1 cookie, medium 0. 18177 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18184 Cookies, oatmeal, commercially prepared, regular 15<	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.31
fat 18165 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0. 18164 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 18170 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 5. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 5. 18177 Cookies, ograham crackers, plain or honey (includes cinnamon) 84 1 cup 5. 18177 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, oft-type 15 1 cookie 0. 18184 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18185 Cookies, sonthread, commercially prepared, pecan 14 1 cookie <t< td=""><td>18159</td><td></td><td>10</td><td>1 cookie</td><td>0.51</td></t<>	18159		10	1 cookie	0.51
margarine18164Cookies, chocolate chip, refrigerated dough, baked261 cookie1.18166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)141 cup5.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup5.18177Cookies, molasses151 cookie, medium0.18178Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular151 cookie0.18179Cookies, oatmeal, commercially prepared, regular151 cookie0.18184Cookies, oatmeal, prepared from recipe201 cookie1.18185Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18204Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked<			10	1 cookie	0.58
18166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup5.18177Cookies, molasses151 cookie, medium0.18177Cookies, catmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18184Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, shortbread, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, ferigerated dough, baked<		margarine		1 cookie	0.91
18170Cookies, fig bars161 cookie0.18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup5.18177Cookies, molasses151 cookie, medium0.18177Cookies, molasses321 cookie, large (3-1/2" to1.18177Cookies, catmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular151 cookie0.18184Cookies, oatmeal, commercially prepared, regular151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18185Cookies, peanut butter, prepared from recipe201 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, sugar, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, pecan141 cookie0.18205Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18210Cookies, vanilla	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	1.27
18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.118173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup5.118177Cookies, molasses151 cookie, medium0.118177Cookies, nolasses321 cookie, medium0.118176Cookies, oatmeal, commercially prepared, fat-free111 cookie0.118178Cookies, oatmeal, commercially prepared, regular251 cookie1.118179Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.118184Cookies, peanut butter, commercially prepared, regular151 cookie0.118185Cookies, peanut butter, prepared from recipe201 cookie0.118193Cookies, shortbread, commercially prepared, pecan141 cookie0.118193Cookies, shortbread, commercially prepared, pecan141 cookie0.118204Cookies, sugar, commercially prepared, pecan141 cookie0.118205Cookies, sugar, prepared from recipe, made with margarine141 cookie0.118206Cookies, vanilla sandwich with creme filling101 cookie0.118210Cookies, vanilla sandwich with creme filling101 cookie0.118212Cookies, vanilla sandwich with creme filling151 cookie0.118214Cookies, vanilla sandwich with creme filling151 cookie0.118215Co	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.56
18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup5.18177Cookies, molasses151 cookie, medium0.18177Cookies, anteal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, prepared from recipe151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, prepared from recipe201 cookie1.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18214Corn,	18170	Cookies, fig bars	16	1 cookie	0.59
18177Cookies, molasses151 cookie, medium0.18177Cookies, molasses321 cookie, large (3-1/2* to)1.18456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie1.18179Cookies, oatmeal, commercially prepared, soft-type151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18183Cookies, peanut butter, prepared from recipe201 cookie1.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18214Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18214Cookies, vanilla wafers, lower fat41 cup4.1174Corn, sweet, yellow, canned, cream style, regular	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.97
18177Cookies, molasses321 cookie, large (3-1/2" to1.18456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie1.18189Cookies, peanut butter, orpared from recipe201 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, sugar, commercially prepared, plain81 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, refrigerated dough, baked151 cookie0.18206Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.11176Corn, sweet, yellow, canne	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	5.80
18456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie1.18179Cookies, oatmeal, commercially prepared, soft-type151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie1.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18194Cookies, shortbread, commercially prepared, regular151 cookie0.18204Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1174Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup4.1175Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear2.11178Corn, sweet, yellow, conked, boiled, chained, without salt771 ear <t< td=""><td>18177</td><td>Cookies, molasses</td><td>15</td><td>1 cookie, medium</td><td>0.84</td></t<>	18177	Cookies, molasses	15	1 cookie, medium	0.84
18178Cookies, oatmeal, commercially prepared, regular251 cookie18179Cookies, oatmeal, commercially prepared, soft-type151 cookie18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18184Cookies, peanut butter, prepared from recipe201 cookie18185Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, shortbread, commercially prepared, pecan141 cookie18204Cookies, shortbread, commercially prepared, pelain81 cookie18205Cookies, sugar, commercially prepared, pelain81 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18208Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling151 cookie11174Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11179Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1641 cup20022Cornmeal, degermed, erriched, yellow1381 cup	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	1.79
18179Cookies, oatmeal, commercially prepared, soft-type151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie1.18189Cookies, peanut butter, prepared from recipe201 cookie1.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1174Corn, sweet, wellow, canned, cream style, regular pack2101 cup4.1176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.1179Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, frained, without salt1641 cup4.1181Corn, sweet, yellow, frozen, kernels on cob, cooked, boile	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.65
BalladCookies, oatmeal, prepared from recipe, with raisins151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18189Cookies, peanut butter, prepared from recipe201 cookie18193Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, sugar, commercially prepared, pecan141 cookie18204Cookies, sugar, prepared from recipe, made with margarine141 cookie18205Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie1174Corn, sweet, white, cooked, boiled, drained, without salt771 ear1175Corn, sweet, yellow, canned, cream style, regular pack2561 cup11178Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, flained, ithout salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, flained, without salt1 ear1 cup </td <td>18178</td> <td>Cookies, oatmeal, commercially prepared, regular</td> <td>25</td> <td>1 cookie</td> <td>1.55</td>	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.55
18185Cookies, peanut butter, commercially prepared, regular151 cookie1.18189Cookies, peanut butter, prepared from recipe201 cookie1.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pegular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.1176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear2.1179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, fea1 cup4.1181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, fea1 cup4.1181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, fea1 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.92
Bit Repeature butter, prepared from recipe201 cookie1.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, plain81 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1174Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.11175Corn, sweet, yellow, coked, boiled, drained, without salt771 ear2.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, flained, flained	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.98
18193Cookies, shortbread, commercially prepared, pecan141 cookie0.118192Cookies, shortbread, commercially prepared, plain81 cookie0.118204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.118208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.118206Cookies, sugar, refrigerated dough, baked151 cookie0.118210Cookies, vanilla sandwich with creme filling101 cookie0.118210Cookies, vanilla sandwich with creme filling151 cookie0.118212Cookies, vanilla wafers, lower fat41 cookie0.118212Cookies, vanilla wafers, lower fat41 cookie0.111701Corn, sweet, wellow, canned, cream style, regular pack2561 cup4.111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.111178Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, 1641 cup4.111181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 631 ear1.220022Cornmeal, degermed, enriched, yellow1381 cup9.1	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.44
18192Cookies, shortbread, commercially prepared, plain81 cookie0.18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.18208Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.11174Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup4.11175Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1381 cup9.	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.80
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.11175Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.69
vanilla)18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.118206Cookies, sugar, refrigerated dough, baked151 cookie0.118210Cookies, vanilla sandwich with creme filling101 cookie0.118210Cookies, vanilla sandwich with creme filling151 cookie0.118212Cookies, vanilla wafers, lower fat41 cookie0.118212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.111174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.111175Corn, sweet, yellow, coaked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.111181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.220022Cornmeal, degermed, enriched, yellow1381 cup9.1	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.49
18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, drained, without salt631 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	18204		15	1 cookie	0.77
18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.83
18210Cookies, vanilla sandwich with creme filling151 cookie0.118212Cookies, vanilla wafers, lower fat41 cookie0.118212Cookies, vanilla wafers, lower fat41 cookie0.111901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.111174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.111168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.111181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.120022Cornmeal, degermed, enriched, yellow1381 cup9.1	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.71
18212Cookies, vanilla wafers, lower fat41 cookie0.111901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.111174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.111168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.111181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.120022Cornmeal, degermed, enriched, yellow1381 cup9.1	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.45
11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear2.411174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.411176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.411168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.411179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup4.411181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,631 ear1.420022Cornmeal, degermed, enriched, yellow1381 cup9.4	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.68
11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup4.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.20
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup5.111168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.120022Cornmeal, degermed, enriched, yellow1381 cup9.1	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.57
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear2.111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.420022Cornmeal, degermed, enriched, yellow1381 cup9.4	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	4.45
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	5.06
without salt11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear1.20022Cornmeal, degermed, enriched, yellow1381 cup9.	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.63
drained, without salt 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 9.	11179		164	1 cup	4.18
	11181		63	1 ear	1.96
20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup11.0	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	9.81
	20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	11.61

20020Commeal, whole-grain, yellow1221 cup20027Constarch8.0641 thsp20028Couscous, coked1571 cup20029Couscous, dy1731 cup20028Couscous, dy1651 cup20029Couscous, dy1731 cup20029Couscous, dy1 cup1 cup20030Conscous, dy1 cup1 cup20040Conscous, dy1 cup1 cup20051Conspeas, common (blacksyes, crowder, southern), mature2401 cup20052Crackers, cheese, regular101 cup20052Crackers, cheese, regular101 cup20052Crackers, cheese, regular101 cup20162Crackers, nebat cost, plain204 crackers20201Crackers, subard consci-type, regular124 crackers20202Crackers, subard consci-type, songular124 crackers20202Crackers, subard consci-type, regular124 crackers20202Crackers, whaler, plain111 waler20202Crackers, subard consci-type, songular124 crackers20203Crackers, whaler, plain124 crackers20204Crackers, whaler, ngular141420205Crackers, whaler, ngular151 sloe20206Crackers, standard consci-type, sandwich, with cheese filing71 sloe20205Crackers, whole-wheat151 sloe20206<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20029Couscous, cocked1571 cup20028Couscous, dy1731 cup20028Couscous, dy1731 cup20028Couscous, dy1731 cup11192Cowscous (dy cowse), immature seeds, frozen, cocked, bolled, drained, without salt1701 cup11196Cowscous, cousder, southern), mature seeds, canade, blain2401 cup12021Crackers, chees, consult, with salt1721 cup12024Crackers, chees, consult, with salt28.351 matzo12020Crackers, melta toast, plain28.351 matzo12020Crackers, melta toast, plain111 wafer12220Crackers, satostic, polar124 crackers122220Crackers, satostic, polar124 crackers12232Crackers, standard snack-type, egular124 crackers12232Crackers, standard snack-type, egular124 crackers12323Crackers, whele, egular25381 az12324Crackers, whele, negular151 bisp12335Crackers, whele, whelend151 bisp12444Crachers y equitar (and y well weights)151 bisp12545Crackers, whele, equitar151 bisp12656Cream, fluid, light (coffee cream or table cream)151 bisp12666Cream, fluid, light (coffee cream or table cream)151 bisp12667Cream, fluid, light (coffee cream or table cream)151 bisp <t< td=""><td>20020</td><td>Cornmeal, whole-grain, yellow</td><td>122</td><td>1 cup</td><td>9.91</td></t<>	20020	Cornmeal, whole-grain, yellow	122	1 cup	9.91
28028Couscous, dry1731 cup11192Cowpass (Mackeyes), immature seeds, cooked, boiled, offende, windout sath1661 cup11196Cowpass, Calackeyes, immature seeds, frozen, cooked, boiled, offende, windout sath1701 cup18064Cowpass, Common, Dielackeyes, crowder, southern), mature seeds, coined, Jointh2401 cup18065Cowpass, Common, Dielackeyes, crowder, southern), mature seeds, coined, Jointh1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, matzo, plain28.351 matzo18226Crackers, plain204 piecces18227Crackers, satimas (includes oyster, soda, soup)124 crackers18228Crackers, satimas (includes oyster, soda, soup)124 crackers18229Crackers, satimas (includes oyster, soda, soup)124 crackers18230Crackers, shaft and anack-type, agandwich, with cheese filling71 slandwich18232Crackers, wheat, regular2538 ll oz18235Crackers, wheat, regular151 bap18236Crackers, shaft and half151 bap18237Crackers, wheat, regular151 bap18238Crackers, wheat, regular151 bap18239Crackers, wheat, regular151 bap18230Crackers, wheat, regular151 bap18230Crackers, wheat, regular151 bap18231Crackers, wheat, regular15<	20027	Cornstarch	8.064	1 tbsp	0.02
111122Coupoas (blackeyes), immature seeds, rozen, cooked, boiled, drained, without sait1651 cup111190Coupoas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without sait1701 cup18064Coupoas, connon (blackeyes, crowder, southern), mature seeds, coched, boiled, without sait1721 cup18125Crackers, cheess, engular1010 crackers18216Crackers, cheess, andwich-type with peanut butter filling zeeds, coched, boiled, without sait71 sandwich18217Crackers, mates tast, plain28.351 matzo18228Crackers, mates tast, plain111 wafer18228Crackers, satinas (includes oyster, soda, soup)124 crackers18228Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, regular164 crackers18230Crackers, standard snack-type, regular2538 floz18230Crackers, whether, fullid, with hydrogenated vegetable oil and soy protein151 blap10060Cream, fullid, plai and half151 blap10162Craam, fullid, half and half151 blap10163Craakers, cuburder table cream)151 blap10164Cream, fullid, ight withoping151 blap10165Cream, fullid, ight withoping151 blap10166Cream, sour, cubured101 cup10167Cream, sour, cubured101 cup10168Crackers, shouter<	20029	Couscous, cooked	157	1 cup	5.95
drained, without saitfrazer, conded, bolled, drained, without saitfrazer, without sait119664Corpeas, Common, Olackeyes, crowder, southem), mature seeds, canned, plain2401 cup180638Corpeas, common, Olackeyes, crowder, southem), mature seeds, cocked, bolled, without sait1010 crackers182144Crackers, cheses, sandwich-type with peanut butter filling seeds, cocked, bolled, without sait1010 crackers18215Crackers, netso, plain28.351 matro18216Crackers, netso, plain204 pleces18220Crackers, netso, plain111 wafer18223Crackers, saltinos (includes cyster, soda, soup)124 crackers18224Crackers, stalinas (includes cyster, soda, soup)124 crackers18225Crackers, standard snack-type, equal164 crackers18236Crackers, standard snack-type (uglar)164 crackers18235Crackers, wheat, regular164 crackers18235Crackers, wheat, weetened571 lisp10697Cream substitute, judid, with hydrogenated wegetable oil and sop protein151 tisp10169Cream, fluid, light weetened151 tisp10169Cream, fluid, light weetened151 tisp10169Cream, fluid, light weitened151 tisp10169Cream, fluid, light weitened151 tisp10160Cream, fluid, light weitened151 tisp10165Cream, fluid, light weitened	20028	Couscous, dry	173	1 cup	22.07
drained, without saitdrained, without sait16064Cowpeas, cormon, (blackweys, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, cormon, (blackweys, crowder, southern), mature seeds, cooked, boiled, without sait1010 crackers18214Crackers, cheese, regular1010anadwich18215Crackers, netzo, plain20.044 pieces18220Crackers, matzo, plain20.044 pieces18220Crackers, satines (includes oyster, soda, soup)124 crackers18228Crackers, standard snack-type, regular12.044 crackers18229Crackers, standard snack-type, regular84 crackers18230Crackers, shain64 crackers18232Crackers, shain snack-type, regular2538 ll oz18232Crackers, shade snack-type, sandwich, with cheese filling71 sandwich18232Crackers, shade snack-type, sandwich, with cheese filling101 sandwich18232Crackers, shade snack-type, sandwich, with cheese filling111 sandwich18234Crackers, shade snack-type, sandwich, with cheese filling111 sandwich18235Crackers, shade snack-type, sandwich2538 ll oz18234Crackers, shade snack-type, sandwich151 slice18235Crackers, shade snack-type, sandwich151 slice18236Crackers, shade snack-type, sandwich151 slice10106Cream, fuid, helf on half151	11192		165	1 cup	5.23
seeds, canned, plain1721 cup18083Corpeas, common, licakeyse, rowder, southern), mature1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, esadwich-type with peanut butter filling71 sandwich18217Crackers, metzo, plain204 pieces18220Crackers, neuto, plain204 pieces18221Crackers, sealines (includes oyster, soda, soup)124 crackers18223Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, regular84 crackers18232Crackers, shaft snack-type, regular84 crackers18232Crackers, wheat, regular84 crackers18233Crackers, wheat, regular151 slace18234Crackers, wheat, regular151 slace18235Crackers, wheat, regular151 slace18236Crackers, wheat, regular151 slace18237Crackers, wheat, regular151 slace18238Crackers, shaft, liptid, with hydrogenated vegetable oil and 151 tbsp10169Cream, fluid, heary whipping151 tbsp10169Cream, fluid, liptit (orfee cream or table cream)151 tbsp10165Cream, fluid, liptit (orfee cream or table cream)151 tbsp10165Cream, sour, reduced fat, cultured151 tbsp10165Cream, sour, reduced fat, cultured151 tbs	11196		170	1 cup	14.43
seeds. cooked. boiled, without sait18214Crackers, cheese, regular1010 crackers18215Crackers, onese, regular101 sandwich18217Crackers, matzo, plain28.351 matzo18220Crackers, meiba toast, plain204 crackers18221Crackers, meiba toast, plain111 wafer182220Crackers, sindard snack-type, regular124 crackers18232Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, sandwich, with cheese filling71 sandwich18232Crackers, standard snack-type, sandwich, with cheese filling84 crackers18232Crackers, whole-wheat164 crackers18235Crackers, whole-wheat25381 lo 218244Cranberry suice, canned, sweatened571 slice07069Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 thsp07064Cream, fluid, haf and haf151 thsp07055Cream, fluid, inght whipping151 thsp07056Cream, fluid, inght whipping, pressurized31 thsp07057Cream, fluid, inght whipping, pressurized31 croissant1737Crustaceans, crab, alaska king, cooked, moist heat853 oz1738Crustaceans, crab, alaska king, cooked, moist heat853 oz1534Crustaceans, hilm, mixed species, cooked, breaded and fired3 oz <trr>1544Crustaceans</trr>			240	1 cup	11.38
18215Crackers, matzo, plain71 sandwich18217Crackers, matzo, plain28.351 matzo18220Crackers, matzo, plain204 pleces18220Crackers, sumba toast, plain204 varackers182216Crackers, sumba toast, plain111 wafer182226Crackers, susters, standard snack-type, regular124 crackers18229Crackers, standard snack-type, sandwich, with cheese filling71 sandwich18220Crackers, whole-wheat164 crackers18223Crackers, whole-wheat2538 flo.218224Cranbery guice coatall, bottled2538 flo.200601Cranbery guice coatall, bottled2531 slop01061Cream substitute, liquid, with hydrogenated vegetable oil and asy protein151 thsp01062Cream, fluid, ight (coffee cream or table cream)151 thsp01053Cream, fluid, ight (coffee cream or table cream)151 thsp01054Cream, substitute, conderd fat, cultured121 thsp01055Cream, substitute, cooked, moist heat853 oz1138Crustaceans, crab, alaska king, cooked, moist heat853 oz15141Crustaceans, crab, alaska king, cooked, moist heat853 oz15142Crustaceans, shim, mixed species, cooked, breaded and frid853 oz15144Crustaceans, shim, mixed species, cooked, breaded and frid853 oz15150Crustaceans, shim, mixed species, c				•	13.30
18217Crackers, matzo, lain28.351 matzo18220Crackers, melba toast, plain204 pieces18226Crackers, sye, wafers, plain111 wafer18228Crackers, syne, wafers, plain124 crackers18229Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, sandwich, with cheese filling71 sandwich18232Crackers, wheat, regular84 crackers18232Crackers, wheat, regular2638 fl oz18235Crackers, wheat, regular, with cheese filling71 since14242Cranberry juice cocktail, bottled2538 fl oz00667Craems substitute, liquid, with hydrogenated vegetable oil and soy protein1 tsp01069Cream, studid, half with hydrogenated vegetable oil and soy protein1 tsp01069Cream, fluid, haary whipping151 tsp01050Cream, fluid, haary whipping151 tbsp01051Cream, fluid, haary whipping151 tbsp01052Cream, fluid, light (coffee cream or table cream)151 tbsp01055Cream, sour, reduced fat, cultured121 tbsp01056Cream, sour, reduced fat, cultured151 tcsp11537Crustaceans, crab, alaska king, imitation, made from surimi853 oz1548Crustaceans, rab, blue, cocked, moist heat853 oz1544Crustaceans, rab, blue, cocked, moist heat85.003 oz <t< td=""><td>18214</td><td>Crackers, cheese, regular</td><td>10</td><td>10 crackers</td><td>1.09</td></t<>	18214	Crackers, cheese, regular	10	10 crackers	1.09
18220Crackers, melba bast, plain204 pieces18226Crackers, new waters, plain111 water18228Crackers, seatines (includes oyster, soda, soup)124 crackers18229Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, regular84 crackers18232Crackers, wheat, regular84 crackers18235Crackers, wheat, regular2538 fl oz18236Crackers, wheat, regular571 slice09081Cranberry juice cocktail, bottled2638 fl oz09081Cranberry souce, canned, sweetened71 slice01069Cream, fluid, half and half151 thsp01050Cream, fluid, heavy whipping151 thsp01053Cream, fluid, light (offee cream or table cream)151 thsp01054Cream, sour, cultured121 thsp01055Cream, sour, cultured151 thsp01054Cream, sour, cultured151 thsp01055Cream, sour, cultured131 cup1117Crustaceans, crab, alaska king, cooked, moist heat853 oz11514Crustaceans, crab, blue, cooked, moist heat853 oz11514Crustaceans, crab, blue, cooked, moist heat853 oz11514Crustaceans, rab, blue, cooked, moist heat853 oz11514Crustaceans, rab, blue, cooked, moist heat853 oz11514Crusta	18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.87
18226Crackers, rye, wafers, plain111 wafer18228Crackers, satines (includes oyster, soda, soup)124 crackers18230Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, sandwich, with cheese filling74 crackers18232Crackers, wheat, regular84 crackers18234Crackers, whole-wheat164 crackers18235Crackers, whole-wheat578 fl oz18242Cranbery suce, canned, sweetened571 slsp01069Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tsp01070Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tsp01080Cream, fluid, haff and haff151 tsp01081Cream, fluid, haff and haff151 tsp01082Cream, fluid, light (coffee cream or table cream)151 tsp01082Cream, fluid, light (whipping121 tsp01084Cream, sour, reduced fat, cultured121 tsp01085Cream, fluid, light whipping131 tsp01084Cream, fluid, light whipping131 cup01085Cream, fluid, light whipping131 tsp01086Cream, fluid, light whipping131 cup01087Cream, fluid, light whipping131 cup01088Cream, fluid, light whipping131 cup01089Cream, fluid, light whipping <td>18217</td> <td></td> <td>28.35</td> <td>1 matzo</td> <td>2.84</td>	18217		28.35	1 matzo	2.84
18228Crackers, standard snack-type, regular124 crackers18229Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, sandwich, with cheese filling71 sandwich18232Crackers, wheat, regular84 crackers18235Crackers, whole-wheat164 crackers14242Cranberry juice cocktail, bottled2538 fl oz00081Cranberry sauce, canned, sweetened571 slice01089Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tsp01089Cream substitute, powdered21 tsp01089Cream, fluid, half and half151 tbsp01050Cream, fluid, heavy whipping151 tbsp01051Cream, fluid, heavy whipping151 tbsp01052Cream, fluid, light coffee cream or table cream)151 tbsp01055Cream, sour, cultured121 tbsp01056Cream, sour, cultured121 tbsp01057Cream, sour, cultured3 oz1 cup18239Croutaceans, crab, alaska king, cocked, moist heat853 oz18138Crustaceans, crab, alaska king, imitation, made from surim853 oz15134Crustaceans, crab, blue, conked, moist heat853 oz15134Crustaceans, crab, blue, conked, moist heat853 oz15134Crustaceans, crab, blue, conked, moist heat853 oz15140Crustac	18220	Crackers, melba toast, plain	20	4 pieces	2.42
18229Crackers, standard snack-type, regular124 crackers18230Crackers, standard snack-type, sandwich, with cheese filling71 sandwich18232Crackers, wheat, regular84 crackers18235Crackers, whole-wheat164 crackers18242Cranberry juice cocktail, bottled2538 fl oz09081Cranberry sauce, canned, sweetened571 slice01067Cream substitute, liquid, with hydrogenated vegetable oil and sor y protein151 tsp01069Cream, fluid, haff and half151 tsp01050Cream, fluid, light (coffee cream or table cream)151 tbsp01052Cream, fluid, light (coffee cream or table cream)151 tbsp01054Cream, fluid, light (coffee cream or table cream)151 tbsp01055Cream, fluid, light (coffee cream or table cream)151 tbsp01056Cream, fluid, light (coffee cream or table cream)151 tbsp01056Cream, sour, cultured121 tbsp01056Cream, sour, cultured31 tbsp18239Croissants, buter571 croissant18243Croutons, seasoned401 cup15131Crustaceans, crab, blaka king, initation, made from surim853 oz15132Crustaceans, crab, blue, canned853 oz15140Crustaceans, crab, blue, canned853 oz15152Crustaceans, shrimp, mixed species, canned853 oz <trr>15</trr>	18226	Crackers, rye, wafers, plain	11	1 wafer	1.06
18230Crackers, standard snack-bye, sandwich, with cheese filling71 sandwich18232Crackers, wheat, regular84 crackers18235Crackers, whole-wheat164 crackers18234Cranberry juice cocktail, bottled2538 fl oz14242Cranberry suce, canned, sweetned571 slice00061Craem substitute, liquid, with hydrogenated vegetable oil and soy protein151 thsp01069Cream substitute, powdered21 tsp01069Cream, fluid, half and half151 thsp01053Cream, fluid, light (offee cream or table cream)151 thsp01054Cream, fluid, light whipping151 thsp01055Cream, sour, reduced fat, cultured121 thsp01054Cream, sour, reduced fat, cultured31 croissant18239Croistans, seasned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15140Crustaceans, crab, alaska king, cooked, moist heat853 oz15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15145Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15146Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Cucumber, peeled, raw	18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.14
18232Crackers, wheat, regular84 crackers18235Crackers, whole-wheat164 crackers18242Cranberry juice cocktail, bottled2538 fl oz9081Cranberry sauce, canned, sweetened571 slice901067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 thsp901069Cream substitute, powdered21 tsp901053Cream, fluid, half and half151 thsp901050Cream, fluid, light (coffee cream or table cream)151 thsp901052Cream, fluid, light (coffee cream or table cream)151 thsp901054Cream, sour, ceduced fat, cultured121 thsp901055Cream, sour, reduced fat, cultured151 thsp901054Cream, sour, reduced fat, cultured31 thsp901055Cream, sour, reduced fat, cultured571 croissant901054Cream, sour, scauc, alaska king, cooked, moist heat853 oz901055Crustaceans, crab, alaska king, cooked, moist heat853 oz90114Crustaceans, crab, blue, canned1351 cup90154Crustaceans, crab, blue, canned853 oz90155Crustaceans, crab, blue, canced, moist heat853 oz90154Crustaceans, crab, blue, canced, moist heat853 oz90154Crustaceans, schrimp, mixed species, cooked, breaded and fried456 large90154Crustaceans, schrimp, mixed species, cooked, breaded and	18229	Crackers, standard snack-type, regular	12	4 crackers	0.79
18235Crackers, whole-wheat164 crackers14242Cranberry juice cocktail, bottled2538 fl oz09081Cranberry sauce, canned, sweetened571 slice01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tsp01069Cream substitute, powdered21 tsp01050Cream, fluid, half and half151 tbsp01053Cream, fluid, light (coffee cream or table cream)151 tbsp01054Cream, fluid, light (coffee cream or table cream)151 tbsp01055Cream, fluid, light whipping151 tbsp01056Cream, sour, cultured121 tbsp01057Cream, sour, cultured151 tbsp01058Cream, sour, cultured31 tbsp01054Croutons, seasoned401 cup18239Croutons, seasoned853 oz15141Crustaceans, crab, alaska king, imitation, made from surimi853 oz15142Crustaceans, crab, blue, conhed moist heat853 oz15142Crustaceans, crab, blue, conhed, moist heat853 oz15142Crustaceans, crab, blue, conhed, moist heat853 oz15142Crustaceans, shrimp, mixed species, conked, preaded and fried853 oz15143Crustaceans, shrimp, mixed species, conked, preaded and fried853 oz15144Crustaceans, shrimp, mixed species, cocked, breaded and fried853 oz15150 <td< td=""><td>18230</td><td>Crackers, standard snack-type, sandwich, with cheese filling</td><td>7</td><td>1 sandwich</td><td>0.65</td></td<>	18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.65
14242Cranberry juice cocktail, bottled2538 fl oz09081Cranberry sauce, canned, sweetened571 slice01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 thsp01069Cream, substitute, powdered21 tsp01049Cream, fluid, half and half151 thsp01053Cream, fluid, leavy whipping151 thsp01054Cream, fluid, light (offee cream or table cream)151 thsp01055Cream, fluid, light (offee cream or table cream)151 thsp01056Cream, sour, cultured121 thsp01055Cream, sour, cultured151 thsp01056Cream, sour, cultured31 thsp01057Cream, whipped, cream topping, pressurized31 cup118230Croutons, seasoned401 cup15131Crustaceans, crab, alaska king, coxeld, moist heat853 oz15142Crustaceans, crab, alaska king, imitation, made from surimi853 oz15143Crustaceans, crab, alaska king, imitation theat853 oz15144Crustaceans, crab, blue, coxeld, moist heat853 oz15152Crustaceans, rab, blue, crab cakes601 cake15154Crustaceans, shrimp, mixed species, coxeld, breaded and fried85.053 oz15154Crustaceans, shrimp, mixed species, coxeld, breaded and fried85.053 oz15154Crustaceans, shrimp, mixed species, coxeld, breaded and fried <td>18232</td> <td>Crackers, wheat, regular</td> <td>8</td> <td>4 crackers</td> <td>0.72</td>	18232	Crackers, wheat, regular	8	4 crackers	0.72
Variable Cranberry sauce, canned, sweetened571 slice01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp01068Cream substitute, powdered21 tsp01049Cream, fluid, half and half151 tbsp01053Cream, fluid, heavy whipping151 tbsp01054Cream, fluid, light (coffee cream or table cream)151 tbsp01055Cream, fluid, light whipping151 tbsp01056Cream, sour, cultured121 tbsp01055Cream, sour, cultured151 tbsp01054Cream, sour, cultured151 tbsp01055Cream, sour, cultured31 tbsp01054Cream, whipped, cream topping, pressurized31 tbsp18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15141Crustaceans, crab, alaska king, cooked, moist heat853 oz15142Crustaceans, crab, alaska king, initation, made from surimi853 oz15143Crustaceans, crab, blue, conked, moist heat853 oz15142Crustaceans, crab, blue, conked, moist heat853 oz15152Crustaceans, nob, blee, crab cakes601 cake15154Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixe	18235	Crackers, whole-wheat	16	4 crackers	1.69
01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 thsp01069Cream substitute, powdered21 tsp01049Cream, fluid, half and half151 thsp01053Cream, fluid, heavy whipping151 thsp01050Cream, fluid, light (coffee cream or table cream)151 thsp01052Cream, fluid, light whipping151 thsp01053Cream, sour, cultured121 thsp01054Cream, sour, reduced fat, cultured151 thsp01055Cream, sour, reduced fat, cultured31 thsp01054Cream, whipped, cream topping, pressurized31 thsp18233Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15141Crustaceans, crab, blue, canned1351 cup15142Crustaceans, crab, blue, canned1351 cup15143Crustaceans, crab, blue, crab cakes601 cake15144Crustaceans, crab, blue, crab cakes853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried </td <td>14242</td> <td>Cranberry juice cocktail, bottled</td> <td>253</td> <td>8 fl oz</td> <td>0.00</td>	14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.00
soy proteinNo. 101069Cream substitute, powdered21 tsp01049Cream, fluid, haf and half151 tbsp01053Cream, fluid, heavy whipping151 tbsp01050Cream, fluid, light (coffee cream or table cream)151 tbsp01052Cream, fluid, light (coffee cream or table cream)151 tbsp01054Cream, sour, cultured121 tbsp01055Cream, sour, reduced fat, cultured151 tbsp01054Cream, whipped, cream topping, pressurized31 tbsp18239Croissants, butter571 croissant18138Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15140Crustaceans, crab, blue, canned1351 cup15141Crustaceans, crab, blue, canned853 oz15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, crab, blue, crab cakes601 cake15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150	09081	Cranberry sauce, canned, sweetened	57	1 slice	0.11
Oream, fluid, half and half151 tbsp010490Cream, fluid, heavy whipping151 tbsp01053Cream, fluid, light (coffee cream or table cream)151 tbsp01054Cream, fluid, light whipping151 tbsp01055Cream, sour, cultured121 tbsp01056Cream, sour, cultured151 tbsp01057Cream, sour, reduced fat, cultured31 tbsp01058Cream, whipped, cream topping, pressurized31 tbsp01054Cream, seasoned4001 cup1517Crustaceans, crab, alaska king, cooked, moist heat853 oz15180Crustaceans, crab, alaska king, imitation, made from surimi853 oz15140Crustaceans, crab, blue, cooked, moist heat853 oz15141Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, crab, blue, cooked, moist heat853 oz15154Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15155Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1041 cup11205Cucumber, with pee	01067		15	1 tbsp	0.15
01053Cream, fluid, heavy whipping151 tbsp01050Cream, fluid, light (coffee cream or table cream)151 tbsp01052Cream, fluid, light whipping151 tbsp01054Cream, sour, cultured121 tbsp01055Cream, sour, reduced fat, cultured151 tbsp01054Cream, whipped, cream topping, pressurized31 tbsp01054Cream, whipped, cream topping, pressurized31 croissant18239Croissants, butter571 croissant18243Croutons, seasoned401 cup1517Crustaceans, crab, alaska king, cooked, moist heat853 oz15180Crustaceans, crab, blue, canned1351 cup15141Crustaceans, crab, blue, canned3 oz3 oz15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, shimp, mixed species, canned85.053 oz15144Crustaceans, lobster, northern, cooked, moist heat85.053 oz15150Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Cucumber, peeled, raw2801 large11206Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	01069	Cream substitute, powdered	2	1 tsp	0.10
01050Cream, fluid, light (coffee cream or table cream)151 tbsp01052Cream, fluid, light whipping151 tbsp01054Cream, sour, cultured121 tbsp01055Cream, sour, reduced fat, cultured151 tbsp01054Cream, whipped, cream topping, pressurized31 trosisant18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15140Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, crab, blue, crab cakes601 cake15154Crustaceans, shrimp, mixed species, conhed85.053 oz15154Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw3011 large	01049		15	1 tbsp	0.44
Output 10152Cream, fluid, light whipping151 thsp01056Cream, sour, cultured121 thsp01055Cream, sour, reduced fat, cultured151 thsp01054Cream, whipped, cream topping, pressurized31 thsp18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15141Crustaceans, crab, alaska king, imitation, made from surimi853 oz15142Crustaceans, crab, blue, canned1351 cup15142Crustaceans, crab, blue, canned1351 cup15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, crab, blue, crab cakes601 cake15152Crustaceans, lobster, northem, cooked, moist heat85.053 oz15154Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	01053	Cream, fluid, heavy whipping	15	1 tbsp	0.31
10056Cream, sour, cultured121 bsp01055Cream, sour, reduced fat, cultured151 btsp01054Cream, whipped, cream topping, pressurized31 tbsp18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, conned1351 cup15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, crab, blue, cooked, moist heat853 oz15145Crustaceans, crab, blue, cooked, moist heat853 oz15146Crustaceans, crab, blue, cooked, moist heat853 oz15157Crustaceans, holter, northerm, cooked, moist heat85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1041 cup11205Cucumber, with peel, raw3011 lar	01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.41
NumberCream, sour, reduced fat, cultured151 tbsp01055Cream, whipped, cream topping, pressurized31 tbsp18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15142Crustaceans, crab, blue, cooked, moist heat853 oz15143Crustaceans, crab, blue, cooked, moist heat853 oz15144Crustaceans, crab, blue, cooked, moist heat853 oz15145Crustaceans, crab, blue, cooked, moist heat853 oz15146Crustaceans, crab, blue, crab cakes601 cake15157Crustaceans, lobster, northern, cooked, moist heat85.053 oz15158Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cuc	01052	Cream, fluid, light whipping	15	1 tbsp	0.33
01054Cream, whipped, cream topping, pressurized31 top18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15141Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, crab cakes601 cake15143Crustaceans, lobster, northern, cooked, moist heat85.053 oz15152Crustaceans, shrimp, mixed species, cooked, breaded and fried85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	01056	Cream, sour, cultured	12	1 tbsp	0.25
18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15141Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, crab cakes601 cake15154Crustaceans, lobster, northern, cooked, moist heat85.053 oz15155Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.44
18243Croutons, seasoned401 cup15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, crab cakes601 cake15148Crustaceans, lobster, northern, cooked, moist heat85.053 oz15150Crustaceans, shrimp, mixed species, conked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Cucumber, peeled, raw2801 large11206Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.10
15137Crustaceans, crab, alaska king, cooked, moist heat853 oz15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, crab cakes601 cake15154Crustaceans, lobster, northern, cooked, moist heat853 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	18239	Croissants, butter	57	1 croissant	4.67
15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, cab cakes601 cake15148Crustaceans, lobster, northern, cooked, moist heat853 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	18243	Croutons, seasoned	40	1 cup	4.32
15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, crab cakes601 cake15148Crustaceans, lobster, northern, cooked, moist heat85.053 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw1041 large	15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	16.45
15140Crustaceans, crab, blue, cooked, moist heat853 oz15142Crustaceans, crab, blue, crab cakes601 cake15143Crustaceans, lobster, northern, cooked, moist heat853 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	6.48
15142Crustaceans, crab, blue, crab cakes601 cake15148Crustaceans, lobster, northern, cooked, moist heat853 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw3011 large	15141	Crustaceans, crab, blue, canned	135	1 cup	24.14
15148Crustaceans, lobster, northern, cooked, moist heat853 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11205Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw3011 large	15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	15.20
15152Crustaceans, shrimp, mixed species, canned85.053 oz15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	15142	Crustaceans, crab, blue, crab cakes	60	1 cake	12.13
15150Crustaceans, shrimp, mixed species, cooked, breaded and fried456 large15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	16.15
15150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz11206Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	17.37
11206Cucumber, peeled, raw2801 large11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	9.63
11206Cucumber, peeled, raw1191 cup11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	18.18
11205Cucumber, with peel, raw1041 cup11205Cucumber, with peel, raw3011 large	11206	Cucumber, peeled, raw	280	1 large	1.65
11205Cucumber, with peel, raw3011 large	11206	Cucumber, peeled, raw	119	1 cup	0.70
	11205	Cucumber, with peel, raw	104	1 cup	0.68
	11205	Cucumber, with peel, raw	301	1 large	1.96
11208Dandelion greens, cooked, boiled, drained, without salt1051 cup	11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	2.10

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18245	Danish pastry, cheese	71	1 danish	5.68
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.83
09087	Dates, deglet noor	41.5	5 dates	1.02
09087	Dates, deglet noor	178	1 cup	4.36
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.14
01072	Dessert topping, pressurized	4	1 tbsp	0.04
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.05
02045	Dill weed, fresh	1	5 sprigs	0.03
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.82
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	2.76
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.80
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.68
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	51.89
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	6.40
01124	Egg, white, raw, fresh	33.4	1 large	3.64
01128	Egg, whole, cooked, fried	46	1 large	6.26
01129	Egg, whole, cooked, hard-boiled	50	1 large	6.29
01131	Egg, whole, cooked, poached	50	1 large	6.26
01132	Egg, whole, cooked, scrambled	61	1 large	6.09
01123	Egg, whole, raw, fresh	44	1 medium	5.53
01123	Egg, whole, raw, fresh	50	1 large	6.28
01123	Egg, whole, raw, fresh	58	1 extra large	7.28
01125	Egg, yolk, raw, fresh	16.6	1 large	2.63
01057	Eggnog	254	1 cup	11.56
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.82
11213	Endive, raw	50	1 cup	0.63
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	5.06
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	5.37
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	13.34
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	12.44
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	20.03
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	13.31
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	6.84
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	24.21
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	21.25
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	26.60
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	30.77
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	25.38
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	15.24
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	15.43
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	24.12
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	16.88

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
21042	Fast foods, chili con carne	253	1 cup	24.62
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	19.61
21043	Fast foods, clams, breaded and fried	115	3/4 cup	12.82
21127	Fast foods, coleslaw	99	3/4 cup	0.94
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	16.23
21015	Fast foods, danish pastry, cheese	91	1 pastry	5.83
21017	Fast foods, danish pastry, fruit	94	1 pastry	4.76
21074	Fast foods, enchilada, with cheese	163	1 enchilada	9.63
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	18.69
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	20.61
21024	Fast foods, french toast sticks	141	5 sticks	8.46
21023	Fast foods, french toast with butter	135	2 slices	10.34
21077	Fast foods, frijoles with cheese	167	1 cup	11.37
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	34.28
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	31.82
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	25.83
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	14.10
21118	Fast foods, hotdog, plain	98	1 sandwich	10.39
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.51
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	16.80
21129	Fast foods, hush puppies	78	5 pieces	4.80
21078	Fast foods, nachos, with cheese	113	6-8 nachos	9.10
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	3.20
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	8.26
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.92
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.80
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.60
21139	Fast foods, potato, mashed	80	1/3 cup	1.32
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.88
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	21.50
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	8.77
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	17.44
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	12.86
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	21.84
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	28.64
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	29.70
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.64
21083	Fast foods, taco salad	198	1-1/2 cups	13.23
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	23.30
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	15.15
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	16.09
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	4.37
09094	Figs, dried, uncooked	38	2 figs	1.25
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	15.38
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	19.35

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	15.92
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.29
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.09
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	19.35
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	12.95
15034	Fish, haddock, cooked, dry heat	85	3 oz	16.99
15034	Fish, haddock, cooked, dry heat	150	1 fillet	29.99
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	19.16
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	35.84
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	12.07
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	15.73
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	9.26
15067	Fish, pollock, Alaska, cooked, dry heat	85	3 oz	19.96
15067	Fish, pollock, Alaska, cooked, dry heat	60	1 fillet	14.09
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	18.90
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	33.12
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	19.24
15077	Fish, salmon, chinook, smoked	85.05	3 oz	15.55
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	16.73
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	21.59
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	39.37
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	20.94
15111	Fish, swordfish, cooked, dry heat	85	3 oz	19.93
15111	Fish, swordfish, cooked, dry heat	106	1 piece	24.86
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20.23
15128	Fish, tuna salad	205	1 cup	32.88
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	24.78
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	16.52
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	20.08
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	24.78
07023	Frankfurter, beef and pork	45	1 frank	5.19
07022	Frankfurter, beef, unheated	45	1 frank	5.03
07024	Frankfurter, chicken	45	1 frank	6.98
18268	French toast, frozen, ready-to-heat	59	1 slice	4.37
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	5.01
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.42
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.00
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.92
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.03
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.00
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	2.88
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.88
19294	Fruit butters, apple	17	1 tbsp	0.07
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.97
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	1.09
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.00

Content per NDB No Measure Description Weight (g) **Common Measure** 35142 Frybread, made with lard (Navajo) 160 10-1/2" bread 10.70 90 35142 Frybread, made with lard (Navajo) 5" bread 6.02 3 11215 Garlic, raw 1 clove 0.19 19173 Gelatin desserts, dry mix, prepared with water 135 1/2 cup 1.65 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, 1/2 cup 0.97 117 prepared with water 14277 Grape drink, canned 250 8 fl oz 0.00 09137 Grape juice cocktail, frozen concentrate, diluted with 3 volume 250 0.48 1 cup water, with added ascorbic acid 09136 Grape juice cocktail, frozen concentrate, undiluted, with added 216 6-fl-oz can 1.40 ascorbic acid 09135 Grape juice, canned or bottled, unsweetened, without added 253 0.94 1 cup ascorbic acid 09404 Grapefruit juice, pink, raw 247 1 cup 1.24 09124 Grapefruit juice, white, canned, sweetened 250 1.45 1 cup 09123 Grapefruit juice, white, canned, unsweetened 247 1.28 1 cup Grapefruit juice, white, frozen concentrate, unsweetened, 09126 247 1 cup 1.36 diluted with 3 volume water 09125 Grapefruit juice, white, frozen concentrate, unsweetened, 207 6-fl-oz can 4.08 undiluted 09128 Grapefruit juice, white, raw 247 1 cup 1.24 09112 Grapefruit, raw, pink and red, all areas 123 1/2 grapefruit 0.95 09116 118 0.81 Grapefruit, raw, white, all areas 1/2 grapefruit 254 1.42 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids 1 cup 09132 Grapes, red or green (European type, such as Thompson 160 1.15 1 cup seedless), raw 0.36 09132 Grapes, red or green (European type, such as Thompson 50 10 grapes seedless), raw 06116 Gravy, beef, canned, ready-to-serve 58.25 1/4 cup 2.18 59.5 1.15 06119 Gravy, chicken, canned, ready-to-serve 1/4 cup 06121 Gravy, mushroom, canned 59.6 1/4 cup 0.75 06125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 1.55 07027 21 3.47 Ham, chopped, not canned 2 slices 07028 Ham, sliced, prepackaged (96% fat free, water added) 56.7 2 slices 9.41 56.7 07029 Ham, sliced, regular (approximately 11% fat) 2 slices 9.41 Hearts of palm, canned 33 0.83 11961 1 piece 19296 Honey 21 1 tbsp 0.06 02055 5 0.06 Horseradish, prepared 1 tsp Hummus, commercial 16158 14 1 tbsp 1.11 19270 Ice creams, chocolate 66 1/2 cup 2.51 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 3.53 19095 Ice creams, vanilla 66 1/2 cup 2.31 19088 Ice creams, vanilla, light 66 3.15 1/2 cup 2.59 19089 Ice creams, vanilla, rich 74 1/2 cup Jams and preserves 20 19297 1 tbsp 0.07 19300 Jellies 19 1 tbsp 0.03 150 3.00 11226 Jerusalem-artichokes, raw 1 cup 11234 Kale, cooked, boiled, drained, without salt 130 1 cup 2.47 11236 Kale, frozen, cooked, boiled, drained, without salt 130 3.69 1 cup KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat 18505 35 1 waffle 2.21

76

1 medium

09148

Kiwifruit, green, raw

Protein (g) Content of Selected Foods per Common Measure, sorted alphabetically

0.87

17012Lamb, domestic, lag, whole (cheak and sirior), separable lean853 oz217014Lamb, domestic, leg, whole (cheak and sirior), separable lean853 oz217024Larb, domestic, leg, whole (cheak and sirior), separable lean853 oz217024Larb, domestic, len, separable lean and fat, trimmed to 1/4" fat,853 oz217031Choice, cocket, broiled853 oz217034Larb, domestic, len, separable lean and fat, trimmed to 1/4" fat,853 oz217034Larb, domestic, rib, separable lean and fat, trimmed to 1/4" fat,853 oz217034Larb, domestic, rib, separable lean and fat, trimmed to 1/4" fat,853 oz217044Larb, domestic, rib, separable lean and fat, trimmed to 1/4" fat,853 oz217044Larb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat,853 oz217048Larb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat,853 oz217048Larb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat,853 oz217048Larb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat,853 oz217048Larb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat,853 oz217048Larb, douestic, shoulder, arm, separable lean only, trimmed to 1/4" fat,853 oz217048Larb, douestic, shoulder, arm, separable lean only,	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
and fat, itmmed to 1/4" fat, choice, cocked, roasteid 3 oz 2 17014 Lamb, domesici, egu, whole (shark and sinio), separable lean of 1/4" fat, choice, cocked, roasteid 3 oz 2 17024 Lamb, domesici, egu, separable lean only, trimmed to 1/4" fat, fat, choice, cocked, broiled 3 oz 2 17027 Lamb, domesici, egu, separable lean only, trimmed to 1/4" fat, fat, choice, cocked, roasted 5 3 oz 2 17034 Lamb, domesici, egu, begrable lean only, trimmed to 1/4" fat, fat, fat, choice, cocked, roasted 5 3 oz 2 17034 Lamb, domesici, choider, arm, separable lean only, trimmed to 1/4" fat, fat, choice, cocked, roasted 5 3 oz 2 17044 Lamb, domesici, choider, arm, separable lean only, trimmed to 1/4" fat, fat, fat, choice, cocked, braised 14" fat, choice, cocked, braised 16 1 fat 17044 Lamb, domesici, choider, arm, separable lean only, trimmed to 1/4" fat, fat, fat, choice, cocked, braised 16 1 fat 18370 Leavening agents, baking power, double-acting, sotium 4.6 1 fat 18371 Leavening agents, baking power, low-sodium 5 1 fat 18371 Leavening agents, baking power, low-sodium 1 fat	11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	2.97
only, trimmed to 1/4" fat, choice, cooked, roasied 3 oz 2 17024 Lank, domesit, oin, separable lean only, trimmed to 1/4" fat, 85 3 oz 2 17037 Lank, otomesit, oin, separable lean only, trimmed to 1/4" fat, 85 3 oz 1 17034 Lank, otomesit, oin, separable lean only, trimmed to 1/4" fat, 85 3 oz 2 17034 Lank, otomesit, oin, separable lean only, trimmed to 1/4" fat, 85 3 oz 2 17044 Lank, otomesit, oin, builder, arm, separable lean and fat, trimmed to 1/4" fat, fat, choice, cooked, braised 3 oz 3 17044 Lank, otomesit, schwalder, arm, separable lean only, trimmed to 1/4" fat, fat, choice, cooked, braised 1 top 3 17044 Lank, otomesit, schwalder, arm, separable lean only, trimmed to 1/4" fat, fat, fat, choice, cooked, braised 1 top 3 17045 Lank, otomesit, schwalder, acuble-acting, sodium 4.6 1 top 1 18380 Leavening agents, baking powder, double-acting, sudium 4.6 1 top 1 18371 Leavening agents, baking powder, fow-sodium 5 1 top 1 18372 Leavening agents, basking fowder, fow-sodium 1 top	17012		85	3 oz	21.72
fat. choice, cocked, broiled7027Lark, domestic, foils, esparable lean only, trimmed to 1/4' fat.853 oz17031Lark, obmestic, foils, esparable lean and fat, trimmed to 1/4' fat.853 oz27034Lark, obmestic, foils, esparable lean and fat, trimmed to 1/4' fat.853 oz27044Lark, obmestic, foils, esparable lean and fat, trimmed to 1/4' fat.853 oz27044Lark, obmestic, foils, esparable lean and fat, trimmed to853 oz37047Lark, obmestic, foils, esparable lean only, trimmed to853 oz37048Lark, obmestic, foils, oblider, arm, separable lean only, trimmed to853 oz37048Lark, oblider, arm, separable lean only, trimmed to853 oz37048Lark12.81 tisp17059Leavering agents, baking powder, double-acting, straight4.61 tisp7057Leavering agents, baking powder, double-acting, straight4.61 tisp7057Leavering agents, yeast, bakers, active dry71 pkg7057Leavering agents, yeast, bakers, active dry71 pkg7057Leavering agents, yeast, bakers, active dry141 cup7058Leavering agents, yeast, bakers, active dry141 cup7058Leavering agents, yeast, bakers, active dry141 cup7058Leavering agents, yeast, bakers, active dry141 cup70518Leavering agents, yeast, bakers, active dry14 <td< td=""><td>17014</td><td></td><td>85</td><td>3 oz</td><td>24.06</td></td<>	17014		85	3 oz	24.06
choice, cooked, broiled17031Lank, domesic, riv, besparable lean and fat, trimmed to 1/4" fat, choice, cooked, reasted853 oz217034Lank, domesic, riv, besparable lean only, trimmed to 1/4" fat, choice, cooked, reasted853 oz217044Lank, domesic, riv, builder, arm, separable lean only, trimmed to to 1/4" fat, choice, cooked, braised853 oz317048Lank, domesic, schulder, arm, separable lean only, trimmed to 	17024		85	3 oz	21.39
choice, cooked, roasted 3 cz 2 17034 Lamb, domestic, ho, separable lean only, trimmed to 1/4'fat, choice, cooked, braised 85 3 cz 2 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4'fat, choice, cooked, braised 85 3 cz 3 17048 Lawb, domestic, shoulder, arm, separable lean only, trimmed to 1/4'fat, choice, cooked, braised 12.8 1 tbsp 04002 Lard 12.8 1 tbsp 1	17027		85	3 oz	25.49
choice, cooked, roasted 3 3 2 17044 Lamb, domestic, shoulder, am, separable lean and fat, trimmed to 85 3 3 17048 Lamb, domestic, shoulder, am, separable lean only, trimmed to 85 3 3 17048 Lard 12.8 1 1 1 3 04002 Lard 6.6 1 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	17031		85	3 oz	17.95
to 14 ⁴ fat, choice, cooked, braised 3	17034		85	3 oz	22.24
14* fat, choice, cooked, braised 12.8 1 tsp 04002 Lard 12.8 1 tsp 18369 Leavening agents, baking powder, double-acting, straight aluminum sulfate 4.6 1 tsp 18370 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 18372 Leavening agents, baking powder, low-sodium 6 1 tsp 18375 Leavening agents, veast, baker's, active dry 7 1 pkg 18375 Leavening agents, veast, baker's, active dry 7 1 cake 18374 Leavening agents, veast, baker's, active dry 7 1 cake 18375 Leavening agents, veast, baker's, active dry 1 1 cup 18374 Leavening agents, veast, baker's, compressed 17 1 cake 19353 Lemon juice, canned or bottled 244 1 cup 19452 Lemon juice, canned or bottled 52 1 ltsp 14290 Lemonade, forcer concentrate, white, prepared with water 286 8 ll oz <td< td=""><td>17044</td><td></td><td>85</td><td>3 oz</td><td>25.83</td></td<>	17044		85	3 oz	25.83
18369Leavening agents, baking powder, double-acting, sodium4.61 tsp18370Leavening agents, baking powder, double-acting, straight4.61 tsp18371Leavening agents, baking powder, low-sodium51 tsp18372Leavening agents, baking soda4.61 tsp18373Leavening agents, veast, baking soda4.61 tsp18374Leavening agents, yeast, baker's, active dry71 pkg18375Leavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled2441 cup09154Lemon juice, canned or bottled15.21 tbsp09155Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, flow calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water1061 leaf11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw539	17048		85	3 oz	30.21
aluminum Sulfate118370Leavening agents, baking powder, double-acting, straight4.61 tsp18371Leavening agents, baking powder, low-sodium51 tsp18372Leavening agents, baking powder, low-sodium51 tsp18373Leavening agents, baking soda4.61 tsp18374Leavening agents, veast, baker's, active dry71 pkg18375Leavening agents, yeast, baker's, active dry71 cake18374Leavening agents, yeast, baker's, active dry41 tsp18375Leavening agents, yeast, baker's, compressed171 cake11247Leks, (bub and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled15.21 ttsp09152Lemon juice, canned or bottled15.21 ttsp14290Lemonade, low calorie, with on-nutritive sweetener, powder, prepared with water2488 fl oz14291Lemonade, low calorie, with on-nutritive sweetener, powder, prepared with water2668 fl oz14292Lemonade, low calorie, with on-nutritive sweetener, powder, prepared with water101 leaf11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium1111251Lettuce, cos or romaine, raw101 leaf11253Lettuce, coberg (includes crisphead types), raw561 cup1111252Lettuce, iceberg (includes crisphead types), raw531 medium1125	04002	Lard	12.8	1 tbsp	0.00
phosphateoror18371Leavening agents, baking powder, low-sodium51 tsp18372Leavening agents, baking soda4.61 tsp18373Leavening agents, ream of tartar31 tsp18375Leavening agents, yeast, baker's, active dry71 pkg18374Leavening agents, yeast, baker's, active dry41 tsp18375Leavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, active dry41 cup11247Leeks, (bulk and lower leaf-portion), cocked, boiled, drained,1041 cup09153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled15.21 lenon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, forzen concentrate, white, prepared with water2668 fl oz14297Lemonade, forzen concentrate, white stat1981 cup114297Lemonade, forzen concentrate, white stat1981 cup114290Lemonade, forzen concentrate, white stat1981 cup114291Lemonade, forzen concentrate, white stat1981 cup114292Lemonade, forzen concentrate, with water2668 fl oz114293Lemonade, forzen concentrate, white stat1981 cup114294Lettuce, butterhead (includes boston and bibb types), raw7.51 medium1 <t< td=""><td>18369</td><td></td><td>4.6</td><td>1 tsp</td><td>0.00</td></t<>	18369		4.6	1 tsp	0.00
18372Leavening agents, baking soda4.61 tsp18373Leavening agents, yeast, baker's, active dry71 pkg18375Leavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled15.21 ttsp09154Lemon juice, canned or bottled15.21 ttsp12429Lemon juice, raw47juice of 1 lemon12429Lemonade, for cancentrate, white, prepared with water2488 fl oz12429Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2668 fl oz12429Lemonade-flavor drink, powder, prepared with water2668 fl oz1250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw561 cup11253Lettuce, iceberg (includes crisphead types), raw551 cup11254Lettuce, iceberg (includes crisphead types), raw531 head11255Lettuce, iceberg (includes crisphead types), raw551 cup11254Lettuce, icebe	18370		4.6	1 tsp	0.00
18373Leavening agents, cream of tartar31 tsp18375Leavening agents, yeast, baker's, active dry71 pkg18374Leavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, active dry41 cap18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled15.21 tbsp1249Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14294Lemonade-flavor drink, powder, prepared with water2468 fl oz14295Lemonade-flavor drink, powder, prepared with water2668 fl oz1520Lemons, raw, without peel581 lemon1521Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw661 cup11251Lettuce, cos or romaine, raw561 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 cup11253Lettuce, iceberg (includes crisphead types), raw539 <td< td=""><td>18371</td><td>Leavening agents, baking powder, low-sodium</td><td>5</td><td>1 tsp</td><td>0.01</td></td<>	18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.01
18375Leavening agents, yeast, baker's, active dry71 pkg18375Leavening agents, yeast, baker's, compressed171 tsp18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup109153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled15.21 tbsp09154Lemon juice, canned or bottled15.21 tbsp09155Lemon juice, raw2488 fl oz14293Lemonade, flozen concentrate, white, prepared with water2488 fl oz14294Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2668 fl oz16070Lemons, raw, without peel581 lemon111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf111253Lettuce, cos or romaine, raw561 cup111254Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head111254Lettuce, iceberg (includes crisphead types), raw5391 head111255Lettuce, iceberg (includes crisphead types), raw5391 cup111252Lettuce, iceberg (includes crisphead types), raw5391 cup11125	18372	Leavening agents, baking soda	4.6	1 tsp	0.00
HarrowLeavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled2441 cup09154Lemon juice, canned or bottled15.21 tbsp09155Lemon juice, canned or bottled15.21 tbsp09152Lemon juice, canned or bottled2448 fl oz14293Lemonade, forzen concentrate, white, prepared with water2488 fl oz14290Lemonade, forzen concentrate, white, prepared with water2668 fl oz14291Lemonade, flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw531 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw<	18373	Leavening agents, cream of tartar	3	1 tsp	0.00
HardLeavening agents, yeast, baker's, compressed171 cake11247Leeves, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled15.21 tbsp09154Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14294Lemonade, fox calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, green leaf, raw561 cup11254Lettuce, iceberg (includes crisphead types), raw551 cup11255Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, iceberg (includes crisphead types), raw551 cup11255Lettuce, iceberg	18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.83
11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled15.21 tbsp09152Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemon, raw, without peel581 lemon1070Lentlis, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, green leaf, raw561 cup11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, iceberg (includes crisphead types), raw5391 head11255Lettuce,	18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.62
without saltwithout salt09153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled15.21 ttsp09152Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemona, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11253Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, iceberg (includes crisphead types), raw5391 head11252 <td>18374</td> <td>Leavening agents, yeast, baker's, compressed</td> <td>17</td> <td>1 cake</td> <td>1.43</td>	18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.43
Notice optice (anned or bottled15.21 tbsp09153Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, cos or romaine, raw561 cup111252Lettuce, green leaf, raw101 leaf111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111253Lettuce, iceberg (includes crisphead types), raw5391 head111254Lettuce, iceberg (includes crisphead types), raw5391 head111255Lettuce, iceberg (includes crisphead type	11247		104	1 cup	0.84
09152Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz16070Lemtils, mature seeds, boiled, without salt1981 cup11251Lettuce, os or romaine, raw101 leaf11252Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw531 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head <td< td=""><td>09153</td><td>Lemon juice, canned or bottled</td><td>244</td><td>1 cup</td><td>0.98</td></td<>	09153	Lemon juice, canned or bottled	244	1 cup	0.98
Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, green leaf, raw561 cup111252Lettuce, iceberg (includes crisphead types), raw81 medium111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111253Lettuce, iceberg (includes crisphead types), raw5391 head </td <td>09153</td> <td>Lemon juice, canned or bottled</td> <td>15.2</td> <td>1 tbsp</td> <td>0.06</td>	09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.06
14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, cos or romaine, raw561 cup111253Lettuce, green leaf, raw561 cup111252Lettuce, iceberg (includes crisphead types), raw81 medium111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111253Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1 cup116073Lima beans, large, mature seeds,	09152	Lemon juice, raw	47	juice of 1 lemon	0.16
prepared with water14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, cos or romaine, raw561 cup111253Lettuce, green leaf, raw561 cup111254Lettuce, iceberg (includes crisphead types), raw81 medium111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw5391 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1701 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup111033Lima beans, large, mature seeds, canned2411 cup1	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.17
DefinitionLemons, raw, without performance581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, cos or romaine, raw561 cup111253Lettuce, green leaf, raw561 cup111254Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup111038Lima beans, iarge, mature seeds, canned2411 cup1	14290		237	8 fl oz	0.07
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw561 cup11254Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1701 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup11033Lima beans, large, mature seeds, canned2411 cup1	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00
11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw561 cup11254Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 cup11252Lettuce, iceberg (includes crisphead types), raw5391 cup11254Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1701 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt2411 cup1	09150	Lemons, raw, without peel	58		0.64
11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1701 cup111038Lima beans, immature seeds, canned2411 cup1	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	17.86
11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup116073Lima beans, large, mature seeds, canned2411 cup1	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.10
11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 cup11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup16073Lima beans, large, mature seeds, canned2411 cup1	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	2.20
11253Lettuce, green leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup16073Lima beans, large, mature seeds, canned2411 cup1		Lettuce, cos or romaine, raw	10	1 leaf	0.12
11253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup16073Lima beans, large, mature seeds, canned2411 cup1		Lettuce, cos or romaine, raw		1 cup	0.69
11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup16073Lima beans, large, mature seeds, canned2411 cup	11253	Lettuce, green leaf, raw	56	1 cup	0.76
11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup116073Lima beans, large, mature seeds, canned2411 cup1			10	1 leaf	0.14
11252Lettuce, iceberg (includes crisphead types), raw5391 head11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup116073Lima beans, large, mature seeds, canned2411 cup1	11252		8	1 medium	0.07
11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup116073Lima beans, large, mature seeds, canned2411 cup1				1 cup	0.50
drained, without salt 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, 170 1 cup 1 drained, without salt 16073 Lima beans, large, mature seeds, canned 241 1 cup 1		Lettuce, iceberg (includes crisphead types), raw	539	1 head	4.85
drained, without salt16073Lima beans, large, mature seeds, canned2411 cup1	11040		180	1 cup	11.97
	11038			1 cup	10.32
16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup1		Lima beans, large, mature seeds, canned	241	1 cup	11.88
	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	14.66

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.62
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.04
09160	Lime juice, raw	38	juice of 1 lime	0.16
22247	Macaroni and Cheese, canned entree	252	1 cup	8.52
22970	Macaroni and cheese, frozen entree	283	1 package	15.85
20100	Macaroni, cooked, enriched	140	1 cup	8.12
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1.03
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.72
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	1.98
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	9.73
09176	Mangos, raw	207	1 mango	1.70
09176	Mangos, raw	165	1 cup	1.35
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.02
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.03
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.04
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.01
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.02
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.01
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.02
09181	Melons, cantaloupe, raw	69	1/8 melon	0.58
09181	Melons, cantaloupe, raw	160	1 cup	1.34
09184	Melons, honeydew, raw	170	1 cup	0.92
09184	Melons, honeydew, raw	160	1/8 melon	0.86
01110	Milk shakes, thick chocolate	300	10.6 fl oz	9.15
01111	Milk shakes, thick vanilla	313	11 fl oz	12.08
01094	Milk, buttermilk, dried	6.5	1 tbsp	2.23
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	8.11
01095	Milk, canned, condensed, sweetened	306	1 cup	24.20
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	19.33
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	17.16
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	8.10
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	7.48
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D Milk, day, confect instant, with added vitamin A and vitamin D	250	1 cup	7.93
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	8.07
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	8.22
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	8.26
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D Milk, whole, 3,25% milkfat, with added vitamin D	244	1 cup	8.05
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	7.69
16112	Miso	68.75	1 cup	8.04
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	20.61
15157	Mollusks, clam, mixed species, raw	85	3 oz	12.47
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	7.45

Content per NDB No Description Weight (g) **Common Measure** Measure 15167 6 medium 4.80 Mollusks, oyster, eastern, wild, raw 84 15173 Mollusks, scallop, mixed species, cooked, breaded and fried 93 6 large 16.81 MORNINGSTAR FARMS Grillers Burger Style Recipe 22120 110 1 cup 19.58 Crumbles, frozen, unprepared 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 85 13.86 1 pattv 18274 Muffins, blueberry, commercially prepared (Includes mini-57 1 muffin 2.59 muffins) Muffins, blueberry, prepared from recipe, made with low fat 18278 57 1 muffin 3.71 (2%) milk 18279 Muffins, corn, commercially prepared 57 1 muffin 3 36 50 1 muffin 3.70 18280 Muffins, corn, dry mix, prepared 18283 Muffins, oat bran 57 1 muffin 3.99 18388 Muffins, wheat bran, toaster-type with raisins, toasted 34 1 muffin 1.87 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, 124 2.52 1 cup without salt 11043 Mung beans, mature seeds, sprouted, raw 104 1 cup 3.16 156 2.92 11264 Mushrooms, canned, drained solids 1 cup Mushrooms, shiitake, cooked, without salt 145 2.26 11269 1 cup 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.34 11261 Mushrooms, white, cooked, boiled, drained, without salt 156 1 cup 3.39 11260 Mushrooms, white, raw 70 2.16 1 cup 11271 Mustard greens, cooked, boiled, drained, without salt 140 3.58 1 cup 5 0.22 02046 Mustard, prepared, yellow 1 tsp or 1 packet 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food 16 1 cookie 0.80 **Cookie Cakes** 09191 Nectarines, raw 136 1 nectarine 1.44 20113 Noodles, chinese, chow mein 45 4.76 1 cup 20110 Noodles, egg, cooked, enriched 160 7.26 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 8.06 1 cup 12061 Nuts, almonds 28.35 1 oz (24 nuts) 6.02 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 4.06 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz 4.34 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 4.77 1 oz (18 nuts) 143 4.53 12167 Nuts, chestnuts, european, roasted 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 2.68 12104 Nuts, coconut meat, raw 45 1 piece 1.50 12120 Nuts, hazelnuts or filberts 28.35 1 oz 4.24 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 2.21 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 07 4.90 12637 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz 5.68 28.35 1 oz (20 halves) 2.60 12142 Nuts, pecans 12147 Nuts, pine nuts, dried 28.35 1 oz 3.88 1.18 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 5.94 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 4.32 20034 Oat bran, cooked 219 1 cup 7.03 20033 Oat bran, raw 16.26 94 1 cup 04582 Oil, canola 14 0.00 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 0.00 04053 Oil, olive, salad or cooking 13.5 0.00 1 tbsp

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	2.99
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	3.00
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.18
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	3.20
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.28
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.86
11284	Onions, dehydrated flakes	5	1 tbsp	0.45
11282	Onions, raw	160	1 cup	1.76
11282	Onions, raw	110	1 whole	1.21
11282	Onions, raw	14	1 slice	0.15
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.27
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1.83
09207	Orange juice, canned, unsweetened	249	1 cup	1.69
09209	Orange juice, chilled, includes from concentrate	249	1 cup	1.69
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	1.69
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	5.09
09206	Orange juice, raw	248	1 cup	1.74
09206	Orange juice, raw	86	juice from 1 orange	0.60
09200	Oranges, raw, all commercial varieties	131	1 orange	1.23
09200	Oranges, raw, all commercial varieties	180	1 cup	1.69
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.88
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	1.98
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	2.96
09226	Papayas, raw	140	1 cup	0.66
09226	Papayas, raw	304	1 papaya	1.43
11297	Parsley, fresh	10	10 sprigs	0.30
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	2.06
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	10.51
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.18
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.44
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.56
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.62
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.41
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.58
09236	Peaches, raw	98	1 peach	0.89
09236	Peaches, raw	170	1 cup	1.55
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.85
16098	Peanut butter, smooth style, with salt	16	1 tbsp	4.01
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.71
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.71

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	7.95
09340	Pears, asian, raw	275	1 pear	1.38
09340	Pears, asian, raw	122	1 pear	0.61
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.15
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.53
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.84
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.26
09252	Pears, raw	166	1 pear	0.60
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	5.23
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	5.60
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	7.60
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.24
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.35
11670	Peppers, hot chili, green, raw	45	1 pepper	0.90
11819	Peppers, hot chili, red, raw	45	1 pepper	0.84
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.24
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.25
11333	Peppers, sweet, green, raw	10	1 ring	0.09
11333	Peppers, sweet, green, raw	119	1 pepper	1.02
11333	Peppers, sweet, green, raw	149	1 cup	1.28
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.25
11821	Peppers, sweet, red, raw	119	1 pepper	1.18
11821	Peppers, sweet, red, raw	149	1 cup	1.48
11945	Pickle relish, sweet	15	1 tbsp	0.06
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.39
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	10.04
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	8.19
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	11.52
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.07
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.27
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	2.22
18302	Pie, apple, prepared from recipe	155	1 piece	3.72
18305	Pie, blueberry, commercially prepared	117	1 piece	2.11
18306	Pie, blueberry, prepared from recipe	147	1 piece	3.97
18308	Pie, cherry, commercially prepared	117	1 piece	2.34
18309	Pie, cherry, prepared from recipe	180	1 piece	5.04
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.94
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.14
18444	Pie, fried pies, cherry	128	1 pie	3.84
18319	Pie, fried pies, fruit	128	1 pie	3.84
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.70
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.83
18324	Pie, pecan, commercially prepared	113	1 piece	5.09
18325	Pie, pecan, prepared from recipe	122	1 piece	5.98
18326	Pie, pumpkin, commercially prepared	109	1 piece	4.25
18327	Pie, pumpkin, prepared from recipe	155	1 piece	6.98

Content per NDB No Description Weight (g) **Common Measure** Measure 11943 Pimento, canned 12 0.13 1 tbsp 14334 Pineapple and grapefruit juice drink, canned 250 8 fl oz 0.50 14341 Pineapple and orange juice drink, canned 250 8 fl oz 3.25 09273 Pineapple juice, canned, unsweetened, without added ascorbic 250 0.90 1 cup acid 09270 Pineapple, canned, heavy syrup pack, solids and liquids 49 1 slice 0.17 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254 1 cup 0.89 249 1.05 09268 Pineapple, canned, juice pack, solids and liquids 1 cup 09268 Pineapple, canned, juice pack, solids and liquids 47 1 slice 0.20 155 09266 Pineapple, raw, all varieties 1 cup 0.84 21224 Pizza, cheese topping, regular crust, frozen, cooked 6.53 63 1 serving 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked 79 1 serving 8.91 09278 Plantains, cooked 154 1.22 1 cup 09277 Plantains, raw 179 2.33 1 medium 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 258 1 cup 0.93 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 0.17 09282 Plums, canned, purple, juice pack, solids and liquids 46 0.23 1 plum 09282 Plums, canned, purple, juice pack, solids and liquids 252 1.29 1 cup Plums, dried (prunes), stewed, without added sugar 2.38 09292 248 1 cup 09291 Plums, dried (prunes), uncooked 42 5 prunes 0.92 09279 Plums, raw 66 1 plum 0.46 07065 26 Pork and beef sausage, fresh, cooked 2 links 3.59 07064 Pork sausage, fresh, cooked 26 2 links 5.05 07064 Pork sausage, fresh, cooked 27 1 patty 5.25 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted 19 3 medium slices 7.04 10131 Pork, cured, canadian-style bacon, grilled 46.5 2 slices 11.27 Pork, cured, ham, extra lean and regular, canned, roasted 85 3 oz 17.80 10185 10151 Pork, cured, ham, whole, separable lean and fat, roasted 85 3 oz 18.33 10153 Pork, cured, ham, whole, separable lean only, roasted 85 3 oz 21.29 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85 3 oz 19.56 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, 22.81 10009 85 3 07 roasted 10011 Pork, fresh, leg (ham), whole, separable lean only, cooked, 85 3 oz 25.00 roasted 10038 Pork, fresh, loin, center loin (chops), bone-in, separable lean 85 3 oz 21.77 and fat, cooked, broiled 10179 Pork, fresh, loin, center loin (chops), bone-in, separable lean 85 3 oz 23.49 and fat, cooked, pan-fried 22.75 10042 Pork, fresh, loin, center loin (chops), bone-in, separable lean 85 3 07 only, cooked, broiled 10176 Pork, fresh, loin, center loin (chops), bone-in, separable lean 85 3 oz 25.13 only, cooked, pan-fried 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and 85 3 oz 22.94 fat, cooked, roasted 24.50 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean 85 3 oz only, cooked, roasted 10205 Pork, fresh, loin, country-style ribs, separable lean and fat, 85 3 oz 22.52 cooked, braised 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, 85 3 oz 21.15 cooked, braised 22.75 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, 85 3 07 braised 10089 85 3 oz 24.70 Pork, fresh, spareribs, separable lean and fat, cooked, braised

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
11672	Potato pancakes	76	1 pancake	4.62
11399	Potato puffs, frozen, oven-heated	79	10 puffs	1.62
11414	Potato salad, home-prepared	250	1 cup	6.70
11674	Potato, baked, flesh and skin, without salt	202	1 potato	5.05
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	5.64
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	12.40
11363	Potatoes, baked, flesh, without salt	156	1 potato	3.06
11364	Potatoes, baked, skin, without salt	58	1 skin	2.49
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.54
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.67
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.31
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.33
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.92
11370	Potatoes, hashed brown, home-prepared	156	1 cup	4.68
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.72
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4.01
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	4.12
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	5.19
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	7.03
05306	Poultry food products, ground turkey, cooked	82	1 patty	22.44
09294	Prune juice, canned	256	1 cup	1.56
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	4.63
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	4.66
19183	Puddings, chocolate, ready-to-eat	113	4 oz	2.36
19193	Puddings, rice, ready-to-eat	113.4	4 oz	4.00
19218	Puddings, tapioca, ready-to-eat	113	4 oz	2.20
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	4.12
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.64
11424	Pumpkin, canned, without salt	245	1 cup	2.70
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.76
11429	Radishes, raw	4.5	1 radish	0.03
09298	Raisins, seedless	145	1 cup	4.45
09298	Raisins, seedless	14	1 packet	0.43
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.75
09302	Raspberries, raw	123	1 cup	1.48
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	13.63
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.94
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.67
20037	Rice, brown, long-grain, cooked	195	1 cup	5.03
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	5.09
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	13.89
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	3.60
20045	Rice, white, long-grain, regular, cooked	158	1 cup	4.25
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	13.19

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	3.04
18350	Rolls, hamburger or hotdog, plain	43	1 roll	4.24
18353	Rolls, hard (includes kaiser)	57	1 roll	5.64
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.58
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.21
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.12
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.09
04133	Salad dressing, french, home recipe	14	1 tbsp	0.01
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.67
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
04021	Salad dressing, italian dressing, commercial, reduced fat	15	1 tbsp	0.06
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.06
04025	Salad dressing, mayonnaise, regular	13.8	1 tbsp	0.13
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.10
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.08
04022	Salad dressing, russian dressing, row calone Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.00
04023	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.13
		56.7		
07069	Salami, cooked, beef and pork		2 slices	12.39
07072	Salami, dry or hard, pork, beef	20	2 slices	3.98
02047	Salt, table	6	1 tsp	0.00
07073	Sandwich spread, pork, beef	15	1 tbsp	1.15
06150	Sauce, barbecue	15.75	1 tbsp	0.13
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	4.23
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.53
06166	Sauce, homemade, white, medium	250	1 cup	9.60
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	3.53
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.02
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.25
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	1.07
11439	Sauerkraut, canned, solids and liquids	236	1 cup	2.15
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1.68
11445	Seaweed, kelp, raw	10	2 tbsp	0.17
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.53
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	8.46
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	2.55
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.64
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	6.19
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	5.48
14346	Shake, fast food, chocolate	333	16 fl oz	11.32
14347	Shake, fast food, vanilla	333	16 fl oz	11.22
11677	Shallots, raw	10	1 tbsp	0.25
19097	Sherbet, orange	74	1/2 cup	0.81
04031	Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)	12.8	1 tbsp	0.00
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	1.26
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	6.57

Content per NDB No Description Weight (g) **Common Measure** Measure 19004 28.35 1.98 Snacks, corn-based, extruded, chips, barbecue-flavor 1 07 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 1.71 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 1.66 19013 Snacks, fruit leather, pieces 28.35 0.28 1 oz 19014 Snacks, fruit leather, rolls 21 0.02 1 large 19033 Snacks, GENERAL MILLS, CHEX MIX, traditional flavor 28.35 1 oz (about 2/3 cup) 2.50 19015 Snacks, granola bars, hard, plain 28.35 1 bar 2.86 Snacks, granola bars, soft, coated, milk chocolate coating, 28.35 1 bar 2.89 19026 peanut butter 28.35 1.60 19404 Snacks, granola bars, soft, uncoated, chocolate chip 1 bar 19022 Snacks, granola bars, soft, uncoated, raisin 28.35 1 bar 2.15 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS 22 1 bar 0.75 Squares Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1.74 19441 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup) 4.91 8 19034 Snacks, popcorn, air-popped 1 cup 1.04 Snacks, popcorn, cakes 10 0.97 19036 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 2.69 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 1.34 19040 11 1.02 Snacks, popcorn, cheese-flavor 1 cup 0.80 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz 17.38 19042 Snacks, potato chips, barbecue-flavor 28.35 2.18 1 oz 19045 Snacks, potato chips, made from dried potatoes, reduced fat 28.35 1 oz 1.29 Snacks, potato chips, made from dried potatoes, sour-cream 28.35 1.87 19046 1 oz and onion-flavor 19411 Snacks, potato chips, plain, salted 28.35 1 oz 1.86 28.35 19811 Snacks, potato chips, plain, unsalted 1.98 1 07 19422 Snacks, potato chips, reduced fat 28.35 1 oz 2.01 19043 Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz 2.30 19047 Snacks, pretzels, hard, plain, salted 60 10 pretzels 6.20 9 0.74 19051 Snacks, rice cakes, brown rice, plain 1 cake 19057 Snacks, tortilla chips, nacho cheese 28.35 1 oz 2.31 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 2.47 19056 Snacks, tortilla chips, plain, white corn 28.35 1 oz 2.21 19062 Snacks, trail mix, regular, with chocolate chips, salted nuts and 146 20.73 1 cup seeds 19061 140 8.82 Snacks, trail mix, tropical 1 cup 06007 Soup, bean with ham, canned, chunky, ready-to-serve 243 12.61 1 cup 06404 Soup, bean with pork, canned, prepared with equal volume 253 7.29 1 cup water 06075 Soup, beef broth or bouillon, powder, dry 6 1 packet 0.96 Soup, beef broth, bouillon, consomme, prepared with equal 241 5.35 06432 1 cup volume water 06409 Soup, beef noodle, canned, prepared with equal volume water 244 4.71 1 cup 06419 Soup, chicken noodle, canned, prepared with equal volume 241 1 cup 3.06 water 06528 252.3 2.12 Soup, chicken noodle, dry, mix, prepared with water 1 cup 06024 Soup, chicken vegetable, chunky, canned, ready-to-serve 240 12.31 1 cup 06740 Soup, chicken vegetable, chunky, reduced fat, reduced sodium, 238 1 serving 6.43 ready-to-serve, single brand

water water result 06118 Soup, chunky viegetable, canned, ready-to-serve 240 1 cup 3.50 06242 Soup, chunky viegetable, canned, prepared with equal 244 1 cup 6.60 06230 Soup, chunky viegetable, canned, prepared with equal 244 1 cup 6.61 06216 Soup, charn chowder, new england, canned, ready-to-serve 254 1 cup 6.63 06216 Soup, cream of chicken, canned, prepared with equal volume 248 1 cup 7.46 06216 Soup, cream of nushnoom, canned, prepared with equal volume 244 1 cup 3.64 06243 Soup, cream of nushnoom, canned, prepared with equal volume 244 1 cup 4.87 06444 Soup, nimestone, canned, prepared with equal volume water 241 1 cup 4.82 06445 Soup, nimestone, canned, prepared with equal volume water 250 1 cup 6.83 06445 Soup, noin, dry, mix, prepared with equal volume water 250 1 cup 6.83 06445 Soup, pons, dry, mix 39 1 packeta 2.92 <	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
BollsSoup, chunky vegktable, canned, ready-to-serve2401 cup7.4.2BollsSoup, chunky vegktable, canned, ready-to-serve2401 cup3.50BollsSoup, clam chowder, new england, canned, prepared with equal2441 cup6.30Could, and mowder, new england, canned, ready-to-serve2541 cup6.33BollsSoup, clam chowder, new england, canned, ready-to-serve2541 cup6.33Could, and chowder, new england, canned, ready-to-serve2541 cup6.33BollsSoup, cream of chicken, canned, prepared with equal volume2481 cup6.34BollsSoup, cream of chicken, canned, prepared with equal volume2411 cup4.34BollsSoup, oream of mushroom, canned, prepared with equal volume water2411 cup4.32BollsSoup, ninestrone, canned, prepared with equal volume water2411 cup4.32BollsSoup, ninestrone, canned, prepared with equal volume water2501 cup4.32BollsSoup, noine, dy, mix, prepared with equal volume water2501 cup6.30BollsSoup, noine, dy, mix, prepared with equal volume water2501 cup6.30BollsSoup, poine, dy, mix, prepared with equal volume water2501 cup6.30BollsSoup, poine, dy, mix, prepared with equal volume water2501 cup6.30BollsSoup, poine, dy, mix, prepared with equal volume water2501 cup6.30BollsSoup, poine, dy, mix, pr	06423		241	1 cup	3.49
Sup class bare outle waterSup class bare outle waterSup class bare outle water2.0708230Sup, class bare 	06018		240	1 cup	7.42
volume water volume vater volume vater<	06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	3.50
equal volume low fat (2%) mik 6.63 2042 Soup, cream of chicken, canned, prepared with equal volume 248 1 cup 7.46 06116 Soup, cream of chicken, canned, prepared with equal volume 244 1 cup 3.44 06243 Soup, cream of muchroom, canned, prepared with equal 244 1 cup 3.64 06243 Soup, cream of muchroom, canned, prepared with equal 244 1 cup 4.82 06444 Soup, cream of muchroom, canned, prepared with equal volume water 241 1 cup 4.82 06440 Soup, minestrone, canned, prepared with equal volume water 246 1 cup 4.82 06044 Soup, onion, dry, mix 39 1 packet 2.92 06444 Soup, conion, dry, mix 39 1 packet 2.92 06444 Soup, conion, dry, mix 39 1 packet 2.92 06444 Soup, conion, dry, mix, prepared with equal volume water 250 1 cup 4.83 06545 Soup, tomato, canned, prepared with equal volume water 244 1 cup 1.93 06647 Sou	06428		244	1 cup	2.07
B216 Supp. cream of chicken, canned, prepared with equal volume 248 1 cup 7.46 B0416 Soup, cream of chicken, canned, prepared with equal volume 244 1 cup 3.44 B0243 Soup, cream of mushroom, canned, prepared with equal 248 1 cup 3.68 B0444 Soup, cream of mushroom, canned, prepared with equal volume water 241 1 cup 4.22 B0440 Soup, minestrone, canned, prepared with equal volume water 241 1 cup 4.22 B0644 Soup, onion, dry, mix 39 1 packet 2.92 B0644 Soup, onion, dry, mix 39 1 packet 2.92 B0644 Soup, conton, dry, mix, prepared with equal volume water 250 1 cup 8.00 B0647 Soup, conton, dry, mix, prepared with equal volume water 250 1 cup 8.00 B0648 Soup, tomato, canned, prepared with equal volume water 244 1 cup 1.92 Commercial Soup, usertation, usertation water 244 1 cup 2.07 Commercial Soup, usertation water 244 1 cup 2.02 B06471 Soup, sout, canned, prepared with equal volume water 241 1 cup 2.02 B06471 Soup, usertation water 244 1 cup <td>06230</td> <td></td> <td>248</td> <td>1 cup</td> <td>8.04</td>	06230		248	1 cup	8.04
mik number of the second of the	27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	6.63
waterwater2481 cup5.8506243Soup, cream of mushroom, canned, prepared with equal2441 cup1.6106443Soup, microme, canned, prepared with equal2441 cup4.2206440Soup, minestrone, canned, prepared with equal volume water2411 cup4.2206094Soup, microme, canned, reduced sodium, ready-to-serve2411 cup0.2906174Soup, onion, dry, mix, prepared with equal volume water2501 cup0.7006449Soup, stock, fish, home-prepared2331 cup6.1606174Soup, stock, fish, home-prepared2331 cup6.1606174Soup, stock, fish, home-prepared2331 cup6.1806174Soup, tomato, canned, prepared with equal volume water, commercial2441 cup1.9306559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup2.4706648Soup, vegetarian vegetable, canned, prepared with equal volume2441 cup2.47volume water1661 tbsp1.301.902.30116151Soybeans, green, cooked, boiled, drained, without salt1801 cup2.27116109Soybeans, green, cooked, boiled, drained, without salt1801 cup2.27116109Soybeans, mature cooked, boiled, drained, without salt1801 cup2.2612105Sopatetti, woltweat121 tbsp0.3612105Sopatetti, woltweat2.31 tsp	06216		248	1 cup	7.46
volume tow fat (2%) mit. volume value 244 1 cup 1.61 06443 Soup, cream of mushborn, canned, prepared with equal volume water 241 1 cup 4.22 06094 Soup, minestrone, canned, prepared with equal volume water 241 1 cup 4.22 06094 Soup, onion, dry, mix 39 1 packet 2.92 06449 Soup, onion, dry, mix, prepared with vater 246 1 cup 6.00 06174 Soup, stock, fish, home-prepared 233 1 cup 6.18 06175 Soup, totad, cish, home-prepared with equal volume water, 244 1 cup 1.93 06174 Soup, vegetable beef, canned, prepared with equal volume water, 244 1 cup 5.44 06559 Soup, vegetable beef, canned, prepared with equal volume water, vater 244 1 cup 2.07 01068 Soup, vegetable beef, canned, prepared with equal volume 241 1 cup 2.22 01058 Sour dressing, non-butterfat, cultured, filed cream-type 12 1 tusp 0.30 11451 Soybeans, green, cooked, bolied, without salt 170 1 cup	06416		244	1 cup	3.44
volume water volume value 241 1 cup 4.27 06440 Soup, minestrone, canned, prepared with equal volume water 241 1 cup 4.82 06094 Soup, onion, dry, mix 39 1 packet 2.92 06444 Soup, onion, dry, mix, prepared with water 246 1 cup 6.77 06449 Soup, stock, fish, home-prepared 233 1 cup 6.72 06359 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 6.18 06559 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 5.44 06471 Soup, vegetable beef, canned, prepared with equal volume water, 244 1 cup 5.44 06471 Soup, vegetable beef, canned, prepared with equal volume water, 241 1 cup 5.44 06488 Soup, vegetable beef, canned, prepared with equal volume water 210 1 tup 6.43 11451 Soy sauce made from soy and wheat (shov) 16 1 tup 0.33 11451 Soy sauce made from soy and wheat (shov) 16 1 tup 0.34 11452 Soy sa	06243		248	1 cup	5.85
Boilty Soup, minestrone, canned, reduced sodium, ready-to-serve 241 1 cup 4.82 06094 Soup, onion, dry, mix 39 1 packet 2.92 06449 Soup, pea, green, canned, prepared with equal volume water 260 1 cup 8.00 06174 Soup, stock, fish, home-prepared 233 1 cup 6.18 06559 Soup, tomato, canned, prepared with equal volume water, canned, prepared with equal volume water, commercial 244 1 cup 1.93 06471 Soup, vegetable bef, canned, prepared with equal volume water, commercial 244 1 cup 6.44 06488 Soup, vegetable bef, canned, prepared with equal volume water, volume water 244 1 cup 2.07 01058 Soup, regetable bef, canned, prepared with equal volume water 241 1 cup 2.03 11451 Soypeans, green, cooked, boiled, drained, without salt 180 1 cup 2.862 11451 Soyseauce made from soy and wheat (shoyu) 16 1 tbsp 1.33 11451 Soyseauce, green, cooked, boiled, drained, without salt 180 1 cup 8.04 <td< td=""><td>06443</td><td></td><td>244</td><td>1 cup</td><td>1.61</td></td<>	06443		244	1 cup	1.61
66094 Soup, onion, dry, mix 39 1 packet 2.92 06494 Soup, onion, dry, mix, prepared with equal volume water 250 1 cup 8.00 06174 Soup, stock, fish, home-prepared with equal volume water 250 1 cup 8.00 06359 Soup, tomato, canned, prepared with equal volume low fat (2%) 248 1 cup 6.18 06559 Soup, tomato, canned, prepared with equal volume water, 244 1 cup .044 06569 Soup, tomato, canned, prepared with equal volume 244 1 cup .044 06471 Soup, tomato, canned, prepared with equal volume 244 1 cup .047 06488 Soup, tomato, canned, prepared with equal volume 244 1 cup .077 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp .039 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup .801 1211 Soybeans, mature cooked, boiled, drained, without salt 172 1 cup .816 1210 Soymilk, original and vanilia, unfortified <	06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	4.27
Observe Soup, onion, My, mix, prepared with water 246 1 cup 0.75 06449 Soup, pea, green, canned, prepared with equal volume water 250 1 cup 8.00 06174 Soup, tomato, canned, prepared with equal volume low fat (2%) 248 1 cup 6.18 06559 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 1.93 06471 Soup, stomato, canned, prepared with equal volume water, 244 1 cup 5.44 06468 Soup, vegetable beef, canned, prepared with equal volume water, 244 1 cup 5.44 06468 Soup, vegetatian vegetable, canned, prepared with equal volume water, 244 1 cup 2.07 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 0.33 16123 Soybeans, green, cooked, boiled, drinbut salt 180 1 cup 2.07 11451 Soybeans, mature cooked, boiled, without salt 180 1 cup 2.03 16123 Soybeans, mature cooked, boiled, without salt 172 1 cup 8.60 224011 Spaghetti with m	06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	4.82
Bet49Soup, pea, green, canned, prepared with equal volume water2501 cup8.0006174Soup, stock, fish, home-prepared2331 cup5.2706359Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup6.1806559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup5.4406468Soup, vegetable beef, canned, prepared with equal volume2441 cup5.4406468Soup, vegetarian vegetable, canned, prepared with equal2411 cup2.0701058Sour, dressing, non-butterfat, cultured, filled cream-type121 tbsp0.3816123Soy sauce made from soy and wheat (shoyu)161 tbsp1.3011451Soybeans, green, cooked, boiled, drained, without salt1721 cup28.621150Soymilk, original and vanilla, unfortified2451 cup8.0022012Spaghetti, whole-wheat, cooked1401 cup8.1222125Spaghetti, whole-wheat, cooked1401 cup7.4602007Spices, cinmano, ground2.31 tsp0.3602015Spices, cinnamon, ground2.31 tsp0.4202020Spices, innemon, ground2.11 tsp0.3202020Spices, parika2.11 tsp0.3202020Spices, parika2.11 tsp0.3202020Spices, parika2.11 tsp0.3202020Spices, parika2.11 ts	06094	Soup, onion, dry, mix	39	1 packet	2.92
Off 74Soup, stock, fish, home-prepared2331 cup5.2706359Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup6.1806559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup1.9306471Soup, vegetable beef, canned, prepared with equal volume water2441 cup5.4406468Soup, vegetable, canned, prepared with equal2411 cup2.0701058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp0.3316123Soybeans, green, cooked, boiled, drained, without salt1801 cup22.6211451Soybeans, mature cooked, boiled, drained, without salt1721 cup28.6216120Soymilk, original and vanilla, unfortified2451 cup8.01220121Spaghetti, cooked, enriched, without added salt1401 cup7.4402007Spices, ceiry seed21 tsp0.3602019Spices, ceiry seed21 tsp0.3602010Spices, cinamon, ground2.31 tsp0.3602020Spices, cinamon, ground2.31 tsp0.3602020Spices, sparkik2.11 tsp0.3202020Spices, sparkik2.11 tsp0.3502020Spices, sparkik2.11 tsp0.3502020Spices, sparkika2.11 tsp0.3502020Spices, sparkika1.31 tsp0.35 <tr< td=""><td>06494</td><td>Soup, onion, dry, mix, prepared with water</td><td>246</td><td>1 cup</td><td>0.79</td></tr<>	06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.79
Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup6.1806559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup1.9306471Soup, tomato, canned, prepared with equal volume water2441 cup5.4406468Soup, vegetatie beef, canned, prepared with equal volume water2411 cup2.0701058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp0.3316123Soy sauce made from soy and wheat (shoyu)161 tbsp1.3011451Soybeans, green, cooked, boiled, drained, without salt1801 cup28.6216120Soymilk, original and vanilla, unfortified2451 cup8.0022011Spaghetti with meat sauce, frozen entree2831 package14.2220125Spaghetti, cooked, enriched, without added salt1401 cup7.4620207Spices, celery seed21 tsp0.3502010Spices, cinnamon, ground2.31 tsp0.4202020Spices, cinnamon, ground2.31 tsp0.4202020Spices, parika2.11 tsp0.3202020Spices, parika2.11 tsp0.3302020Spices, parika2.11 tsp0.3302020Spices, parika2.11 tsp0.3502020Spices, parika2.11 tsp0.3502020Spices, parika3.31 tsp0.350202	06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	8.00
milknumber of the second s	06174	Soup, stock, fish, home-prepared	233	1 cup	5.27
commercialcommercial06471Soup, vegetable beef, canned, prepared with equal volume2441 cup5.4406468Soup, vegetarian vegetable, canned, prepared with equal2411 cup2.0701058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp0.3816123Soy sauce made from soy and wheat (shoyu)161 tbsp1.3011451Soybeans, green, cooked, boiled, drained, without salt1801 cup22.2316109Soybeans, mature cooked, boiled, drained, without salt1721 cup28.6216120Soymilk, original and vanilla, unfortified2451 cup8.1022401Spaghetti with meat sauce, frozen entree2831 package14.2920121Spaghetti, whole-wheat, cooked1401 cup.7420007Spices, celery seed21 tsp0.3802009Spices, cinamon, ground2.31 tsp0.0902015Spices, cinamon, ground2.11 tsp0.2202020Spices, garlic powder2.11 tsp0.4202021Spices, orignon, dried1.31 tbsp0.4302022Spices, paprika2.11 tsp0.3302023Spices, paprika2.11 tsp0.3502024Spices, paraley, dried1.31 tbsp0.3502025Spices, paraley, dried1.31 tsp0.3502026Spices, paraley, dried1.31 tsp0.35 <tr< td=""><td>06359</td><td></td><td>248</td><td>1 cup</td><td>6.18</td></tr<>	06359		248	1 cup	6.18
waterwater2411 cup2.0706468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup2.0701058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp0.3916123Soy sauce made from soy and wheat (shoyu)161 tbsp1.3011451Soybeans, green, cooked, boiled, drained, without salt1801 cup22.2316109Soybeans, mature cooked, boiled, drained, without salt1721 cup28.6216120Soymilk, original and vanilla, unfortified2451 cup8.0122401Spaghetti, with meat sauce, frozen entree2831 package14.2920121Spaghetti, whole-wheat, cooked1401 cup7.4620207Spices, celery seed21 tsp0.3602009Spices, chili powder2.61 tsp0.3602010Spices, cinnamon, ground2.31 tsp0.0202020Spices, garlic powder2.81 tsp0.2202020Spices, origano, dried1.51 tsp0.2402021Spices, origano, dried1.51 tsp0.2402022Spices, origano, dried1.31 tsp0.3202023Spices, paprika2.11 tsp0.3202024Spices, paprika2.11 tsp0.3202025Spices, parsley, dried1.31 tsp0.3202026Spices, paprika2.11 tsp0.32	06559		244	1 cup	1.93
volume watervolume vatervolume vater01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp0.3816123Soy sauce made from soy and wheat (shoyu)161 tbsp1.3011451Soybeans, green, cooked, boiled, drained, without salt1801 cup22.2316109Soybeans, mature cooked, boiled, without salt1721 cup28.6216120Soymilk, original and vanilla, unfortified2451 cup8.0122401Spaghetti with meat sauce, frozen entree2831 package14.2920121Spaghetti, whole-wheat, cooked1401 cup8.1220125Spaghetti, whole-wheat, cooked1401 cup7.4602007Spicesc, celery seed21 tsp0.3602010Spicesc, cinnamon, ground2.31 tsp0.0202021Spices, cinnamon, ground2.81 tsp0.2202022Spices, garlic powder2.81 tsp0.2202023Spices, orion powder2.11 tsp0.2202024Spices, origano, dried1.51 tsp0.3002025Spices, parika2.11 tsp0.3002026Spices, parika2.11 tsp0.3002027Spices, parika2.11 tsp0.3002028Spices, parika2.11 tsp0.3002030Spices, parika2.11 tsp0.3002030Spices, parike, dried1.31 tsp </td <td>06471</td> <td></td> <td>244</td> <td>1 cup</td> <td>5.44</td>	06471		244	1 cup	5.44
16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 1.30 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 22.23 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 28.62 16120 Soymilk, original and vanilla, unfortified 245 1 cup 8.01 22401 Spaghetti with meat sauce, frozen entree 283 1 package 14.29 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 8.12 20125 Spaghetti, whole-wheat, cooked 140 1 cup 7.46 02007 Spices, celery seed 2 1 tsp 0.36 02009 Spices, cinnamon, ground 2.3 1 tsp 0.02 02010 Spices, garlic powder 2.8 1 tsp 0.22 02020 Spices, onion powder 2.1 1 tsp 0.22 020215 Spices, origano, dried 1.5 1 tsp 0.30 020226 Spices, paprika 2.1 1 tsp 0.30 02028 Spices, paprika 2.1 1 tsp <td>06468</td> <td></td> <td>241</td> <td>1 cup</td> <td>2.07</td>	06468		241	1 cup	2.07
Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 22.23 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 28.62 16120 Soymilk, original and vanilla, unfortified 245 1 cup 8.01 22401 Spaghetti with meat sauce, frozen entree 283 1 package 14.29 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 8.12 20125 Spaghetti, whole-wheat, cooked 140 1 cup 7.46 02007 Spices, celery seed 2 1 tsp 0.36 02009 Spices, chili powder 2.6 1 tsp 0.35 02010 Spices, cinnamon, ground 2.3 1 tsp 0.02 02020 Spices, garlic powder 2.8 1 tsp 0.22 020215 Spices, oriegano, dried 1.5 1 tsp 0.36 02020 Spices, oriegano, dried 1.5 1 tsp 0.37 02021 Spices, oriegano, dried 1.5 1 tsp 0.36	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.39
Soybeans, mature cooked, boiled, without salt1721 cup28.6216120Soymilk, original and vanilla, unfortified2451 cup8.0122401Spaghetti with meat sauce, frozen entree2831 package14.2920121Spaghetti, cooked, enriched, without added salt1401 cup8.1220125Spaghetti, whole-wheat, cooked1401 cup7.462007Spices, celery seed21 tsp0.3602009Spices, celery seed2.61 tsp0.3502010Spices, cinnamon, ground2.31 tsp0.0902015Spices, curry powder2.81 tsp0.2202020Spices, onion powder2.11 tsp0.2202027Spices, oregano, dried1.51 tsp0.3002029Spices, paprika2.11 tsp0.3502030Spices, paper, black2.11 tsp0.3502030Spices, paper	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	1.30
Id120Soymilk, original and vanila, unfortified2451 cup8.0122401Spaghetti with meat sauce, frozen entree2831 package14.2920121Spaghetti, cooked, enriched, without added salt1401 cup8.1220125Spaghetti, whole-wheat, cooked1401 cup7.4602007Spices, celery seed21 tsp0.3602009Spices, chili powder2.61 tsp0.3502010Spices, cinnamon, ground2.31 tsp0.0902015Spices, curry powder21 tsp0.2502020Spices, onion powder2.11 tsp0.2202027Spices, oregano, dried1.51 tsp0.3602028Spices, paprika2.11 tsp0.3602030Spices, paprika2.11 tsp0.3702030Spices, paprika2.11 tsp0.3702030Spices, paprika2.11 tsp0.3711658Spinach souffle1361 cup0.3711461Spinach, canned, regular pack, drained solids2141 cup6.01	11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	22.23
22401 Spaghetti with meat sauce, frozen entree 283 1 package 14.29 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 8.12 20125 Spaghetti, whole-wheat, cooked 140 1 cup 7.46 02007 Spices, celery seed 2 1 tsp 0.36 02009 Spices, chili powder 2.6 1 tsp 0.35 02010 Spices, cinnamon, ground 2.3 1 tsp 0.35 02020 Spices, curry powder 2 1 tsp 0.25 02020 Spices, garlic powder 2.8 1 tsp 0.25 02020 Spices, origano, dried 1.5 1 tsp 0.22 02020 Spices, origano, dried 1.5 1 tsp 0.37 02027 Spices, pregano, dried 1.5 1 tsp 0.37 02028 Spices, paprika 2.1 1 tsp 0.37 02030 Spices, pepper, black 2.1 1 tsp 0.32 02030 Spices, pepper, black <td< td=""><td>16109</td><td>Soybeans, mature cooked, boiled, without salt</td><td>172</td><td>1 cup</td><td>28.62</td></td<>	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	28.62
20121Spaghetti, cooked, enriched, without added salt1401 cup8.1220125Spaghetti, whole-wheat, cooked1401 cup7.4602007Spices, celery seed21 tsp0.3602009Spices, chili powder2.61 tsp0.3502010Spices, cinnamon, ground2.31 tsp0.0902015Spices, curry powder21 tsp0.2502020Spices, garlic powder2.81 tsp0.4602026Spices, onion powder2.11 tsp0.2202027Spices, oregano, dried1.51 tsp0.4402028Spices, paprika2.11 tsp0.3502030Spices, paprika2.11 tsp0.3502030Spices, papre, black2.11 tsp0.3511658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	16120	Soymilk, original and vanilla, unfortified	245	1 cup	8.01
20125 Spaghetti, whole-wheat, cooked 140 1 cup 7.46 02007 Spices, celery seed 2 1 tsp 0.36 02009 Spices, chili powder 2.6 1 tsp 0.35 02010 Spices, cinnamon, ground 2.3 1 tsp 0.09 02015 Spices, curry powder 2 1 tsp 0.25 02020 Spices, garlic powder 2.8 1 tsp 0.46 02026 Spices, onion powder 2.1 1 tsp 0.22 02027 Spices, oregano, dried 1.5 1 tsp 0.36 02028 Spices, parsley, dried 1.3 1 tsp 0.36 02029 Spices, parsley, dried 1.3 1 tsp 0.36 02030 Spices, parsley, dried 1.3 1 tsp 0.36 02030 Spices, parsley, dried 1.3 1 tsp 0.36 02030 Spices, pepper, black 2.1 1 tsp 0.35 02030 Spices, pepper, black 2.1 1 tsp 0.32 0211 1 tsp 0.35 0.35 0.35 <td>22401</td> <td>Spaghetti with meat sauce, frozen entree</td> <td>283</td> <td>1 package</td> <td>14.29</td>	22401	Spaghetti with meat sauce, frozen entree	283	1 package	14.29
02007 Spices, celery seed 2 1 tsp 0.36 02009 Spices, chili powder 2.6 1 tsp 0.35 02010 Spices, cinnamon, ground 2.3 1 tsp 0.09 02015 Spices, curry powder 2 1 tsp 0.25 02020 Spices, garlic powder 2.8 1 tsp 0.46 02026 Spices, onion powder 2.1 1 tsp 0.46 02027 Spices, oregano, dried 1.5 1 tsp 0.46 02028 Spices, paprika 2.1 1 tsp 0.46 02029 Spices, paprika 2.1 1 tsp 0.46 02029 Spices, paprika 2.1 1 tsp 0.36 02030 Spices, paper, black 2.1 1 tsp 0.35 02030 Spices, pepper, black 2.1 1 tsp 0.36 0214 1 tsp 0.22 0.35 0.35 0.35 0.35 0.35 0.35 0.35 0.35 0.35 0.35	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	8.12
02009Spices, chili powder2.61 tsp0.3502010Spices, cinnamon, ground2.31 tsp0.0902015Spices, curry powder21 tsp0.2502020Spices, garlic powder2.81 tsp0.4602026Spices, onion powder2.11 tsp0.2202027Spices, oregano, dried1.51 tsp0.4402028Spices, paprika2.11 tsp0.3502030Spices, paprika2.11 tsp0.3502030Spices, pepper, black2.11 tsp0.3511658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	20125	Spaghetti, whole-wheat, cooked	140	1 cup	7.46
02010Spices, cinnamon, ground2.31 tsp0.0902015Spices, curry powder21 tsp0.2502020Spices, garlic powder2.81 tsp0.4602026Spices, onion powder2.11 tsp0.2202027Spices, oregano, dried1.51 tsp0.1402028Spices, paprika2.11 tsp0.3002029Spices, paprika2.11 tsp0.3002030Spices, pepper, black2.11 tsp0.3211658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	02007	Spices, celery seed	2	1 tsp	0.36
02015 Spices, curry powder 2 1 tsp 0.25 02020 Spices, garlic powder 2.8 1 tsp 0.46 02026 Spices, onion powder 2.1 1 tsp 0.22 02027 Spices, oregano, dried 1.5 1 tsp 0.22 02028 Spices, paprika 2.1 1 tsp 0.30 02029 Spices, parsley, dried 1.3 1 tbsp 0.35 02030 Spices, pepper, black 2.1 1 tsp 0.35 11658 Spinach souffle 136 1 cup 10.73 11461 Spinach, canned, regular pack, drained solids 214 1 cup 6.01	02009	Spices, chili powder	2.6	1 tsp	0.35
02020 Spices, garlic powder 2.8 1 tsp 0.46 02026 Spices, onion powder 2.1 1 tsp 0.22 02027 Spices, oregano, dried 1.5 1 tsp 0.14 02028 Spices, paprika 2.1 1 tsp 0.30 02029 Spices, parsley, dried 1.3 1 tbsp 0.35 02030 Spices, pepper, black 2.1 1 tsp 0.22 11658 Spinach souffle 136 1 cup 10.73 11461 Spinach, canned, regular pack, drained solids 214 1 cup 6.01	02010	Spices, cinnamon, ground	2.3	1 tsp	0.09
O2026 Spices, onion powder 2.1 1 tsp 0.22 02027 Spices, oregano, dried 1.5 1 tsp 0.14 02028 Spices, paprika 2.1 1 tsp 0.30 02029 Spices, parsley, dried 1.3 1 tbsp 0.35 02030 Spices, pepper, black 2.1 1 tsp 0.35 11658 Spinach souffle 136 1 cup 10.73 11461 Spinach, canned, regular pack, drained solids 214 1 cup 6.01	02015	Spices, curry powder	2	1 tsp	0.25
02027Spices, oregano, dried1.51 tsp0.1402028Spices, paprika2.11 tsp0.3002029Spices, parsley, dried1.31 tbsp0.3502030Spices, pepper, black2.11 tsp0.2211658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	02020	Spices, garlic powder	2.8	1 tsp	0.46
02028 Spices, paprika 2.1 1 tsp 0.30 02029 Spices, parsley, dried 1.3 1 tbsp 0.35 02030 Spices, pepper, black 2.1 1 tsp 0.22 11658 Spinach souffle 136 1 cup 10.73 11461 Spinach, canned, regular pack, drained solids 214 1 cup 6.01	02026	Spices, onion powder	2.1	1 tsp	0.22
02029Spices, parsley, dried1.31 tbsp0.3502030Spices, pepper, black2.11 tsp0.2211658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	02027	Spices, oregano, dried	1.5	1 tsp	0.14
02030Spices, pepper, black2.11 tsp0.2211658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	02028	Spices, paprika	2.1	1 tsp	0.30
02030Spices, pepper, black2.11 tsp0.2211658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	02029	Spices, parsley, dried	1.3	1 tbsp	0.35
11658Spinach souffle1361 cup10.7311461Spinach, canned, regular pack, drained solids2141 cup6.01	02030	Spices, pepper, black	2.1		0.22
11461Spinach, canned, regular pack, drained solids2141 cup6.01				•	10.73
		•			6.01
					5.35

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.62
11457	Spinach, raw	30	1 cup	0.86
11457	Spinach, raw	10	1 leaf	0.29
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	1.64
11641	Squash, summer, all varieties, raw	113	1 cup	1.37
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.82
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	2.95
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.35
09316	Strawberries, raw	12	1 strawberry	0.08
09316	Strawberries, raw	166	1 cup	1.11
09316	Strawberries, raw	18	1 strawberry	0.12
19334	Sugars, brown	3.2	1 tsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	2.51
11512	Sweet potato, canned, vacuum pack	255	1 cup	4.21
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	2.93
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	2.14
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.93
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	3.72
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.62
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.87
19350	Syrups, corn, light	20	1 tbsp	0.00
19353	Syrups, maple	20	1 tbsp	0.01
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
18360	Taco shells, baked	13.3	1 medium	0.86
09223	Tangerine juice, canned, sweetened	249	1 cup	1.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.13
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.68
20068	Tapioca, pearl, dry	152	1 cup	0.29
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.03
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	237	8 fl oz	0.05
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.14
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.55
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.43
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	2.55
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	6.63
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	7.86
11954	Tomatillos, raw	34	1 medium	0.33

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11540	Tomato juice, canned, with salt added	243	1 cup	1.85
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.32
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.13
11549	Tomato products, canned, sauce	245	1 cup	3.23
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	1.87
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.32
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.58
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.18
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.15
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.08
11955	Tomatoes, sun-dried	2	1 piece	0.28
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.15
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.48
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	2.56
21088	Tostada with guacamole	130.5	1 tostada	6.24
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85	1 serving (3 oz)	22.92
05180	Turkey from whole, neck, meat only, cooked, simmered	152	1 neck	34.17
05292	Turkey patties, breaded, battered, fried	64	1 patty	8.96
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	18.13
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85	1 serving (3 oz)	22.19
05705	Turkey, whole, enhanced, meat only, roasted	85	1 serving (3 oz)	22.62
05172	Turkey, whole, giblets, cooked, simmered	145	1 cup	38.34
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.64
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.49
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	1.11
02050	Vanilla extract	4.2	1 tsp	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	30.74
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	20.37
11578	Vegetable juice cocktail, canned	242	1 cup	1.52
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.22
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.21
02048	Vinegar, cider	15	1 tbsp	0.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.37
18367	Waffles, plain, prepared from recipe	75	1 waffle	5.93
14429	Water, tap, municipal	237	8 fl oz	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.23
09326	Watermelon, raw	152	1 cup	0.93
09326	Watermelon, raw	286	1 wedge	1.74
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	12.91
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	12.36
20083	Wheat flour, white, bread, enriched	137	1 cup	16.41
20084	Wheat flour, white, cake, enriched	137	1 cup	11.23
20080	Wheat flour, whole-grain	120	1 cup	15.85
20089	Wild rice, cooked	164	1 cup	6.54
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	9.92
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	11.92

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	13.01
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	7.88