NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	14
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	14
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	4
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	8
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	4
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	5
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	10
09011	Apples, dried, sulfured, uncooked	32	5 rings	28
09003	Apples, raw, with skin	138	1 apple	1
09004	Apples, raw, without skin	110	1 cup	0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	5
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	8
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	10
09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
09021	Apricots, raw	35	1 apricot	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	101
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	72
11015	Asparagus, canned, drained solids	72	4 spears	207
11012	Asparagus, cooked, boiled, drained	60	4 spears	8
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2
09038	Avocados, raw, California	28.35	1 oz	2
09039	Avocados, raw, Florida	28.35	1 oz	1
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	244
18005	Bagels, cinnamon-raisin	89	4" bagel	306
18003	Bagels, egg	89	4" bagel	449
18003	Bagels, egg	71	3-1/2" bagel	359
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	339
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	425
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3
19078	Baking chocolate, unsweetened, squares	28.35	1 square	7
11028	Bamboo shoots, canned, drained solids	131	1 cup	9
09040	Bananas, raw	118	1 banana	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	2
20006	Barley, pearled, cooked	157	1 cup	5
20005	Barley, pearled, raw	200	1 cup	18
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	871
16008	Beans, baked, canned, with franks	259	1 cup	1114
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	853
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1106
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	4
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	655
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	4
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	2
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	332
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	339
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	12
16051	Beans, white, mature seeds, canned	262	1 cup	13
22905	Beef stew, canned entree	232	1 cup	900
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	54
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	60
13348	Beef, cured, corned beef, canned	85.05	3 oz	763
13350	Beef, cured, dried	28.35	1 oz	791
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	66
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	64
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	61
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	54
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	54
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	37
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	38
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	31
23598	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	32 48
23610	fat, all grades, cooked, broiled Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat,	85	3 oz 3 oz	40 52
13327	all grades, cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	65
11087	Beet greens, cooked, boiled, drained, without salt	144	3 02 1 cup	347
11087	.	170	·	347
	Beets, canned, drained solids		1 cup	
11084	Beets, canned, drained solids	24	1 beet	47
11081	Beets, cooked, boiled, drained	50	1 beet	39 131
11081	Beets, cooked, boiled, drained	170	1 cup	131

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	348
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	586
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	287
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	214
09042	Blackberries, raw	144	1 cup	1
09055	Blueberries, frozen, sweetened	230	1 cup	2
09050	Blueberries, raw	145	1 cup	1
07008	Bologna, beef and pork	56.7	2 slices	544
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	554
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	208
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1603
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	479
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	181
18023	Bread, cornbread, dry mix, prepared	60	1 piece	359
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	428
18025	Bread, cracked-wheat	25	1 slice	135
18027	Bread, egg	40	1/2" slice	152
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	128
18033	Bread, italian	20	1 slice	123
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	99
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	99
18039	Bread, oatmeal	27	1 slice	121
18040	Bread, oatmeal, toasted	25	1 slice	122
18041	Bread, pita, white, enriched	28	4" pita	150
18041	Bread, pita, white, enriched	60	6-1/2" pita	322
18044	Bread, pumpernickel	32	1 slice	191
18045	Bread, pumpernickel, toasted	29	1 slice	190
18047	Bread, raisin, enriched	26	1 slice	90
18048	Bread, raisin, toasted, enriched	24	1 slice	90
18053	Bread, reduced-calorie, rye	23	1 slice	118
18055	Bread, reduced-calorie, wheat	23	1 slice	76
18057	Bread, reduced-calorie, white	23	1 slice	110
18060	Bread, rye	32	1 slice	193
18061	Bread, rye, toasted	24	1 slice	159
18064	Bread, wheat	25	1 slice	130
18065	Bread, wheat, toasted	23	1 slice	138
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	221
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	123
18070	Bread, white, commercially prepared, toasted	22	1 slice	130
18075	Bread, whole-wheat, commercially prepared	28	1 slice	112
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	123
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	64
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15
11740	Broccoli, flower clusters, raw	11	1 floweret	3
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	20
11090	Broccoli, raw	31	1 spear	10

Content per NDB No Description Weight (g) **Common Measure** Measure 11090 Broccoli, raw 29 88 1 cup 11099 Brussels sprouts, cooked, boiled, drained, without salt 156 33 1 cup 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155 1 cup 23 20011 Buckwheat flour, whole-groat 120 13 1 cup 20010 Buckwheat groats, roasted, cooked 168 7 1 cup Bulgur, cooked 20013 182 9 1 cup 140 20012 Bulgur, dry 1 cup 24 01001 Butter, salted 14.2 1 tbsp 101 2 01145 Butter, without salt 14.2 1 tbsp 170 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without 58 1 cup salt 11120 Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt 119 1 cup 11 11110 Cabbage, cooked, boiled, drained, without salt 150 12 1 cup 11109 Cabbage, raw 70 13 1 cup 11112 Cabbage, red, raw 70 1 cup 19 70 20 11114 Cabbage, savoy, raw 1 cup Cake, angelfood, commercially prepared 28 210 18086 1 piece 18088 Cake, angelfood, dry mix, prepared 50 256 1 piece Cake, boston cream pie, commercially prepared 18090 92 1 piece 234 18096 Cake, chocolate, commercially prepared with chocolate frosting, 64 1 piece 223 in-store bakerv 18101 Cake, chocolate, prepared from recipe without frosting 95 1 piece 299 18110 Cake, fruitcake, commercially prepared 43 1 piece 43 18116 Cake, gingerbread, prepared from recipe 74 1 piece 242 18119 Cake, pineapple upside-down, prepared from recipe 115 367 1 piece Cake, pound, commercially prepared, butter 28 18120 1 piece 111 18451 Cake, pound, commercially prepared, fat-free 28 1 slice 95 18126 Cake, shortcake, biscuit-type, prepared from recipe 65 1 shortcake 329 18127 Cake, snack cakes, creme-filled, chocolate with frosting 50 166 1 cupcake 42.5 18128 Cake, snack cakes, creme-filled, sponge 200 1 cake 18452 Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat 43 1 cupcake 178 18133 Cake, sponge, commercially prepared 30 1 shortcake 161 18134 Cake, sponge, prepared from recipe 63 1 piece 144 Cake, white, prepared from recipe with coconut frosting 18102 112 318 1 piece Cake, white, prepared from recipe without frosting 74 242 18139 1 piece 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-64 1 piece 198 store bakery 220 18141 Cake, yellow, commercially prepared, with vanilla frosting 64 1 piece 19074 Candies, caramels 10.1 1 piece 25 7 3 19076 Candies, caramels, chocolate-flavor roll 1 piece 19071 Candies, carob, unsweetened 28.35 1 oz 30 17 8 19100 Candies, fudge, chocolate, prepared-from-recipe 1 piece Candies, fudge, chocolate, with nuts, prepared-from-recipe 7 19101 19 1 piece 19104 Candies, fudge, vanilla with nuts 15 1 piece 6 19103 Candies, fudge, vanilla, prepared-from-recipe 16 1 piece 8 19106 Candies, gumdrops, starch jelly pieces 74 33 10 worms Candies, gumdrops, starch jelly pieces 4.2 1 medium 2 19106 19106 Candies, gumdrops, starch jelly pieces 22 10 bears 10 19107 Candies, hard 3 1 small piece 1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19107	Candies, hard	6	1 piece	2
19108	Candies, jellybeans	28.35	10 large	14
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	23
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	4
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	10
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	30
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	102
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	136
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	40
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	35
19126	Candies, milk chocolate coated peanuts	40	10 pieces	16
19127	Candies, milk chocolate coated raisins	10	10 pieces	4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	30
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	20
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	16
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	66
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	161
19080	Candies, semisweet chocolate	168	1 cup	18
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	1
19087	Candies, white chocolate	170	1 cup	153
09060	Carambola, (starfruit), raw	108	1 cup	2
09060	Carambola, (starfruit), raw	91	1 fruit	2
14121	Carbonated beverage, club soda	355	12 fl oz	75
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	15
14136	Carbonated beverage, ginger ale	366	12 fl oz	26
14142	Carbonated beverage, grape soda	372	12 fl oz	56
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	21
14150	Carbonated beverage, orange	372	12 fl oz	45
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	37
14157	Carbonated beverage, root beer	370	12 fl oz	48
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	33
16055	Carob flour	8	1 tbsp	3
11655	Carrot juice, canned	236	1 cup	156
11960	Carrots, baby, raw	10	1 medium	8
11128	Carrots, canned, regular pack, drained solids	146	1 cup	353
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	90
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	86
11124	Carrots, raw	110	1 cup	76
11124	Carrots, raw	72	1 carrot	50
11935	Catsup	15	1 tbsp	136
11935	Catsup	6	1 packet	54
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	19
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	32
11135	Cauliflower, raw	13	1 floweret	4
11135	Cauliflower, raw	100	1 cup	30
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	137
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	34
11143	Celery, raw	40	1 stalk	32
11143	Celery, raw	120	1 cup	96
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	228
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	117
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	285
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	155
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	173
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	210
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	169
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	232
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	163
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	188
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	283
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	179
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	194
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	254
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	167
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	278
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	186
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	167
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	171
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	220
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	141
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	207
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	77
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	138
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	131
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	204
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	120
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	218
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	137
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	145
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size and little bites	55	1 cup	1
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	38
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	207
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	217
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	174

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	166
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	220
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	1
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	204
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	189
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	200
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	117
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	28
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	153
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	160
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	241
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	15
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	43
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal p	8
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	87
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	9
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	258
08143	Cereals, WHEATENA, cooked with water	243	1 cup	5
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	364
01164	Cheese sauce, prepared from recipe	243	1 cup	1198
01048	Cheese spread, pasteurized process, American	28.35	1 oz	461
01004	Cheese, blue	28.35	1 oz	395
01007	Cheese, camembert	38	1 wedge	320
01009	Cheese, cheddar	28.35	1 oz	176
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	764
01013	Cheese, cottage, creamed, with fruit	226	1 cup	777
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	918
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	746
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	479
01017	Cheese, cream	14.5	1 tbsp	47
01186	Cheese, cream, fat free	15.6	1 tbsp	110
01019	Cheese, feta	28.35	1 oz	316
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	174
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	185

01030 Cheese, numarier 28.35 1 oz 11 01031 Cheese, partesan, grated 5 1 oz 42 01042 Cheese, partesan, grated 5 1 oz 43 01042 Cheese, partesan, grated 5 1 oz 43 01044 Cheese, partesurized process, wwiss 28.35 1 oz 22 01037 Cheese, protectine, aver, simin 24.6 1 cup 33 01036 Cheese, rototta, part skim milk 24.6 1 cup 34 01040 Cheese, aver, aver, aver, parte parte, solds, and liquids 24.4 1 oz 24 01040 Cheese, aver, manel, water parte, solds, and liquids 24.4 1 oz parte 34 01040 Cheese, aver, prove, prove, partes, aver, a	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01031 Cheese, neudratel 28.35 1 oz 1 01032 Cheese, pasteurized process, metacan, fortifed with vitamin 28.35 1 oz 4 01042 Cheese, pasteurized process, metacan, fortifed with vitamin 28.35 1 oz 33 01036 Cheese, pasteurized process, metacan, fortifed with vitamin 28.35 1 oz 33 01036 Cheese, notata, whole milk 246 1 cup 33 01036 Cheese, notata, whole milk 246 1 cup 33 01036 Cheese, notata, whole milk 246 1 cup 33 01036 Cheese, notata, whole milk 246 1 cup 34 01037 Cheese, solata, cup, red, canned, water pack, solida and liquids 244 1 cup 34 020064 Cheese, solata, pack, canned 5.7 2 slices 66 05058 Chicken pot jei, fozan entree, prepared 217 1 small pie 34 05059 Chicken, pot jeis or fryers, breast, meat and skin, cooked, fried, 86 1/2 breast 34 05056 Chicken, broiles or fryers, dark meat, drumstick, meat and skin, cooked, fried, 86 1/2 breast 44 05057 Chicken, broiles or fryers, dark meat, meat only, cooked, fried, 86 1/2 breast <t< td=""><td>01026</td><td>Cheese, mozzarella, whole milk</td><td>28.35</td><td>1 oz</td><td>178</td></t<>	01026	Cheese, mozzarella, whole milk	28.35	1 oz	178
01032 Cheese, pasteurized process, swise 5 1 tbap 1 01042 Cheese, pasteurized process, swise 28.35 1 oz 3 01035 Cheese, provolone 28.35 1 oz 3 01035 Cheese, notout, who milk 246 1 cop 32 01036 Cheese, notout, who milk 246 1 cop 32 01040 Cheese, notout, who milk 246 1 cop 32 01040 Cheese, notout, who milk 246 1 cop 32 01040 Cheese, sout, red, canned, water pack, solids and liquids 244 1 cop 32 01040 Cherines, sout, red, canned, water pack, solids and liquids 244 1 cop 32 020064 Cherines, sout, red, canned, water pack, solids and liquids 244 1 cop 32 02017 Chicken not light mest 68 10 cbernies 32 02008 Chicken notiles or flyers, breast, meat and skin, cooked, fried, 140 12 breast 32 05036 Chicken, brolies or flyers, dark meat, daw, cooked, fried, 84	01030	Cheese, muenster	28.35	1 oz	178
01042 Cheese, pasteurized process, swiss 28.35 1 oz 44 01044 Cheese, pasteurized process, swiss 28.35 1 oz 33 01035 Cheese, nicotta, part skim milk 246 1 cup 33 01036 Cheese, nicotta, whole milk 246 1 cup 33 01036 Cheese, nicotta, whole milk 246 1 cup 33 01037 Cheese, nicotta, whole milk 246 1 cup 33 01040 Cheese, swiss 28.35 1 oz 33 019664 Chriefes, sour, red, canned, water pack, solids and liquids 244 1 cup 33 010717 Chicken pt pie, frozen entree, prepared 217 1 small pie 36 02065 Chicken, pt piers, ortyers, breast, meat and skin, cooked, fried, 140 12 breast 31 05058 Chicken, broilers or tyres, breast, meat and skin, cooked, fried, 98 1 /2 breast 32 05054 Chicken, broilers or tyres, dark meat, meat and skin, cooked, fried, 98 1 /2 breast 32 05056 <t< td=""><td>01031</td><td>Cheese, neufchatel</td><td>28.35</td><td>1 oz</td><td>95</td></t<>	01031	Cheese, neufchatel	28.35	1 oz	95
01044 Cheese, pasteurized process, swiss 28.35 1 oz 23 01035 Cheese, icotta, part skim milk 24.6 1 cup 23 01036 Cheese, icotta, whole milk 24.6 1 cup 23 01036 Cheese, icotta, whole milk 24.6 1 cup 24 01040 Cheese, icotta, whole milk 24.6 1 cup 24 01040 Cheese, icotta, whole milk 24.4 1 cup 24 01040 Cheese, icotta, whole milk 68 10 cherries 24 09070 Chricke, swort, red, canned, water pack, soilds and liquids 24.4 1 cup 24 09070 Chricke, broilers or max 56.7 2 slices 66 07017 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 140 12 breast 26 05056 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 144 1 drumstick 26 05067 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried 84 3 oz 26 05066 Chicken, broilers or fryers, drumstick, meat	01032	Cheese, parmesan, grated	5	1 tbsp	76
01035Cheese, providine28.351 oz201037Cheese, frotta, part skin milk2461 cup3001036Cheese, frotta, whole milk26.351 oz3101040Cheese, swiss28.351 oz3201040Cheese, swiss28.351 oz3201040Cheese, swiss28.351 oz3201040Cheese, swiss28.351 oz3201040Cheese, swiss28.351 oz3201040Cheese, swiss28.351 oz3201040Cheries, swet, roaw6810 cherries3202907Chriers, swet, roaw6810 cherries6802907Chriers, swet, roaw55.72 slices6605665Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 1401/2 breast3205666Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, fried, 16721 drumstick4205041Chicken, broilers or fryers, dark meat, meat only, cooked, fried861/2 breast4205052Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz4205054Chicken, broilers or fryers, durastick, meat and skin, cooked, fried861 drumstick4205056Chicken, broilers or fryers, durastick, meat and skin, cooked, fried861 drumstick4205057Chicken, broilers or fryers, durastick, meat and skin, cooked, fried861 drumstick42 <td>01042</td> <td>Cheese, pasteurized process, American, fortified with vitamin D</td> <td>28.35</td> <td>1 oz</td> <td>474</td>	01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	474
01037Cheese, ricota, whole milk2461 cup3301036Cheese, roota, whole milk2461 cup24118147Cheeses, roota, water pack, solids and liquids28.351 oz33118147Cheeses, sour, red, canned, water pack, solids and liquids2441 cup3309064Cherries, sour, red, canned, water pack, solids and liquids2441 cup3309070Cherries, sweet, raw6810 cherries8022306Chicken pot pie, frozen entree, prepared2171 small pie8105058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, four981/2 breast3105059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, cooked, roasted861/2 breast6605073Chicken, broilers or fryers, dark meat, arumstick, meat only, cooked, fried, batter441 drumstick4405074Chicken, broilers or fryers, dark meat, arumstick, meat only, 	01044	Cheese, pasteurized process, swiss	28.35	1 oz	388
01036Cheese, itota, whole milk2461 cup2201040Cheese, wiss28.351 oz518147Cheese, wiss801 piece3318147Cheese, wiss801 piece3309064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup3309070Cherries, swet, raw6810 cherries8622906Chicken pot pie, frozen entree, prepared2171 small pie8805058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter981/2 breast3305054Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter981/2 breast4405073Chicken, broilers or fryers, dark meat, meat only, cooked, roated861/2 breast4405074Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz6405075Chicken, broilers or fryers, durunstick, meat and skin, cooked, fried843 oz6405074Chicken, broilers or fryers, durunstick, meat and skin, cooked, fried843 oz6505075Chicken, broilers or fryers, durunstick, meat and skin, cooked, fried843 oz6605076Chicken, broilers or fryers, durunstick, meat and skin, cooked, fried843 oz6705076Chicken, broilers or fryers, durunstick, meat and skin, cooked, fried843 oz6705070Chicken, broilers or fryers, high, m	01035	Cheese, provolone	28.35	1 oz	248
01040 Cheese, swiss 28.35 1 oz 24 18147 Cheese, swiss 80 1 piece 33 08064 Cheries, sour, rad, canned, water pack, solids and liquids 244 1 cup 34 09070 Cheries, sour, rad, canned, water pack, solids and liquids 244 1 cup 88 09070 Cheries, sow, rad, canned, water pack, solids and liquids 247 1 small pie 88 07017 Chicken pot pie, frozen entree, prepared 217 1 small pie 88 07017 Chicken, troilers, treast, meat and skin, cooked, fried, 98 1/2 breast 36 05058 Chicken, broilers or fyrers, breast, meat only, cooked, reasted 86 1/2 breast 66 05073 Chicken, broilers or fyrers, dark meat, drumstick, meat only, cooked, fried 84 3 oz 66 05064 Chicken, broilers or fyrers, dark meat, meat only, cooked, fried 84 3 oz 66 05065 Chicken, broilers or fyrers, dark meat, meat only, cooked, fried 84 3 oz 66 05064 Chicken, broilers or fyrers, dark meat, meat only, cooked, fried 84 3 oz 66 05064 Chicken, broilers or fyrers, dark meat, meat only, cooked, fried 84 3 oz 67 05060 Chicken,	01037	Cheese, ricotta, part skim milk	246	1 cup	308
18147Cheesecake commercially prepared801 piece3309064Cherries, sour, red, canned, water pack, solids and liquids2441 cup24408070Cherries, sour, red, canned, water pack, solids and liquids2441 cup24408070Cherries, sweet, raw6810 cherries2171 small pie8822906Chicken put pie, frozen entree, prepared2172 slices666605058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast3105059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter981/2 breast3205054Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted861/2 breast4605073Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz6605064Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz6605074Chicken, broilers or fryers, durmstick, meat and skin, cooked, fried843 oz6605068Chicken, broilers or fryers, glutets, cooked, simmered1451 cup5205070Chicken, broilers or fryers, glutets, cooked, simmered1451 cup5205080Chicken, broilers or fryers, leight meat and skin, cooked, fried, 861 thigh2205090Chicken, broilers or fryers, leight meat and skin, cooked, fried, 861 thigh2405091Chicken, broilers or fryers, leight meat and skin, cooked, fried, 8	01036	Cheese, ricotta, whole milk	246	1 cup	207
09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, swet, raw6810 cherries22906Chicken pot pie, frozen entree, prepared2171 small pie8822906Chicken pot pie, frozen entree, prepared2172 slices6605058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast3805059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter981/2 breast3605073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted861/2 breast6605074Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz6605075Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried843 oz6605076Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried843 oz6605076Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried843 oz6605072Chicken, broilers or fryers, gliblets, cooked, simmered1451 cup6205082Chicken, broilers or fryers, light meat, meat only, cooked, fried861 thigh2405090Chicken, broilers or fryers, light meat and skin, cooked, fried861 thigh2405092Chicken, broilers or fryers, light, meat and skin, cooked, fried861 thigh2605028Chicken, broilers	01040	Cheese, swiss	28.35	1 oz	54
(includes USDA commodity red tair cherries, canned) 68 10 cherries, 08070 Cherries, sweet, raw 68 10 cherries, 22906 Chicken, protiers, frozen entree, prepared 217 1 small pie 68 05058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 140 1/2 breast 66 05059 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 66 05074 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 66 05075 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 98 1/2 breast 66 05074 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 84 3 oz 67 05074 Chicken, broilers or fryers, durmstick, meat and skin, cooked, fried 84 3 oz 66 05070 Chicken, broilers or fryers, durmstick, meat and skin, cooked, fried 84 3 oz 66 05040 Chicken, broilers or fryers, light meat, meat only, cooked, fried 84 3 oz 66 05058 Chicken, broilers or fryers, l	18147	Cheesecake commercially prepared	80	1 piece	350
22906Chicken potipic, frozen entree, prepared2171 small pie8807017Chicken roll, light meat56.72 slices6005058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 1401401/2 breast3105059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, 98981/2 breast3105064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast4605073Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz8605064Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz8605067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour991 drumstick4105068Chicken, broilers or fryers, glubels, cooked, simmered1451 cup5205090Chicken, broilers or fryers, glight meat, meat only, cooked, fried861 thigh2205090Chicken, broilers or fryers, light, meat and skin, cooked, fried861 thigh2405090Chicken, broilers or fryers, shight, meat and skin, cooked, fried861 thigh2405091Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh2405092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh2405093Chicken, broilers or fryers, thigh, meat and skin, cooked, fried861 thigh2505077Chicken, broilers or fryers,	09064		244	1 cup	17
D7017Chicken roll, light meat56.72 slices6605058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour1401/2 breast3405059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour981/2 breast3405059Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast4605073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted441 drumstick4605044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz4605057Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick4105068Chicken, broilers or fryers, gliblets, cooked, simmered1451 cup4205092Chicken, broilers or fryers, ilght meat, meat only, cooked, fried843 oz4605092Chicken, broilers or fryers, ilght meat, meat only, cooked, fried861 thigh2205092Chicken, broilers or fryers, ilght meat, meat only, cooked, fried, batter861 thigh2405092Chicken, broilers or fryers, ingh, meat and skin, cooked, fried, batter861 thigh4405101Chicken, broilers or fryers, ingh, meat only, cooked, fried, batter861 thigh4405028Chicken, broilers or fryers, ingh, meat only, cooked, fried, batter861 thigh4405102Chicken, broilers or fryers, ingh, meat only, cooked, fried, batter <td< td=""><td>09070</td><td>Cherries, sweet, raw</td><td>68</td><td>10 cherries</td><td>0</td></td<>	09070	Cherries, sweet, raw	68	10 cherries	0
Chicken, brölers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast3305059Chicken, brölers or fryers, breast, meat and skin, cooked, fried, flour981/2 breast6605064Chicken, brölers or fryers, breast, meat only, cooked, roasted cooked, roasted861/2 breast6605073Chicken, brölers or fryers, dark meat, drumstick, meat only, cooked, roasted441 drumstick8605074Chicken, brölers or fryers, dark meat, meat only, cooked, fried843 oz8605067Chicken, brölers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick16605068Chicken, brölers or fryers, grumstick, meat and skin, cooked, fried, flour1451 cup9205020Chicken, brölers or fryers, giblets, cooked, simmered1451 cup9205090Chicken, brölers or fryers, tight meat, meat only, cooked, fried861 thigh2405092Chicken, brölers or fryers, tight, meat and skin, cooked, fried861 thigh2405093Chicken, brölers or fryers, wing, meat and skin, cooked, fried861 thigh2405094Chicken, brölers or fryers, wing, meat and skin, cooked, fried861 thigh2405092Chicken, brölers or fryers, wing, meat and skin, cooked, fried861 thigh2405093Chicken, brölers or fryers, wing, meat and skin, cooked, fried1401 cup1005126Chicken, stewing, meat only, cooked, fried101 cup	22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	883
batter05059Chicken, broilers or fryers, breast, meat and skin, cooked, fried,981/2 breast6605073Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast6605073Chicken, broilers or fryers, dark meat, drumstick, meat only,441 drumstick8605044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz8605067Chicken, broilers or fryers, drumstick, meat and skin, cooked,721 drumstick1905068Chicken, broilers or fryers, drumstick, meat and skin, cooked,491 drumstick4605022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup6205040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz6605092Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz6605092Chicken, broilers or fryers, light meat and skin, cooked, fried843 oz6605092Chicken, broilers or fryers, meat and skin, cooked, fried861 thigh2205042Chicken, broilers or fryers, wing, meat and skin, cooked, fried861 thigh2405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried901 wing1105103Chicken, inver, all classes, cooked, simmered19.61 liver6605028Chicken, inver, all classes, cooked, simmered19.61 liver6605026Chicken, inver, all classes, cooked,	07017	Chicken roll, light meat	56.7	2 slices	600
flour 05064 Chicken, broilers or fryers, breast, meat only, cooked, roasted 66 1/2 breast 66 05073 Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, fried 84 3 oz 62 05064 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 84 3 oz 62 05067 Chicken, broilers or fryers, drumstick, meat and skin, cooked, 72 1 drumstick 12 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, 49 1 drumstick 62 05060 Chicken, broilers or fryers, giblets, cooked, simmered 145 1 cup 62 05022 Chicken, broilers or fryers, giblets, cooked, fried 84 3 oz 62 05090 Chicken, broilers or fryers, giblets, cooked, fried 84 3 oz 62 05092 Chicken, broilers or fryers, tigh, meat and skin, cooked, fried 86 1 high 22 05098 Chicken, broilers or fryers, tigh, meat and skin, cooked, fried 86 1 king 62 05101 Chicken, broilers or fryers, tigh, meat and skin, cooked, fried 96 1 wing 11 05111 Chicken, canned, only, with broth 142<	05058	· · · · · · · · · · · · · · · · · · ·	140	1/2 breast	385
O5073Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted441 drumstick4205044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz8405067Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour721 drumstick1405068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour721 drumstick4405069Chicken, broilers or fryers, giblets, cooked, simmered1451 cup9205040Chicken, broilers or fryers, giblet, cooked, simmered181 neck4405092Chicken, broilers or fryers, neck, meat only, cooked, fried, batter861 thigh2405093Chicken, broilers or fryers, high, meat and skin, cooked, fried, batter861 thigh2405094Chicken, broilers or fryers, high, meat and skin, cooked, fried, batter861 thigh2405095Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1605076Chicken, ioner, end, meat only, with broth1425 oz705028Chicken, liver, all classes, cooked, simmered19.61 liver705126Chicken, stewing, meat only, cooked, stewed1401 cup1605126Chicken, stewing, meat only, cooked, stewed1401 cup1605126Chicken, stewing, and only, cooked, stewed1641 cup1211056Chicken, stewing, and only, cooked, stewed </td <td>05059</td> <td>• • • • • • • • • •</td> <td>98</td> <td>1/2 breast</td> <td>74</td>	05059	• • • • • • • • • •	98	1/2 breast	74
cooked, roastedcooked, roasted3 oz405044Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick105068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick405088Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick405022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup405032Chicken, broilers or fryers, neck, meat only, cooked, fried843 oz605093Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck405092Chicken, broilers or fryers, itigh, meat and skin, cooked, fried, batter861 thigh405093Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter861 thigh405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1605277Chicken, iter, all classes, cooked, simmered19.61 liver405102Chicken, stewing, meat only, cooked, simmered19.61 cup1605126Chicken, istewing, meat only, cooked, simmered1401 cup1605126Chicken, stewing, meat only, cooked, simmered19.61 cup405126Chicken, stewing, meat only, cooked, simmered1401 cup416057Chicken, stewing, meat only, cooked, simmered2201 cup4 <t< td=""><td>05064</td><td>Chicken, broilers or fryers, breast, meat only, cooked, roasted</td><td>86</td><td>1/2 breast</td><td>64</td></t<>	05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	64
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter721 drumstick1405068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick405022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup505040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz605092Chicken, broilers or fryers, neck, meat only, cooked, fried861 thigh2205093Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter861 thigh2405094Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter861 thigh2405095Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter491 wing1505096Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1505097Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1505098Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1505101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter1425 oz705028Chicken, isteming, meat only, cooked, simmered19.61 cup1005126Chicken, isteming, meat only, cooked, simmered1401 cup1205057Chicken, stewing, meat only, cooked, simmered2221 cup9211056 <t< td=""><td>05073</td><td></td><td>44</td><td>1 drumstick</td><td>52</td></t<>	05073		44	1 drumstick	52
fried, batter05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick405022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup405024Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz605090Chicken, broilers or fryers, neck, meat only, cooked, fried841 neck705092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh2205098Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh405092Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1405101Chicken, canned, meat only, with broth1425 oz705028Chicken, ianned, meat only, cooked, stewed19.61 liver1005126Chicken, stewing, meat only, cooked, stewed1401 cup1016058Chickpaas (garbanzo beans, bengal gram), mature seeds, conned, solids and liquids2401 cup9511156Chickpe, raw31 tbsp11122904Chilic on carne with beans, canned entree2221 cup9511156Chives, raw31 tbsp1111156Chives, raw31 tbsp1417511175Chocolate-flavor beverage mix, powder, without added21.62-3 heaping tsp4114177Chocolate-flavor beverage mix, powder, prepared w	05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
fried, flourfried, flour05022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup505040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz605090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck705092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh205098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1505277Chicken, canned, meat only, with broth1425 oz705028Chicken, liver, all classes, cooked, simmered19.61 liver705028Chicken, stewing, meat only, cooked, stewed1401 cup1016058Chickpeas (garbanzo beans, bengal gram), mature seeds, coanded, solids and liquids2401 cup6616057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup9622904Chilic on carne with beans, canned entree2221 cup9611156Chicke, raw31 tbsp1417514181Chocolate-flavor beverage mix for milk, powder, without added21.62-3 heaping tsp414177Chocolate-flavor beverage mix for milk, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder <td< td=""><td>05067</td><td>• • • • • • • • • • • • • • • • • • • •</td><td>72</td><td>1 drumstick</td><td>194</td></td<>	05067	• • • • • • • • • • • • • • • • • • • •	72	1 drumstick	194
05040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz6605090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck705092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh2205098Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1505277Chicken, canned, meat only, with broth1425 oz705028Chicken, stewing, meat only, cooked, stewed1401 cup1016058Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without sati2401 cup1622904Chili con carne with beans, canned entree2221 cup9311156Chicker, raw31 tbsp141175Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1614177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1614196Cocoa mix, no sugar added, powder151/2 oz envelope1214192Cocoa mix, powder28.353 heaping tsp14	05068	· · · · · · · · · · · · · · · · · · ·	49	1 drumstick	44
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batter05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh405101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing1805277Chicken, canned, meat only, with broth1425 oz705028Chicken, liver, all classes, cooked, simmered19.61 liver705126Chicken, stewing, meat only, cooked, stewed1401 cup1016058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids1641 cup716057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup922904Chili con carne with beans, canned entree2221 cup911156Chocolate syrup18.751 tbsp714175Chocolate-flavor beverage mix for milk, powder, without added milk21.62-3 heaping tsp414177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514192Cocoa mix, no sugar added, powder151/2 oz envelope1	05090		18	1 neck	12
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05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup1016058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup6616057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup6622904Chili con carne with beans, canned entree2221 cup9811156Chives, raw31 tbsp1418114181Chocolate syrup18.751 tbsp414175Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1814196Cocoa mix, no sugar added, powder151/2 oz envelope1314192Cocoa mix, powder28.353 heaping tsp14	05101		49	1 wing	157
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16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids2401 cup6616057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup2222904Chili con carne with beans, canned entree2221 cup9811156Chives, raw31 tbsp1418114181Chocolate syrup18.751 tbsp1417514175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp414177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1614196Cocoa mix, no sugar added, powder151/2 oz envelope1314192Cocoa mix, powder28.353 heaping tsp14	05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	15
canned, solids and liquidsconverting16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup22904Chili con carne with beans, canned entree2221 cup9811156Chives, raw31 tbsp9814181Chocolate syrup18.751 tbsp614175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp614177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder151/2 oz envelope1314192Cocoa mix, powder28.353 heaping tsp14	05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	109
cooked, boiled, without salt2221 cup9822904Chili con carne with beans, canned entree2221 cup9811156Chives, raw31 tbsp1418114181Chocolate syrup18.751 tbsp1417514175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp414177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder151/2 oz envelope1314192Cocoa mix, powder28.353 heaping tsp14	16058		240	1 cup	667
11156Chives, raw31 tbsp14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder151/2 oz envelope1514192Cocoa mix, powder28.353 heaping tsp14	16057		164	1 cup	11
14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp414177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder151/2 oz envelope1514192Cocoa mix, powder28.353 heaping tsp14	22904	Chili con carne with beans, canned entree	222	1 cup	997
14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp414177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder151/2 oz envelope1514192Cocoa mix, powder28.353 heaping tsp14	11156	Chives, raw	3	1 tbsp	0
nutrients14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup1514196Cocoa mix, no sugar added, powder151/2 oz envelope1314192Cocoa mix, powder28.353 heaping tsp14	14181	Chocolate syrup	18.75	1 tbsp	14
milk 14196 Cocoa mix, no sugar added, powder 15 1/2 oz envelope 13 14192 Cocoa mix, powder 28.35 3 heaping tsp 14	14175	a 11	21.6	2-3 heaping tsp	45
14192Cocoa mix, powder28.353 heaping tsp14	14177		266	1 cup	154
	14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	131
14194Cocoa mix, powder, prepared with water2061 serving15	14192	Cocoa mix, powder	28.35	3 heaping tsp	143
	14194	Cocoa mix, powder, prepared with water	206	1 serving	150

Content per NDB No Description Weight (g) **Common Measure** Measure 14390 192 138 Cocoa mix, with aspartame, powder, prepared with water 1 serving 19165 5.4 1 Cocoa, dry powder, unsweetened 1 tbsp 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 4 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 8 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 7 18104 Coffeecake, cinnamon with crumb topping, commercially 63 1 piece 221 prepared, enriched 120 28 11159 Coleslaw, home-prepared 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 29 170 85 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie 160 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 21 18155 Cookies, butter, commercially prepared, enriched 5 1 cookie 14 18159 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 34 fat, enriched 38 18158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie fat 18165 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 58 margarine 18164 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 60 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 46 16 1 cookie 56 18170 Cookies, fig bars 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 67 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 401 1 cup 18177 Cookies, molasses 15 1 cookie, medium 69 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 147 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 24 25 18178 Cookies, oatmeal, commercially prepared, regular 1 cookie 96 18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 52 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 81 76 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 104 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 39 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 42 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 45 vanilla) 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 69 15 48 18206 Cookies, sugar, refrigerated dough, baked 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 35 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 52 Cookies, vanilla wafers, lower fat 4 16 18212 1 cookie 77 11901 Corn, sweet, white, cooked, boiled, drained, without salt 1 ear 2 256 730 11174 Corn, sweet, yellow, canned, cream style, regular pack 1 cup 571 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 1 2 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, 164 1 cup without salt 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 3 1 ear drained, without salt 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 10 20025 Cornmeal, self-rising, degermed, enriched, yellow 138 1860 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20020	Cornmeal, whole-grain, yellow	122	1 cup	43
20027	Cornstarch	8.064	1 tbsp	1
20029	Couscous, cooked	157	1 cup	8
20028	Couscous, dry	173	1 cup	17
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	7
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	9
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	718
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	7
18214	Crackers, cheese, regular	10	10 crackers	97
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	58
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	120
18226	Crackers, rye, wafers, plain	11	1 wafer	61
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	123
18229	Crackers, standard snack-type, regular	12	4 crackers	90
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	68
18232	Crackers, wheat, regular	8	4 crackers	63
18235	Crackers, whole-wheat	16	4 crackers	113
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5
09081	Cranberry sauce, canned, sweetened	57	1 slice	17
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	12
01069	Cream substitute, powdered	2	1 tsp	4
01049	Cream, fluid, half and half	15	1 tbsp	6
01053	Cream, fluid, heavy whipping	15	1 tbsp	6
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	6
01052	Cream, fluid, light whipping	15	1 tbsp	5
01056	Cream, sour, cultured	12	1 tbsp	10
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	13
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	266
18243	Croutons, seasoned	40	1 cup	436
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	911
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	715
15141	Crustaceans, crab, blue, canned	135	1 cup	533
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	336
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	198
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	413
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	661
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	155
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	292
11206	Cucumber, peeled, raw	280	1 large	6
11206	Cucumber, peeled, raw	119	1 cup	2
11205	Cucumber, with peel, raw	104	1 cup	2
11205	Cucumber, with peel, raw	301	1 large	6
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	46

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
18245	Danish pastry, cheese	71	1 danish	296
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	316
09087	Dates, deglet noor	41.5	5 dates	1
09087	Dates, deglet noor	178	1 cup	4
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	3
01072	Dessert topping, pressurized	4	1 tbsp	2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	63
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	212
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	41
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	190
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	144
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	337
01124	Egg, white, raw, fresh	33.4	1 large	55
01128	Egg, whole, cooked, fried	46	1 large	95
01129	Egg, whole, cooked, hard-boiled	50	1 large	62
01131	Egg, whole, cooked, poached	50	1 large	149
01132	Egg, whole, cooked, scrambled	61	1 large	88
01123	Egg, whole, raw, fresh	44	1 medium	62
01123	Egg, whole, raw, fresh	50	1 large	71
01123	Egg, whole, raw, fresh	58	1 extra large	82
01125	Egg, yolk, raw, fresh	16.6	1 large	8
01057	Eggnog	254	1 cup	137
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1
11213	Endive, raw	50	1 cup	11
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	206
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	248
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	484
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	726
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1210
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	658
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	524
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	942
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	1051
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	963
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	1314
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	843
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	710
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	601
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	957
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	630

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21042	Fast foods, chili con carne	253	1 cup	1007
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	910
21043	Fast foods, clams, breaded and fried	115	3/4 cup	834
21127	Fast foods, coleslaw	99	3/4 cup	201
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	889
21015	Fast foods, danish pastry, cheese	91	1 pastry	319
21017	Fast foods, danish pastry, fruit	94	1 pastry	333
21074	Fast foods, enchilada, with cheese	163	1 enchilada	784
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	845
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	794
21024	Fast foods, french toast sticks	141	5 sticks	603
21023	Fast foods, french toast with butter	135	2 slices	513
21077	Fast foods, frijoles with cheese	167	1 cup	882
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	791
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	742
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	824
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	516
21118	Fast foods, hotdog, plain	98	1 sandwich	670
21119	Fast foods, hotdog, with chili	114	1 sandwich	480
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	973
21129	Fast foods, hush puppies	78	5 pieces	846
21078	Fast foods, nachos, with cheese	113	6-8 nachos	816
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	644
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1104
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	179
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	355
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	281
21139	Fast foods, potato, mashed	80	1/3 cup	245
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	373
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	792
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	119
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	209
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1875
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1651
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	845
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1293
21033	Fast foods, sundae, hot fudge	158	1 sundae	182
21083	Fast foods, taco salad	198	1-1/2 cups	762
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	1044
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	679
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	871
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	69
09094	Figs, dried, uncooked	38	2 figs	4
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	238
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	185

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	316
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	240
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	118
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	461
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	309
15034	Fish, haddock, cooked, dry heat	85	3 oz	222
15034	Fish, haddock, cooked, dry heat	150	1 fillet	392
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	70
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	130
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	740
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	295
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	174
15067	Fish, pollock, Alaska, cooked, dry heat	85	3 oz	356
15067	Fish, pollock, Alaska, cooked, dry heat	60	1 fillet	251
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	76
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	133
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	59
15077	Fish, salmon, chinook, smoked	85.05	3 oz	667
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	343
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	114
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	208
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	430
15111	Fish, swordfish, cooked, dry heat	85	3 oz	82
15111	Fish, swordfish, cooked, dry heat	106	1 piece	103
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	52
15128	Fish, tuna salad	205	3 02 1 cup	824
15128	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	301
15121		85.05	3 oz	210
	Fish, tuna, light, canned in water, drained solids			
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	320
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	46
07023	Frankfurter, beef and pork	45	1 frank	369
07022	Frankfurter, beef, unheated	45	1 frank	467
07024	Frankfurter, chicken	45	1 frank	340
18268	French toast, frozen, ready-to-heat	59	1 slice	292
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	311
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	70
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	70
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	5
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	4
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	71
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	63
19294	Fruit butters, apple	17	1 tbsp	3
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	15
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	9
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	94

diluted with 3 volume water2076-fl-oz can609125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can609128Grapefruit juice, white, raw2471 cup209112Grapefruit, raw, pink and red, all areas1231/2 grapefruit009114Grapefruit, raw, white, all areas1181/2 grapefruit009121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup509132Grapes, red or green (European type, such as Thompson seedless), raw1601 cup309132Grapes, red or green (European type, such as Thompson seedless), raw5010 grapes106116Gravy, beef, canned, ready-to-serve58.251/4 cup32606119Gravy, chicken, canned, ready-to-serve59.61/4 cup34006125Gravy, turky, canned, ready-to-serve59.61/4 cup34006126Gravy, turky, canned, ready-to-serve59.61/4 cup34407027Ham, chopped, not canned212 slices64107028Ham, sliced, regular (approximately 11% fat)56.72 slices64811961Hearts of palm, canned331 piece14119296Honey211 tbsp102055Horseradish, prepared51 tsp2116158Hummus, commercial141 tbsp5319270Ice creams, chocolate661/2 cup <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
11215Garlie, raw31 clove111373Gelatin desserts, dy mix, prepared with water13512 cup10111376Gelatin desserts, dy mix, reduced calorie, with aspartame, prepared with water11712 cup5611377Grape juice cocktal, frozen concentrate, diluted with 3 volume2508 fl oz4000137Grape juice cocktal, frozen concentrate, undiluted, with added2166-fl-oz can1503136Garpe juice cocktal, frozen concentrate, undiluted, with added2166-fl-oz can1503137Grape juice cocktal, frozen concentrate, undiluted, with added2166-fl-oz can1503138Garper juice, cinned, or bottied, unsweetened2471 cup203124Graperfuil juice, withe, conned, sweetened2471 cup203125Garperfuil juice, withe, frozen concentrate, unsweetened2471 cup203126Graperfuil, juice, withe, frozen concentrate, unsweetened2471 cup203128Graperfuil, frow, withe, and areas12312 graperfuil003129Graperfuil, frow, withe, and areas12312 graperfuil003120Graperfuil, frow, mich and red, all areas1812 graperfuil003121Graperfuil, frow, mich and red, all areas1812 graperfuil003121Graperfuil, frow, mich and red, all areas1812 graperfuil003121Graperfuil, frow, mich and red, all areas1814 cup3 <td>35142</td> <td>Frybread, made with lard (Navajo)</td> <td>160</td> <td>10-1/2" bread</td> <td>526</td>	35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	526
1913 Gelain dessents, dry mix, prepared with water 135 1/2 cup 101 19176 Gradian dessents, dry mix, requered with water 137 1/2 cup 68 14277 Grape drink, canned 250 8 fl oz 40 09137 Grape drink, canned 250 8 fl oz 40 09136 Grape drink, canned or bottled, unsweetened, without added 216 64-loz can 51 09136 Graperint juice, nothits, canned, unsweetened, without added 250 1 cup 2 09140 Graperint juice, white, canned, unsweetened, 247 1 cup 2 09126 Graperint juice, white, rozen concentrate, unsweetened, 247 1 cup 2 09128 Graperint juice, white, rozen concentrate, unsweetened, 247 1 cup 2 09128 Graperint juice, white, rozen concentrate, unsweetened, 217 1 cup 2 09129 Graperint juice, white, rozen 2 1 2 09121 Graperint juice, white, rozen 2 1 2 3 09132 Graperint juice, white, rozen 5	35142	Frybread, made with lard (Navajo)	90	5" bread	296
1917b Galatin descents, dry mix, reduced calorie, with aspartame, proportion with wells 117 1/2 cup 56 14277 Grape drink, canned 250 8 ll oz 40 09137 Grape drink, canned 250 8 ll oz 40 09138 Grape drink, canned, concentrate, undicated, with advalume 250 1 cup 5 09138 Grape drink, canned, socobic acid 253 1 cup 2 09138 Grape full, co, chink, raw 247 1 cup 2 09140 Grapefull, lice, white, canned, sowetened 247 1 cup 2 09124 Grapefull, lice, white, canned, sowetened 247 1 cup 2 09125 Grapefull, lice, white, frozen concentrate, unsweetened. 207 6-H-oz can 6 09125 Grapefull, raw, white, all areas 118 1/2 grapefull 0 09126 Grapefull, raw, white, all areas 118 1/2 grapefull 0 09121 Grapefull, raw, white, all areas 118 1/2 grapefull 0 09121 Grapefull, raw,	11215	Garlic, raw	3	1 clove	1
prepared with water prepared with a concentrate, undiluted, with a volume prepared with a concentrate, undiluted, with a doled prepared with a concentrate, unsweetened prepared with a concentrate, unsweetened, prepared with a concentrade, tead, to cancenter, tead, to concentrate, unswe	19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	101
99137Grape juice cacktal, frozen concentrate, undiluted, with added2501 cup599138Grape juice cacktal, frozen concentrate, undiluted, with added2166-fl-oz can1599138Grape juice, canned or bottled, unsweetened, without added2531 cup2399404Grapefruit juice, white, canned, unsweetened2471 cup2590123Grapefruit juice, white, canned, unsweetened2471 cup290124Grapefruit juice, white, frozen concentrate, unsweetened,2471 cup290125Grapefruit juice, white, frozen concentrate, unsweetened,2471 cup290126Grapefruit juice, white, frozen concentrate, unsweetened,2471 cup290126Grapefruit juice, white, frozen concentrate, unsweetened,2471 cup290126Grapefruit, serve, ink and red, all areas1181/2 grapefruit090121Grapefruit, serve, ink and red, all areas1181/2 grapefruit090121Grapefruit, serve, ink and red, all areas1181/2 grapefruit090121Grapefruit, serve, canned, inght syrup pack, solids and liquids2541 cup3290121Grapefruit, serve, canned, ready-to-serve59.51 /4 cup3290122Grapes, red or green (European type, such as Thompson601 cup3490123Grapes, red or green (European type, such as Thompson501 /4 cup3490124Grapes, red or green (European type, such as Thompso	19176		117	1/2 cup	56
water, with added ascorbic acid 6-fl-oz can 15 08136 Grape juice contain, forcen concentrate, undiluted, with added 216 6-fl-oz can 13 08135 Grape juice, contain, forcen concentrate, undiluted, with added 253 1 cup 23 09404 Grapefruit juice, white, canned, unsweetened 247 1 cup 2 09126 Grapefruit juice, white, canned, unsweetened, 247 1 cup 2 09126 Grapefruit juice, white, forzen concentrate, unsweetened, 207 6-fl-oz can 6 09127 Grapefruit, unice, white, forzen concentrate, unsweetened, 123 1/2 grapefruit 0 09128 Grapefruit, wite, forzen concentrate, unsweetened, 123 1/2 grapefruit 0 09129 Grapefruit, wite, forzen concentrate, unsweetened, 123 1/2 grapefruit 0 09121 Grapefruit, wite, and red, al areas 118 1/2 grapefruit 0 09121 Grapefruit, wite, each - to are for grape fruit, reav, white, all areas 118 1/2 grapefruit 0 09122 Grapefruit, unice, canned, ready-to-serve 50 1/4 cup 34 0	14277	Grape drink, canned	250	8 fl oz	40
ascorbic acid 1 cup 13 08135 Grape fuic, ganned or bottled, unsweetened, without added 263 1 cup 2 08404 Grapefruit juice, white, canned, unsweetened 247 1 cup 2 08124 Grapefruit juice, white, canned, unsweetened 247 1 cup 2 08125 Grapefruit juice, white, framed, unsweetened 247 1 cup 2 08126 Grapefruit juice, white, framed, unsweetened 247 1 cup 2 08125 Grapefruit, juice, white, frame 213 1/2 grapefruit 2 08128 Grapefruit, raw, white, all areas 123 1/2 grapefruit 0 08112 Grapefruit, raw, white, all areas 118 12 grapefruit 0 08112 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 3 08123 Grapes, rador graen (European type, such as Thompson 160 1 cup 3 08112 Grapes, rador graen (European type, such as Thompson 50 1 dcup 34 08124 Gravy, thicke, ncanned, rea	09137		250	1 cup	5
ascinitiz acid 247 1 cup 2 09404 Grapefruit juice, white, canned, sweetened 250 1 cup 2 09124 Grapefruit juice, white, canned, unsweetened 247 1 cup 2 09125 Grapefruit juice, white, frazen concentrate, unsweetened, 247 1 cup 2 09125 Grapefruit juice, white, frazen concentrate, unsweetened, 247 1 cup 2 09125 Grapefruit juice, white, frazen concentrate, unsweetened, 247 1 cup 2 09126 Grapefruit juice, white, fraw 247 1 cup 2 09125 Grapefruit juice, white, all areas 118 1/2 grapefruit 0 09116 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 3 09132 Grapes, ed or green (European type, such as Thompson 160 1 cup 3 09132 Grapes, ed or green (European type, such as Thompson 50 10 grapes 1 0116 Gravy, chicken, canned, ready-to-serve 59.6 1/4 cup 34 0127				6-fl-oz can	
Original of the section of the sect		ascorbic acid		1 cup	
99133Grapefruit juice, white, canned, unsweetened2471 cup209126Grapefruit juice, white, frozen concentrate, unsweetened, unditued with 3 volume water2076-fl-oz can609125Grapefruit juice, white, frozen concentrate, unsweetened, unditued2076-fl-oz can609126Grapefruit juice, white, frozen concentrate, unsweetened, unditued2076-fl-oz can609126Grapefruit, jeike, white, frozen concentrate, unsweetened, 	09404	Grapefruit juice, pink, raw	247	1 cup	
99126Grapefruit juice, white, frozen concentrate, unsweetened, dilued with 3 volume water2471 cup209125Grapefruit juice, white, frozen concentrate, unsweetened, undilued2076-fl-oz can609128Grapefruit juice, white, raw2471 cup209112Grapefruit, raw, pink and red, all areas1231/2 grapefruit009112Grapefruit, raw, white, all areas1181/2 grapefruit009121Grapefruit, raw, white, all areas1181/2 grapefruit009122Grapes, red or green (European type, such as Thompson1001 cup309132Grapes, red or green (European type, such as Thompson5010 grapes106116Gravy, betf, canned, ready-to-serve58.251/4 cup32606119Gravy, chicken, canned, ready-to-serve59.61/4 cup34007027Ham, chopped, not canned212 slices64107028Ham, sliced, regady-to-serve59.61/4 cup34107029Ham, sliced, regady-to-serve56.72 slices64811961Hearts of palm, canned331 picce11412025Haro, chopped, not canned331 picce14112026Haro, sliced, regady-id-serve56.72 slices64811961Hearts of palm, canned331 picce14112025Haro, sliced, regady-id-serve861/2 cup5012055Horseradish, prepared5 <td>09124</td> <td>Grapefruit juice, white, canned, sweetened</td> <td>250</td> <td>1 cup</td> <td>5</td>	09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
diluded with 3 volume water 207 6-II-oz can 6 09125 Grapefruit juice, white, frozen concentrate, unsweetened, 207 6-II-oz can 6 09128 Grapefruit, juice, white, raw 247 1 cup 20 09112 Grapefruit, raw, white, all areas 123 1/2 grapefruit 00 09112 Grapefruit, raw, white, all areas 118 1/2 grapefruit 00 09112 Grapefruit, raw, white, all areas 118 1/2 grapefruit 00 09112 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 31 09132 Grapes, red or green (European type, such as Thompson 50 10 grapes 1 06116 Gravy, theef, canned, ready-to-serve 58.25 1/4 cup 326 06119 Gravy, tueky, canned, ready-to-serve 59.6 1/4 cup 344 07027 Ham, chopped, not canned 21 2 slices 641 07028 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 641 07028 Honey 21	09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	2
undiluted 1 cup 2 09128 Grapefruit, raw, pink and red, all areas 123 1.2 grapefruit 0 09116 Grapefruit, raw, pink and red, all areas 123 1.2 grapefruit 0 09117 Grapefruit, raw, pink and red, all areas 118 1./2 grapefruit 0 09112 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 5 09132 Grapes, red or green (European type, such as Thompson 50 10 grapes 1 08116 Gravy, beef, canned, ready-to-serve 58.25 1/4 cup 326 06116 Gravy, nushroom, canned 59.5 1/4 cup 326 06117 Gravy, nushroom, canned 59.6 1/4 cup 344 07027 Ham, sliced, ready-to-serve 59.6 1/4 cup 344 07028 Ham, sliced, ready-to-serve 59.6 1/4 cup 344 07028 Ham, sliced, ready-to-serve 56.7 2 slices 648 107029 Ham, sliced, regular (approximately 1% fat) 56.7		diluted with 3 volume water		•	2
Grapefruit, raw, pink and red, all areas 123 1/2 grapefruit 0 09112 Grapefruit, raw, white, all areas 118 1/2 grapefruit 0 09121 Grapefruit, raw, white, all areas 118 1/2 grapefruit 0 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 5 09132 Grapes, red or green (European type, such as Thompson 160 1 cup 3 09132 Grapes, red or green (European type, such as Thompson 50 10 grapes 1 06116 Gravy, thicken, canned, ready-to-serve 58.25 1/4 cup 326 06117 Gravy, nushroom, canned 59.6 1/4 cup 340 07027 Ham, chopped, not canned 21 2 slices 248 07028 Ham, sliced, prepackaged (96% fat free, water added) 56.7 2 slices 644 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 648 119206 Honey 21 1 tbsp 1 02055 Horseradish, prepared <td></td> <td>undiluted</td> <td>-</td> <td></td> <td></td>		undiluted	-		
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Op132Grapes, red or green (European type, such as Thompson seedless), raw1601 cup309132Grapes, red or green (European type, such as Thompson seedless), raw5010 grapes106116Gravy, beef, canned, ready-to-serve58.251/4 cup32606119Gravy, chicken, canned, ready-to-serve59.51/4 cup34006125Gravy, unkeyo, canned, ready-to-serve59.61/4 cup34006125Gravy, turkey, canned, ready-to-serve59.61/4 cup34007027Ham, chopped, not canned212 slices64107028Ham, sliced, regular (approximately 11% fat)56.72 slices64307029Ham, sliced, regular (approximately 11% fat)56.72 slices64811981Hearts of palm, canned331 piece14112926Honey211 tbsp112035Horseradish, prepared51 tsp2112236Lee creams, chocolate661/2 cup5019090Ice creams, french vanilla, soft-serve861/2 cup4919089Ice creams, vanilla, light661/2 cup4919089Ice creams, vanilla, light661/2 cup4919080Jerusalem-artichokes, raw1501 cup6611224Kale, cocked, boiled, drained, without salt1301 cup3011236Kale, forzen, cocked, boiled, drained, without salt1301 cup201805	09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
seedless), raw The second	09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	5
seedless), raw Status Status <th< td=""><td>09132</td><td></td><td>160</td><td>1 cup</td><td>3</td></th<>	09132		160	1 cup	3
Gravy, chicken, canned, ready-to-serve 59.5 1/4 cup 252 06119 Gravy, mushroom, canned 59.6 1/4 cup 340 06125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 344 07027 Ham, chopped, not canned 21 2 slices 218 07028 Ham, sliced, prepackaged (96% fat free, water added) 56.7 2 slices 641 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 648 1961 Hearts of palm, canned 33 1 piece 141 19296 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, vanilla, soft-serve 86 1/2 cup 53 19088 Ice creams, vanilla, infn 74 1/2 cup 45 19089 Ice creams, vanilla, rich 74 1/2 cup 6 19297 Jams an		seedless), raw		10 grapes	
06121 Gravy, mushroom, canned 59.6 1/4 cup 340 06125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 344 07027 Ham, chopped, not canned 21 2 slices 218 07028 Ham, sliced, prepackaged (96% fat free, water added) 56.7 2 slices 641 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 648 11961 Hearts of palm, canned 33 1 piece 141 12996 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, vanilla, soft-serve 86 1/2 cup 49 19089 Ice creams, vanilla, iight 66 1/2 cup 49 19089 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 bsp 6 19297 Jams and	06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	326
Original Sector Sector <t< td=""><td>06119</td><td>Gravy, chicken, canned, ready-to-serve</td><td>59.5</td><td>1/4 cup</td><td>252</td></t<>	06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	252
707027 Ham, chopped, not canned 21 2 slices 21 07028 Ham, sliced, prepackaged (96% fat free, water added) 56.7 2 slices 641 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 648 11961 Hearts of palm, canned 33 1 piece 141 19296 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 53 19090 Ice creams, vanilla 66 1/2 cup 49 19081 Ice creams, vanilla, ight 66 1/2 cup 49 19082 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 tbsp 6 19203 Jelies 19 1 tbsp 6 19204 Jerusalem-artichokes, raw 150<	06121	Gravy, mushroom, canned	59.6	1/4 cup	340
07028 Ham, sliced, prepackaged (96% fat free, water added) 56.7 2 slices 641 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 648 11961 Hearts of palm, canned 33 1 piece 141 19296 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 53 19095 Ice creams, vanilla 66 1/2 cup 53 19088 Ice creams, vanilla, light 66 1/2 cup 49 19089 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 tbsp 6 19209 Jellies 19 1 tbsp 6 11226 Jerusalem-artichokes, raw 150 1 cup 6 11234 Kale, cooked, boiled, drained, without salt <td>06125</td> <td>Gravy, turkey, canned, ready-to-serve</td> <td>59.6</td> <td>1/4 cup</td> <td>344</td>	06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	344
O7029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 648 11961 Hearts of palm, canned 33 1 piece 141 19296 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 53 19095 Ice creams, vanilla 66 1/2 cup 53 19088 Ice creams, vanilla, light 66 1/2 cup 49 19089 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 tbsp 6 19300 Jellies 19 1 tbsp 6 11226 Jerusalem-artichokes, raw 150 1 cup 30 11234 Kale, cooked, boiled, drained, without salt 130 1 cup 30 11236 Kale, frozen, cooked, boiled, drained, without salt	07027	Ham, chopped, not canned	21	2 slices	218
11961 Hearts of palm, canned 33 1 piece 141 19296 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 53 19090 Ice creams, vanilla 66 1/2 cup 53 19095 Ice creams, vanilla, light 66 1/2 cup 53 19088 Ice creams, vanilla, rich 74 1/2 cup 49 19089 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 tbsp 6 19300 Jellies 19 1 tbsp 6 11226 Jerusalem-artichokes, raw 150 1 cup 30 11234 Kale, cooked, boiled, drained, without salt 130 1 cup 20 11236 Kale, frozen, cooked, boiled, drained, without salt 130	07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	641
19296 Honey 21 1 tbsp 1 02055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 53 19090 Ice creams, vanilla 66 1/2 cup 53 19095 Ice creams, vanilla, inft 66 1/2 cup 53 19088 Ice creams, vanilla, rich 74 1/2 cup 49 19089 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 tbsp 6 19300 Jellies 19 1 tbsp 6 11226 Jerusalem-artichokes, raw 150 1 cup 30 11234 Kale, cooked, boiled, drained, without salt 130 1 cup 20 11236 Kale, frozen, cooked, boiled, drained, without salt 130 1 cup 20 18505 KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	648
O2055 Horseradish, prepared 5 1 tsp 21 16158 Hummus, commercial 14 1 tbsp 53 19270 Ice creams, chocolate 66 1/2 cup 50 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 52 19095 Ice creams, vanilla 66 1/2 cup 53 19088 Ice creams, vanilla, light 66 1/2 cup 49 19089 Ice creams, vanilla, rich 74 1/2 cup 45 19297 Jams and preserves 20 1 tbsp 6 19300 Jellies 19 1 tbsp 6 19264 Jerusalem-artichokes, raw 150 1 cup 6 11226 Jerusalem-artichokes, raw 150 1 cup 30 11236 Kale, cooked, boiled, drained, without salt 130 1 cup 20 11236 KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat 35 1 waffle 138	11961	Hearts of palm, canned	33	1 piece	141
16158Hummus, commercial141 tbsp5319270Ice creams, chocolate661/2 cup5019090Ice creams, french vanilla, soft-serve861/2 cup5219095Ice creams, vanilla661/2 cup5319088Ice creams, vanilla, light661/2 cup4919089Ice creams, vanilla, rich741/2 cup4519297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	19296	Honey	21	1 tbsp	1
19270Ice creams, chocolate661/2 cup5019090Ice creams, french vanilla, soft-serve861/2 cup5219095Ice creams, vanilla661/2 cup5319088Ice creams, vanilla, light661/2 cup4919089Ice creams, vanilla, rich741/2 cup4519297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup3011234Kale, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle13	02055	Horseradish, prepared	5	1 tsp	21
19090Ice creams, french vanilla, soft-serve861/2 cup5219095Ice creams, vanilla661/2 cup5319088Ice creams, vanilla, light661/2 cup4919089Ice creams, vanilla, rich741/2 cup4519297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle13	16158	Hummus, commercial	14	1 tbsp	53
19095Ice creams, vanilla661/2 cup5319088Ice creams, vanilla, light661/2 cup4919089Ice creams, vanilla, rich741/2 cup4519297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	19270	Ice creams, chocolate	66	1/2 cup	50
19088Ice creams, vanilla, light661/2 cup4919089Ice creams, vanilla, rich741/2 cup4519297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt351 waffle138	19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	52
19089Ice creams, vanilla, rich741/2 cup4519297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt351 waffle138	19095	Ice creams, vanilla	66	1/2 cup	53
19297Jams and preserves201 tbsp619300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	19088	Ice creams, vanilla, light	66	1/2 cup	49
19300Jellies191 tbsp611226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	19089	Ice creams, vanilla, rich	74	1/2 cup	45
11226Jerusalem-artichokes, raw1501 cup611234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	19297	Jams and preserves	20	1 tbsp	6
11234Kale, cooked, boiled, drained, without salt1301 cup3011236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	19300	Jellies	19	1 tbsp	6
11236Kale, frozen, cooked, boiled, drained, without salt1301 cup2018505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	11226	Jerusalem-artichokes, raw	150	1 cup	6
18505KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat351 waffle138	11234	Kale, cooked, boiled, drained, without salt	130	1 cup	30
	11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	20
	18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	35	1 waffle	138
	09148	Kiwifruit, green, raw	76	1 medium	2

17012 Jamb, domestic, lag, whole (shark and sink) in, separable lean 85 3 oz 5 17014 Lamb, domestic, lag, whole (shark and sink) in, separable lean 85 3 oz 5 17024 Lamb, domestic, lag, separable lean and fat, trimmed to 1/4* fat, 85 3 oz 6 17027 Lamb, domestic, lan, separable lean and fat, trimmed to 1/4* fat, 85 3 oz 6 17031 Lamb, domestic, lon, separable lean and fat, trimmed to 1/4* fat, 85 3 oz 6 17034 Lamb, domestic, rb, separable lean only, trimmed to 1/4* fat, 85 3 oz 6 17034 Lamb, domestic, rb, separable lean only, trimmed to 1/4* fat, 85 3 oz 6 17034 Lamb, domestic, rb, separable lean only, trimmed to 1/4* fat, 85 3 oz 6 17044 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4* fat, 85 3 oz 6 17044 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4* fat, 85 3 oz 6 17044 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4* fat, 65 3 oz 6 17044 Lamb, domestic, shoulder, arm, separable lean only, tri	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
and fai, timmed to [14 ⁴ fai, choice, cooked, roasted child, timmed to 114 ⁴ fai, choice, cooked, roasted child, timmed to 114 ⁴ fai, choice, cooked, roasted fait, choice, cooked, broiled fait, choice, cooked, roasted fait, fait, choice, cooked, braised fait, fait, choice, cooked, fait, fai	11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	35
only, timmed to 14 ⁷ fat, choice, cooked, rossied17024Lank, domestic, cion, separable lean and fat, timmed to 14 ⁴ fat,853 oz617027Lank, domestic, cion, separable lean and tat, timmed to 14 ⁴ fat,853 oz617031Lank, domestic, cion, separable lean and tat, timmed to 114 ⁴ fat,853 oz617034Lank, domestic, cion, separable lean and tat, timmed to 114 ⁴ fat,853 oz617044Lank, domestic, choice, cooked, troasted3 oz617044Lank, domestic, schulder, arm, separable lean and fat, timmed to853 oz617044Lank, domestic, schulder, arm, separable lean and fat, timmed to853 oz617044Lank, domestic, schulder, arm, separable lean only, timmed to853 oz617045Lank, domestic, schulder, arm, separable lean only, timmed to853 oz617046Lank, domestic, schulder, arm, separable lean only, timmed to141 tsp418370Leavening agents, baking powder, double-acting, sodium4.61 tsp318371Leavening agents, baking powder, double-acting, straight4.61 tsp318372Leavening agents, baking soda4.61 tsp318373Leavening agents, yeast, bakers, active dry71 pkg118374Leavening agents, yeast, bakers, active dry71 pkg118375Leavening agents, yeast, bakers, active dry71 pkg118375Leavening a	17012		85	3 oz	56
fat, choice, cooked, broiled 7 77027 Lark, domeste, fouliad 85 3 oz 7 77031 Lark, domeste, fouliad 85 3 oz 6 77044 Lark, domeste, fouliad 85 3 oz 6 77044 Lark, domeste, fouliad 1/4" fat, domeste, fouliad 85 3 oz 6 77044 Lark, domeste, fouliad 1/4" fat, choice, cooked, braised 85 3 oz 6 77044 Lark, domeste, schulder, arm, separable lean only, trimmed to 85 3 oz 6 77048 Lark, domeste, schulder, arm, separable lean only, trimmed to 85 3 oz 6 77048 Lark, domeste, schulder, arm, separable lean only, trimmed to 85 3 oz 6 77048 Lark, domeste, schulder, arm, separable lean only, trimmed to 85 3 oz 6 77048 Lark, domeste, schulder, arm, separable lean only, trimmed to 85 3 oz 6 7704 Lavening agents, baking powder, double-acting, straight 4.6 1 tsp 2 7837 Leavening agents, taking powder, dow-sodum 5 1 tsp 2	17014		85	3 oz	58
choice, cooked, brailed17031Lark, domesic, rois, separable lean and fat, trimmed to 1/4" fat, ecooked, roasted853 oz617034Lark, choice, cooked, traised853 oz617044Lark, choice, cooked, traised853 oz617048Lark, choice, cooked, traised12.81 tbsp617048Lark, choice, cooked, traised12.81 tbsp617048Lark, choice, cooked, traised12.81 tbsp618859Leavening agents, baking powder, double-acting, straight aluminum sulfate4.61 tsp2618837Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp2618837Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp2618373Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp2618374Leavening agents, baking soda4.61 tsp2618375Leavening agents, veast, baker's, active dry71 pkg1218374Leavening agents, veast, baker's, active dry41 tsp1218375Leavening agents, veast, baker's, active dry41 tsp1218374Leavening agents, veast, baker's, active dry41 tsp1218375Leavening agents, veast, baker's, active dry41 tsp1218375Leavening agents, veast, baker's, compressed171 pkg1218375Leavenin	17024		85	3 oz	65
choice, cooked, roasted17034Lark, domesic, risk, separable lean only, trimmed to 1/4" fat, thoice, cooked, roasted853 oz617044Lark, choice, cooked, traised12.81 tbsp117048Lark, choice, cooked, traised12.81 tbsp617048Lark, choice, cooked, traised12.81 tbsp617048Lark, choice, cooked, traised12.81 tbsp617048Lark, choice, cooked, traised4.61 tsp418309Leavening agents, baking powder, double-acting, straight aluminum suffate4.61 tsp318371Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp12218372Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp12218373Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp12218374Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp12218375Leavening agents, peast, baker's, active dry71 pkg12418374Leavening agents, yeast, baker's, active dry41 tsp118374Leavening agents, yeast, baker's, compressed171 cake119453Lemon juice, canned or bottled1621 tbsp119453Lemon juice, frozen concentrate, white, prepared with water2488 Hoz119453Lemona, fruze, mole, with on-nutritive sweetener, powder, 103	17027		85	3 oz	71
choice, cooked, roasted17044Larb, domesir, shoulder, arm, separable lean and fat, trimmed853 oz617048Lard12.81 tbsp117048Lard12.81 tbsp618399Leavening agents, baking powder, double-acting, sodium4.61 tsp418370Leavening agents, baking powder, double-acting, straight4.61 tsp318371Leavening agents, baking powder, double-acting, straight4.61 tsp12518372Leavening agents, baking powder, double-acting, straight4.61 tsp12518373Leavening agents, cream of tartar31 tsp12518375Leavening agents, yeast, baker's, active dry41 tsp12518374Leavening agents, yeast, baker's, active dry41 tsp12619375Leavening agents, yeast, baker's, active dry41 tsp12619474Leavening agents, yeast, baker's, compressed171 cake11947Leavening agents, yeast, baker's, compressed1641 cup11943Lemon juice, canned or bottled15.21 tbsp11943Lemon juice, canned or bottled15.21 tbsp11943Lemonade, forzen concentrate, white, prepared with water2488 fl oz11943Lemonade, forzen concentrate, white, prepared with water2481 cup11945Lemonade, forzen concentrate, white, prepared with water2668 fl oz2 <td>17031</td> <td></td> <td>85</td> <td>3 oz</td> <td>62</td>	17031		85	3 oz	62
to 1/4" fat, choice, cooked, braised 5 3 oz 6 17048 Lard 12.8 1 tbsp 04002 Lard 12.8 1 tbsp 18399 Leavening agents, baking powder, double-acting, straight aluminum suffate 4.6 1 tsp 48 18370 Leavening agents, baking powder, double-acting, straight aluminum suffate 4.6 1 tsp 22 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 22 18372 Leavening agents, veast, baker's, active dry 7 1 pkg 24 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 24 18374 Leavening agents, yeast, baker's, active dry 7 1 pkg 24 18375 Leavening agents, yeast, baker's, active dry 4 1 cup 24 18374 Leavening agents, yeast, baker's, active dry 4 1 cup 24 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 24 11247 Leeks, (bulb and lower leaf-portion), cocked, boiled, drained, withou satt <t< td=""><td>17034</td><td></td><td>85</td><td>3 oz</td><td>69</td></t<>	17034		85	3 oz	69
14* fist, choice, cooked, braised 12.8 1 tbsp 04002 Lard 12.8 1 tbsp 18369 Leavening agents, baking powder, double-acting, straight 4.6 1 tsp 46 18370 Leavening agents, baking powder, double-acting, straight 4.6 1 tsp 32 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 122 18372 Leavening agents, toking powder, double-acting, straight 4.6 1 tsp 122 18375 Leavening agents, veast, bakers, active dry 7 1 pkg 123 18375 Leavening agents, veast, bakers, active dry 4 1 tsp 14 18374 Leavening agents, veast, bakers, active dry 4 1 cup 1 18374 Leavening agents, veast, bakers, active dry 4 1 cup 1 18375 Leavening agents, veast, bakers, active dry 4 1 cup 1 18374 Leavening agents, veast, bakers, active dry 4 1 cup 1 18375 Leavening agents, veast, bakers, active dry 4	17044		85	3 oz	61
18369Leavening agents, baking powder, double-acting, straight aluminum sultate aluminum sultate phosphate4.61 tsp4418370Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp3218371Leavening agents, baking powder, low-sodium51 tsp12218372Leavening agents, baking soda4.61 tsp12218373Leavening agents, taking soda4.61 tsp12218375Leavening agents, yeast, baker's, active dry71 pkg118374Leavening agents, yeast, baker's, compresed171 cake111247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup109153Lemon juice, canned or bottled15.21 tbsp109152Lemon juice, canned or bottled15.21 tbsp112290Lemonade, frozen concentrate, white, prepared with water2488 fl oz312497Lemonade, flavor drink, powder, prepared with water2668 fl oz31250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, os or romaine, raw101 leaf111252Lettuce, iceberg (includes crisphead types), raw531 cup11252Lettuce, iceberg (includes crisphead types), raw531 cup11252Lettuce, iceberg (includes crisphead types), raw531 cup11253 <td>17048</td> <td></td> <td>85</td> <td>3 oz</td> <td>65</td>	17048		85	3 oz	65
atuminum sulfate118370Leavening agents, baking powder, double-acting, straight4.61 tsp3618371Leavening agents, baking powder, low-sodium51 tsp12618372Leavening agents, baking soda4.61 tsp12618373Leavening agents, cream of tartar31 tsp12618375Leavening agents, yeast, baker's, active dry71 pkg187518374Leavening agents, yeast, baker's, active dry41 tsp14211247Leavening agents, yeast, baker's, compressed171 cake11211247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup509153Lemon juice, canned or bottled15.21 ttsp1429012490Lemonade, frozen concentrate, while, prepared with water2488 fl oz114291Lemonade, frozen concentrate, while, prepared with water2668 fl oz214292Lemonade, frozen concentrate, while, prepared with water2668 fl oz211250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11252Lettuce, green leaf, raw561 cup111253Lettuce, iceberg (includes crisphead types), raw5391 head511254Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphe	04002	Lard	12.8	1 tbsp	0
phosphatorororor18371Leavening agents, baking powder, low-sodium51 tsp12518372Leavening agents, baking soda4.61 tsp12518373Leavening agents, ream of tartar31 tsp12518375Leavening agents, yeast, baker's, active dry71 pkg118374Leavening agents, yeast, baker's, active dry41 tsp118374Leavening agents, yeast, baker's, compressed171 cake111247Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without sait1041 cup509153Lemon juice, canned or bottled2441 cup509152Lemon juice, canned or bottled15.21 tbsp114293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz314297Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2668 fl oz314290Lemonade, low calorie, with out peel581 lemon111250Lettuce, butterhead (includes boston and bib types), raw7.51 medium leaf111250Lettuce, butterhead (includes boston and bib types), raw561 cup111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, iceberg (includes crisphead types), raw551	18369	5 5 7 51	4.6	1 tsp	488
18372Leavening agents, baking soda4.61 tsp12218373Leavening agents, cream of tartar31 tsp118375Leavening 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, compressed171 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without sat1041 cup509153Lemon juice, canned or bottled2441 cup509154Lemon juice, canned or bottled15.21 tbsp109155Lemon juice, canned or bottled15.21 tbsp114290Lemonade, forzen concentrate, white, prepared with water2488 fl oz114291Lemonade, low calorie, with non-nutritive sweetener, powder, preparad with water2668 fl oz314297Lemonade, low calorie, with non-nutritive sweetener, powder, prepard with water2668 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf111253Lettuce, iceberg (includes crisphead types), raw561 cup111254Lettuce, iceberg (includes crisphead types), raw5391 head5	18370		4.6	1 tsp	363
BarraIterIter18373Leavening 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, active dry41 cup18374Leavening agents, yeast, baker's, active dry41 cup11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup09153Lemon juice, canned or bottled2441 cup509154Lemon juice, canned or bottled15.21 tbsp509155Lemona juice, raw47juice of 1 lemon114293Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 floz316070Lentils, mature seeds, cooked, boiled, without salt1981 cup111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf111253Lettuce, green leaf, raw101 leaf111254Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111253Lettuce, iceberg (includes crisphead types), raw5391 head511254	18371	Leavening agents, baking powder, low-sodium	5	1 tsp	5
18375Leavening 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, active dry41 cup18374Leavening agents, yeast, baker's, active dry1041 cup11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup08153Lemon juice, canned or bottled2441 cup509153Lemon juice, canned or bottled15.21 tbsp114293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz214297Lemonade-flavor drink, powder, prepared with water2668 fl oz2209150Lemons, raw, without peel581 lemon111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, green leaf, raw101 leaf11254Lettuce, iceberg (includes crisphead types), raw551 cup11255Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, iceberg (includes crisphead types), raw5391 cup11255Lettuce, iceberg (includes crisphead types), raw539<	18372	Leavening agents, baking soda	4.6	1 tsp	1259
HardHor18375Leavening agents, yeast, baker's, active dry41 tsp18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup109153Lemon juice, canned or bottled2441 cup509154Lemon juice, canned or bottled15.21 tbsp11223Lemon juice, raw47juice of 1 lemon114290Lemonade, frozen concentrate, white, prepared with water2488 fl oz114291Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz214297Lemonade-flavor drink, powder, prepared with water2668 fl oz31250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, iceberg (includes crisphead types), raw561 cup1111254Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphead types), raw5391 head511254Lettuce, iceberg (includes crisphead types), raw5391 head511255Lettuce, iceberg (includes crisphead types), raw5391 head511254Lettuce, iceberg (includes crisphe	18373	Leavening agents, cream of tartar	3	1 tsp	2
18374Leavening agents, yeast, baker's, compressed171 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup111247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup111247Lemon juice, canned or bottled2441 cup511252Lemon juice, canned or bottled15.21 tbsp111293Lemonade, frozen concentrate, white, prepared with water2488 fl oz111290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz211297Lemonade-flavor drink, powder, prepared with water2668 fl oz331297Lemonade-flavor drink, powder, prepared with water2668 fl oz3311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw101 leaf111253Lettuce, green leaf, raw561 cup111254Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphead types), raw5391 head511254Lettuce, iceberg (includes crisphead types), raw5391 head511255Lettuce, iceberg (includes crisphead types), raw5391 head5<	18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	4
11247Leeks, (bub) and lower leaf-portion), cooked, boiled, drained, without sait1041 cup109153Lemon juice, canned or bottled2441 cup509153Lemon juice, canned or bottled15.21 tbsp509152Lemon juice, raw47juice of 1 lemon1429314293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz309150Lemons, raw, without peel581 lemon311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, green leaf, raw561 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisp	18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	2
without saltwithout salt1 cup609153Lemon juice, canned or bottled15.21 tbsp609153Lemon juice, raw47juice of 1 lemon114293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz214297Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2668 fl oz309150Lemons, raw, without peel581 lemon311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf311251Lettuce, os or romaine, raw101 leaf311251Lettuce, green leaf, raw561 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphead types), raw5391 head511254Lettuce, iceberg (includes crisphead types), raw5391 head511255Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphead types), raw5391 head511254Lettuce, iceberg (includes crisphead types), raw5391 head <td< td=""><td>18374</td><td>Leavening agents, yeast, baker's, compressed</td><td>17</td><td>1 cake</td><td>5</td></td<>	18374	Leavening agents, yeast, baker's, compressed	17	1 cake	5
Number Description15.21 the top09153Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz316070Lemtils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup111252Lettuce, green leaf, raw561 cup111252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw5391 head511252Lettuce, iceberg (includes crisphead types), raw5391 head511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup1111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup84	11247		104	1 cup	10
09152Lemon juice, raw47juice of 1 lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz316070Lentils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, os or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup111252Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw5391 head511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup1111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup84	09153	Lemon juice, canned or bottled	244	1 cup	51
14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz114290Lemonade, foxen concentrate, white, prepared with water2378 fl oz114297Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2368 fl oz314297Lemonade, flavor drink, powder, prepared with water2668 fl oz314297Lemons, raw, without peel581 lemon116070Lentils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, go en leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11252Lettuce, 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 head11254Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw <td>09153</td> <td>Lemon juice, canned or bottled</td> <td>15.2</td> <td>1 tbsp</td> <td>3</td>	09153	Lemon juice, canned or bottled	15.2	1 tbsp	3
14290Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz3314297Lemonade-flavor drink, powder, prepared with water2668 fl oz3309150Lemons, raw, without peel581 lemon1607016070Lentils, mature seeds, cooked, boiled, without salt1981 cup1125011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, cos or romaine, raw101 leaf11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw661 cup11252Lettuce, 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 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11253Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, wit	09152	Lemon juice, raw	47	juice of 1 lemon	0
prepared with water2668 fl oz314297Lemonade-flavor drink, powder, prepared with water2668 fl oz309150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, 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), raw551 cup11255Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 cup11252Lettuce, iceberg (includes crisphead types), raw5391 cup11252Lettuce, iceberg (includes crisphead types), raw5391 cup11254Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1001 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1 cup1411033Lima beans, large, mature seeds, canned2411 cup8	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	10
09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, 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 head11254Lettuce, iceberg (includes crisphead types), raw5391 cup11255Lettuce, iceberg (includes crisphead types), raw5391 head11254Lettuce, 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 cup84	14290		237	8 fl oz	9
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup11250Lettuce, 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, green leaf, raw101 leaf11255Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 cup11254Lettuce, iceberg (includes crisphead types), raw5391 cup11255Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 cup11252Lettuce, iceberg (includes crisphead types), raw5391 cup11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1701 cup11038Lima beans, immature seeds, canned2411 cup81	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	35
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), raw561 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head11252Lettuce, iceberg (includes crisphead types), raw5391 head11254Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1110073Lima beans, large, mature seeds, canned2411 cup81	09150	Lemons, raw, without peel	58	1 lemon	1
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 leaf11254Lettuce, 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 cup11254Lettuce, iceberg (includes crisphead types), raw5391 cup11255Lettuce, iceberg (includes crisphead types), raw5391 cup11252Lettuce, iceberg (includes crisphead types), raw5391 cup11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1701 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1110073Lima beans, large, mature seeds, canned2411 cup8	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	4
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), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head5511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup5511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11251Lettuce, cos or romaine, raw561 cup11253Lettuce, green leaf, raw561 cup111253Lettuce, green leaf, raw101 leaf111252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head5511252Lettuce, iceberg (includes crisphead types), raw5391 head5511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup5511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	8
11253Lettuce, green leaf, raw561 cup111253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head5511252Lettuce, iceberg (includes crisphead types), raw5391 head5511252Lettuce, iceberg (includes crisphead types), raw5391 cup5511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup5511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11251	Lettuce, cos or romaine, raw	10	1 leaf	1
11253Lettuce, green leaf, raw101 leaf11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head5511252Lettuce, iceberg (includes crisphead types), raw5391 head5511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup5511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11251	Lettuce, cos or romaine, raw	56	1 cup	4
11252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11253	Lettuce, green leaf, raw	56	1 cup	16
11252Lettuce, iceberg (includes crisphead types), raw551 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11253	Lettuce, green leaf, raw	10	1 leaf	3
11252Lettuce, iceberg (includes crisphead types), raw5391 head511040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup511038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	6
drained, without salt11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1116073Lima beans, large, mature seeds, canned2411 cup81	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	54
drained, without salt16073Lima beans, large, mature seeds, canned2411 cup81	11040		180	1 cup	52
	11038		170	1 cup	117
16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup	16073	Lima beans, large, mature seeds, canned	241	1 cup	810
	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
09160	Lime juice, raw	38	juice of 1 lime	1
22247	Macaroni and Cheese, canned entree	252	1 cup	761
22970	Macaroni and cheese, frozen entree	283	1 package	821
20100	Macaroni, cooked, enriched	140	1 cup	1
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	125
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	231
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	54
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	191
09176	Mangos, raw	207	1 mango	2
09176	Mangos, raw	165	1 cup	2
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	105
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	93
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	90
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	38
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	112
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	30
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	28
09181	Melons, cantaloupe, raw	69	1/8 melon	11
09181	Melons, cantaloupe, raw	160	1 cup	26
09184	Melons, honeydew, raw	170	1 cup	31
09184	Melons, honeydew, raw	160	1/8 melon	29
01110	Milk shakes, thick chocolate	300	10.6 fl oz	333
01111	Milk shakes, thick vanilla	313	11 fl oz	297
01094	Milk, buttermilk, dried	6.5	1 tbsp	34
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	257
01095	Milk, canned, condensed, sweetened	306	1 cup	389
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	294
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	267
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	153
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	165
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D Milk, dry, nonfat, instant, with added vitamin A and vitamin D	250 23	1 cup 1/3 cup	150 126
01092		244	1 cup	120
01082 01085	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free	244 245	1 cup	107
01079	or skim) Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	115
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	105
16112	Miso	68.75	1 cup	2563
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	95
15157	Mollusks, clam, mixed species, raw	85	3 oz	511
		85	3 oz	354

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	71
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	432
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	470
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	336
18274	Muffins, blueberry, commercially prepared (Includes mini- muffins)	57	1 muffin	193
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	251
18279	Muffins, corn, commercially prepared	57	1 muffin	119
18280	Muffins, corn, dry mix, prepared	50	1 muffin	398
18283	Muffins, oat bran	57	1 muffin	224
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	179
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	12
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
11264	Mushrooms, canned, drained solids	156	1 cup	663
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	6
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	3
11260	Mushrooms, white, raw	70	1 cup	4
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	13
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	57
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	28
09191	Nectarines, raw	136	1 nectarine	0
20113	Noodles, chinese, chow mein	45	1 cup	381
20110	Noodles, egg, cooked, enriched	160	1 cup	8
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	19
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	181
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	87
12167	Nuts, chestnuts, european, roasted	143	1 cup	3
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	244
12104	Nuts, coconut meat, raw	45	1 piece	9
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	100
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	98
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	77
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12147	Nuts, pine nuts, dried	28.35	1 oz	1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	121
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1
20034	Oat bran, cooked	219	1 cup	2
20033	Oat bran, raw	94	1 cup	4
04582	Oil, canola	14	1 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	10
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	6
09193	Olives, ripe, canned (small-extra large)	22	5 large	162
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	225
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	3
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	6
11284	Onions, dehydrated flakes	5	1 tbsp	1
11282	Onions, raw	160	1 cup	6
11282	Onions, raw	110	1 whole	4
11282	Onions, raw	14	1 slice	1
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	16
09207	Orange juice, canned, unsweetened	249	1 cup	10
09209	Orange juice, chilled, includes from concentrate	249	1 cup	5
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	2
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	6
09206	Orange juice, raw	248	1 cup	2
09206	Orange juice, raw	86	juice from 1 orange	1
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	166
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	239
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	192
09226	Papayas, raw	140	1 cup	11
09226	Papayas, raw	304	1 papaya	24
11297	Parsley, fresh	10	10 sprigs	6
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	16
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	733
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	16
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	6
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	10
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	4
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3
09250	Peaches, frozen, sliced, sweetened	250	1 cup	15
09236	Peaches, raw	98	1 peach	0
09236	Peaches, raw	170	1 cup	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	78
16098	Peanut butter, smooth style, with salt	16	1 tbsp	73
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	192
	· canate, an opeo, ary reacted, min our	_0.00	1 oz (approx 28)	102

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	91
09340	Pears, asian, raw	275	1 pear	0
09340	Pears, asian, raw	122	1 pear	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	4
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	10
09254	Pears, canned, juice pack, solids and liquids	76	1 half	3
09252	Pears, raw	166	1 pear	2
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	6
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	8
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	464
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	115
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	4
11670	Peppers, hot chili, green, raw	45	1 pepper	3
11819	Peppers, hot chili, red, raw	45	1 pepper	4
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	434
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	3
11333	Peppers, sweet, green, raw	10	1 ring	0
11333	Peppers, sweet, green, raw	119	1 pepper	4
11333	Peppers, sweet, green, raw	149	1 cup	4
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3
11821	Peppers, sweet, red, raw	119	1 pepper	5
11821	Peppers, sweet, red, raw	149	1 cup	6
11945	Pickle relish, sweet	15	1 tbsp	122
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	569
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1365
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	588
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	976
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	35
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	13
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	235
18302	Pie, apple, prepared from recipe	155	1 piece	327
18305	Pie, blueberry, commercially prepared	117	1 piece	336
18306	Pie, blueberry, prepared from recipe	147	1 piece	272
18308	Pie, cherry, commercially prepared	117	1 piece	288
18309	Pie, cherry, prepared from recipe	180	1 piece	344
18310	Pie, chocolate creme, commercially prepared	113	1 piece	154
18316	Pie, coconut custard, commercially prepared	104	1 piece	348
18444	Pie, fried pies, cherry	128	1 pie	479
18319	Pie, fried pies, fruit	128	1 pie	426
18320	Pie, lemon meringue, commercially prepared	113	1 piece	194
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	307
18324	Pie, pecan, commercially prepared	113	1 piece	311
18325	Pie, pecan, prepared from recipe	122	1 piece	320
18326	Pie, pumpkin, commercially prepared	109	1 piece	261
18327	Pie, pumpkin, prepared from recipe	155	1 piece	349

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11943	Pimento, canned	12	1 tbsp	2
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	35
14341	Pineapple and orange juice drink, canned	250	8 fl oz	8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	5
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	3
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09266	Pineapple, raw, all varieties	155	1 cup	2
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	282
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	438
09278	Plantains, cooked	154	1 cup	8
09277	Plantains, raw	179	1 medium	7
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	49
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	9
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	3
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	2
09291	Plums, dried (prunes), uncooked	42	5 prunes	1
09279	Plums, raw	66	1 plum	0
07065	Pork and beef sausage, fresh, cooked	26	2 links	242
07064	Pork sausage, fresh, cooked	26	2 links	233
07064	Pork sausage, fresh, cooked	27	1 patty	242
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	326
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	719
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	908
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1009
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1128
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	51
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	54
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	47
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	80
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	48
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	84
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	77
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	81
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	49
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	82
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	85
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	79

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11672	Potato pancakes	76	1 pancake	581
11399	Potato puffs, frozen, oven-heated	79	10 puffs	365
11414	Potato salad, home-prepared	250	1 cup	1323
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	1076
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1061
11363	Potatoes, baked, flesh, without salt	156	1 potato	8
11364	Potatoes, baked, skin, without salt	58	1 skin	12
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	5
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	7
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	194
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	10
11370	Potatoes, hashed brown, home-prepared	156	1 cup	534
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	344
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	634
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	699
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	835
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	821
05306	Poultry food products, ground turkey, cooked	82	1 patty	64
09294	Prune juice, canned	256	1 cup	10
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	417
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	145
19183	Puddings, chocolate, ready-to-eat	113	4 oz	172
19193	Puddings, rice, ready-to-eat	113.4	4 oz	139
19218	Puddings, tapioca, ready-to-eat	113	4 oz	164
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	223
19201	Puddings, vanilla, ready-to-eat	113	4 oz	160
11424	Pumpkin, canned, without salt	245	1 cup	12
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2
11429	Radishes, raw	4.5	1 radish	2
09298	Raisins, seedless	145	1 cup	16
09298	Raisins, seedless	14	1 packet	2
09306	Raspberries, frozen, red, sweetened	250	1 cup	3
09302	Raspberries, raw	123	1 cup	1
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	1131
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	94
20037	Rice, brown, long-grain, cooked	195	1 cup	10
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	4
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	131
18350	Rolls, hamburger or hotdog, plain	43	1 roll	215
18353	Rolls, hard (includes kaiser)	57	1 roll	310
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	9
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	159
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	130
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	137
04133	Salad dressing, french, home recipe	14	1 tbsp	92
04134	Salad dressing, home recipe, cooked	16	1 tbsp	117
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04021	Salad dressing, italian dressing, commercial, reduced fat	15	1 tbsp	150
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	146
04025	Salad dressing, mayonnaise, regular	13.8	1 tbsp	88
04015	Salad dressing, russian dressing	15.3	1 tbsp	173
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	141
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	146
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	135
07069	Salami, cooked, beef and pork	56.7	2 slices	987
07072	Salami, dry or hard, pork, beef	20	2 slices	331
02047	Salt, table	6	1 tsp	2325
07073	Sandwich spread, pork, beef	15	1 tbsp	152
06150	Sauce, barbecue	15.75		162
06930		63	1 tbsp	522
	Sauce, cheese, ready-to-serve		1/4 cup	
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	258
06166	Sauce, homemade, white, medium	250	1 cup	885
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1048
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	124
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	113
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	690
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1560
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	141
11445	Seaweed, kelp, raw	10	2 tbsp	23
11667	Seaweed, spirulina, dried	0.93	1 tbsp	10
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	73
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	17
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	118
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	104
14346	Shake, fast food, chocolate	333	16 fl oz	323
14347	Shake, fast food, vanilla	333	16 fl oz	270
11677	Shallots, raw	10	1 tbsp	1
19097	Sherbet, orange	74	1/2 cup	34
04031	Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)	12.8	1 tbsp	0
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	110
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	412

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	216
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	155
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	263
19013	Snacks, fruit leather, pieces	28.35	1 oz	114
19014	Snacks, fruit leather, rolls	21	1 large	67
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	210
19015	Snacks, granola bars, hard, plain	28.35	1 bar	83
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	55
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	51
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	80
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	77
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	117
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	117
19034	Snacks, popcorn, air-popped	8	1 cup	1
19036	Snacks, popcorn, cakes	10	1 cake	29
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	124
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	73
19040	Snacks, popcorn, cheese-flavor	11	1 cup	98
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	116
19041	Snacks, pork skins, plain	28.35	1 oz	515
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	182
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	117
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	153
19411	Snacks, potato chips, plain, salted	28.35	1 oz	136
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2
19422	Snacks, potato chips, reduced fat	28.35	1 oz	139
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	156
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	760
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	29
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	174
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	284
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	119
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	177
19061	Snacks, trail mix, tropical	140	1 cup	133
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	972
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	883
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1560
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	636
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	793
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	841
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	578
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	833
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	457

DeA23 Snop, chicken with rice, canned, repared with equal volume 241 1 cup 574 06016 Soup, chunky vegetable, canned, ready-to-serve 240 1 cup 062 06027 Soup, chunky vegetable, canned, ready-to-serve 240 1 cup 062 06243 Soup, chan chowder, marketan, canned, prepared with equal volume 244 1 cup 067 727042 Soup, cream of chicken, canned, prepared with equal volume 248 1 cup 088 06216 Soup, cream of chicken, canned, prepared with equal volume 244 1 cup 0816 06243 Soup, cream of chicken, canned, prepared with equal volume 244 1 cup 0817 06243 Soup, cream of chicken, canned, prepared with equal volume 244 1 cup 0816 06443 Soup, reman of muchanon, canned, prepared with equal volume water 241 1 cup 0816 06440 Soup, pream of muchanon, canned, prepared with equal volume water 250 1 cup 0816 06440 Soup, post, fink, prepared with equal volume water 250 1 cup 081 06441	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
90118Soup, chunky vegetable, canned, ready-to-serve2401 cup76406667Soup, chunky vegetable, canned, ready-to-serve2401 cup86206228Soup, clan chowder, new england, canned, prepared with equal volume2441 cup67707042Soup, clann chowder, new england, canned, ready-to-serve2541 cup67707042Soup, clann chowder, new england, canned, ready-to-serve2541 cup67707042Soup, clann chowder, new england, canned, ready-to-serve2541 cup67707043Soup, cream of chucken, canned, prepared with equal volume2481 cup67707044Soup, cream of hucktroom, canned, prepared with equal volume2441 cup67707047Soup, ream of nucktroom, canned, prepared with equal volume water2411 cup68107077Soup, ninestrone, canned, prepared with equal volume water2411 cup68107078Soup, ninestrone, canned, repared with equal volume water2501 cup68408049Soup, noine, dyn, mix, prepared with equal volume water2501 cup68408059Soup, tomate, canned, prepared with equal volume water2501 cup68408059Soup, stock, fish, home-prepared with equal volume water2501 cup68408059Soup, stock, fish, home-prepared with equal volume water2501 cup68408059Soup, stock, fish, home-prepared with equal volume water2501 cup68408059 <td>06423</td> <td></td> <td>241</td> <td>1 cup</td> <td>574</td>	06423		241	1 cup	574
Soup class volume waterSoup class volume waterSoup class volume volume volumeSoup class volume volumeSoup class volume volumeSoup class volume volumeSoup class volumeSoup volume volumeSoup	06018		240	1 cup	734
volume watervolume watervolume watervolume vater06230Soup, clam chowder, new england, canned, reagvto-serve2541 cup87706216Soup, cream of chicken, canned, prepared with equal volume2481 cup89806416Soup, cream of chicken, canned, prepared with equal volume2441 cup84706243Soup, cream of mushroom, canned, prepared with equal2481 cup88506416Soup, cream of mushroom, canned, prepared with equal2441 cup61206443Soup, cream of mushroom, canned, repared with equal2441 cup61206444Soup, onen, dry, mik391 packet31306445Soup, onen, dry, mik391 packet31206444Soup, onen, dry, mik, prepared with equal volume water2501 cup88106449Soup, onen, dry, mik, prepared with equal volume water2501 cup36306539Soup, toranto, canned, prepared with equal volume water2441 cup46406648Soup, toranto, canned, prepared with equal volume water,2441 cup85206771Soup, toranto, canned, prepared with equal volume water,2441 cup86206772Soup, toranto, canned, prepared with equal volume2441 cup86206773Soup, toranto, canned, prepared with equal volume2441 cup86206745Soup, toranto, canned, prepared with equal volume2441 cup86206771Soup, torant	06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	862
equai volume low fat (28) mik 871 cup 871 06216 Soup, cream of chicken, canned, prepared with equal volume 248 1 cup 888 06418 Soup, cream of chicken, canned, prepared with equal volume 248 1 cup 887 06424 Soup, cream of muchroom, canned, prepared with equal 248 1 cup 880 06440 Soup, cream of muchroom, canned, prepared with equal volume water 241 1 cup 612 06440 Soup, cream of muchroom, canned, prepared with equal volume water 241 1 cup 613 06440 Soup, onion dry, mix 39 1 packet 3132 06440 Soup, onion, dry, mix 39 1 packet 3132 06444 Soup, tomato, onine, dry, mix, prepared with equal volume water 250 1 cup 464 06559 Soup, tomato, canned, prepared with equal volume water 250 1 cup 464 06559 Soup, tomato, canned, prepared with equal volume water 244 1 cup 464 06559 Soup, tomato, canned, prepared with equal volume water 241 1 cup	06428		244	1 cup	551
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mikreturn to the training of training	27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	871
waterwater2481 cup88506243Soup, creas m of mushroom, canned, prepared with equal2441 cup88506443Soup, creas m of mushroom, canned, prepared with equal2441 cup61206440Soup, minestrone, canned, prepared with equal volume water2411 cup61206400Soup, minestrone, canned, repared with equal volume water2411 cup61306094Soup, onion, dry, mix3991 packet313206449Soup, onion, dry, mixprepared with equal volume water2461 cup86106494Soup, onion, dry, mixprepared with equal volume water2461 cup86106494Soup, stock, fish, home-prepared2331 cup36306359Soup, stock, fish, home-prepared2331 cup464commercialcommercial2441 cup85206468Soup, vegetable beel, canned, prepared with equal volume2441 cup8520158Soup, wegetable beel, canned, prepared with equal volume2441 cup8520158Sour dressing, non-buterfat, cultured, filled cream-type121 tbsp616123Soy sauce made from soy and wheat (shoyu)161 tbsp25216109Soybeans, mature cooked, bolled, drinined, without salt1801 cup122114Spaghetti, whole-wheat, cooked1401 cup142121Spaghetti, whole-wheat, cooked231 tsp33	06216		248	1 cup	898
volume tow fat (2%) mikNumber06443Soup, cream of nushhoom, canned, prepared with equal volume water2411 cup61806440Soup, minestrone, canned, prepared with equal volume water2411 cup61806094Soup, onion, dry, mix391 packet313206449Soup, onion, dry, mix, prepared with water2461 cup68106449Soup, soup, stock, fish, home-prepared with equal volume water2501 cup68306359Soup, stock, fish, home-prepared2331 cup68306359Soup, torato, canned, prepared with equal volume water,2441 cup68406471Soup, vegetable beef, canned, prepared with equal volume water,2441 cup85206468Soup, vegetable beef, canned, prepared with equal volume2441 cup85206468Soup, vegetable beef, canned, prepared with equal volume2441 cup85206468Soup, vegetable beef, canned, prepared with equal volume2411 cup85206468Soup, vegetable beef, canned, prepared with equal volume2411 cup25101058Sour dressing, non-butterfat, cultured, filed cream-type121 tusp611451Soybeans, green, cooked, boiled, drained, without salt1721 cup2212015Spaghetti, whote water2331 package6741212Spaghetti, without salt1401 cup441212Spaghetti with meat sauce, frozen entree2831	06416		244	1 cup	847
volume watervolume water2411 cup61206440Soup, minestrone, canned, prepared with equal volume water2411 cup61806094Soup, onion, dry, mix391 packet313206449Soup, pea, green, canned, prepared with water2461 cup86006174Soup, stock, fish, home-prepared with equal volume water2501 cup86006174Soup, stock, fish, home-prepared2331 cup36306359Soup, torato, canned, prepared with equal volume water2441 cup46406471Soup, vegetable beef, canned, prepared with equal volume water, water2441 cup85206468Soup, vegetable, canned, prepared with equal volume2441 cup85206468Soup, vegetable, canned, prepared with equal volume2411 cup85206468Soup, vegetable, canned, prepared with equal volume2411 cup85106175Soup, vegetable, canned, prepared with equal volume2411 cup85206183Soup, vegetable, canned, prepared with equal volume2411 cup25111451Soybeans, green, cooked, boiled, without salt1801 cup25211619Soybeans, green, cooked, boiled, without salt1801 cup1252141Soybeans, green, cooked, boiled, without salt1401 cup14521215Spaghetti, whole-weater, forzen entree2831 package67421215Spaghetti, without salt140 <td>06243</td> <td></td> <td>248</td> <td>1 cup</td> <td>885</td>	06243		248	1 cup	885
Boilty Soup, minestrone, canned, reduced sodium, ready-to-serve 241 1 cup 518 06094 Soup, onion, dry, mix 39 1 packet 3132 06449 Soup, pea, green, canned, prepared with equal volume water 250 1 cup 840 06174 Soup, stock, fish, home-prepared 233 1 cup 363 06359 Soup, tomato, canned, prepared with equal volume water 244 1 cup 464 06471 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 852 06468 Soup, vegetable beef, canned, prepared with equal volume water, vater 244 1 cup 855 01058 Soup, regetable beef, canned, prepared with equal volume water, vater 244 1 cup 855 01058 Soup, orgetarian vegetable, canned, prepared with equal volume water, vater 241 1 cup 251 01058 Soup, ander from soy and wheat (shoyu) 16 1 thsp 879 11451 Soyseans, mature cooked, boiled, drained, without salt 172 1 cup 25 16109 Soyseane, mature cooked, boile	06443		244	1 cup	830
60944Soup, onlon, dry, mix391 packet313206494Soup, onion, dry, mix, prepared with water2461 cup85106494Soup, stock, fish, home-prepared with equal volume water2501 cup84006174Soup, stock, fish, home-prepared with equal volume water2501 cup86106359Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup85106659Soup, tomato, canned, prepared with equal volume2441 cup86506471Soup, stock, fish, home-prepared with equal volume2441 cup86506471Soup, togetable beef, canned, prepared with equal volume2441 cup86506488Soup, togetable, canned, prepared with equal volume2441 cup81506488Sour, dressing, non-butterfat, cultured, filled cream-type121 tbsp616123Soy sauce made from soy and wheat (shoyu)161 tbsp87911451Soybeans, mature cooked, boiled, drained, without salt1801 cup2516120Soymilk, original and vanilia, unfortified2451 cup122121Spaghetti, cooked, enriched, without added salt1401 cup4420121Spaghetti, whole-wheat, cooked1401 cup4420125Spices, chinamon, ground2.31 tsp3020206Spices, cinnamon, ground2.31 tsp120207Spices, cinnamon, ground2.11 tsp1 <t< td=""><td>06440</td><td>Soup, minestrone, canned, prepared with equal volume water</td><td>241</td><td>1 cup</td><td>612</td></t<>	06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	612
06494Soup, onion, dry, mix, prepared with water2461 cup85106449Soup, pea, green, canned, prepared with equal volume water2501 cup84006174Soup, stock, fish, home-prepared2331 cup86306359Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup66506471Soup, stomato, canned, prepared with equal volume water,2441 cup86206468Soup, orgetarian vegetable, canned, prepared with equal volume water,2441 cup86206468Soup, orgetarian vegetable, canned, prepared with equal volume water,2411 cup86106471Soup, orgetarian vegetable, canned, prepared with equal volume water,2411 cup8610648Soup dressing, non-butterfat, cultured, filled cream-type121 tbsp616123Soybeans, green, cooked, boiled, drinned, without salt1801 cup2516109Soybeans, mature cooked, boiled, drinned, without salt1721 cup2216120Soymik, orginal and vanila, unfortified2451 cup1420121Spaghettii, without added salt1401 cup420207Spices, cinnamon, ground2.31 tsp320208Spices, cinnamon, ground2.41 tsp120209Spices, cinnamon, ground2.31 tsp120205Spices, cinnamon, ground2.11 tsp120206Spices, orgen, dried1.51 tsp1	06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	518
Soup, pea, green, canned, prepared with equal volume water2501 cup84006174Soup, stock, fish, home-prepared2331 cup36306359Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup46106559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup46206471Soup, vegetable beef, canned, prepared with equal volume water2441 cup85206468Soup, vegetable beef, canned, prepared with equal volume water2411 cup81501058Soup vegetarian vegetable, canned, prepared with equal 	06094	Soup, onion, dry, mix	39	1 packet	3132
Get74Soup, stock, fish, home-prepared2331 cup36306359Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup52106559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup464066471Soup, vegetable beef, canned, prepared with equal volume2441 cup85206468Soup, vegetable beef, canned, prepared with equal volume2441 cup85206468Soup, vegetable beef, canned, prepared with equal volume2411 cup81506468Soup, vegetable beef, canned, prepared with equal2411 cup81506468Sour, dressing, non-butterfat, cultured, filled cream-type121 tbsp616123Soy sauce made from soy and wheat (shoyu)161 tbsp87911451Soybeans, mature cooked, boiled, drained, without salt1721 cup2516109Soybeans, mature cooked, boiled, without salt1721 cup122111Spaghetti, conker, enriched, without added salt1401 cup1420125Spaghetti, whole-wheat, cooked241 tsp3302007Spices, cinnamon, ground2.31 tsp002015Spices, cinnamon, ground2.31 tsp202020Spices, cinnamon, ground2.31 tsp102020Spices, cinnamon, ground2.31 tsp002020Spices, paprika2.11 tsp102020Spices,	06494	Soup, onion, dry, mix, prepared with water	246	1 cup	851
Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup52106559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup46406471Soup, tomato, canned, prepared with equal volume water2441 cup85206468Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cup81506468Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cup81506468Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cup81501058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp616123Soy sauce made from soy and wheat (shoyu)161 tbsp87911451Soybeans, green, cooked, boiled, drained, without salt1801 cup2516109Soybalt, original and vanilla, unfortified2451 cup2216120Soymilk, original and vanilla, unfortified2451 cup1420121Spaghetti, kooked, enriched, without added salt1401 cup420207Spices, celery seed21 tsp320209Spices, cinnamon, ground2.31 tsp420202Spices, cinnamon, ground2.81 tsp120202Spices, paritic powder2.11 tsp220203Spices, paprika2.11 tsp020204Spices, paprika2.11 tsp1 <t< td=""><td>06449</td><td>Soup, pea, green, canned, prepared with equal volume water</td><td>250</td><td>1 cup</td><td>840</td></t<>	06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	840
milk1111106559Soup, tornato, canned, prepared with equal volume water24411164606471Soup, vegetable beef, canned, prepared with equal volume water244111606468Soup, vegetarian vegetable, canned, prepared with equal volume water2411111606471Soy sauce made from soy and wheat (shoyu)16111<	06174	Soup, stock, fish, home-prepared	233	1 cup	363
commercial2441 cup85206471Soup, vegetable beef, canned, prepared with equal volume2441 cup85206468Soup, vegetarian vegetable, canned, prepared with equal2411 cup81501058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp61123Soy saue made from soy and wheat (shoyu)161 tbsp87911451Soybeans, green, cooked, boiled, drained, without salt1801 cup2516109Soybeans, mature cooked, boiled, without salt1721 cup216120Soymilk, original and vanilla, unfortified2451 cup122121Spaghetti with meat sauce, frozen entree2831 package67420125Spaghetti, whole-wheat, cooked1401 cup1420125Spaghetti, whole-wheat, cooked1401 cup420207Spices, cleiry seed21 tsp302009Spices, cleiry seed2.31 tsp002015Spices, cinamon, ground2.31 tsp202026Spices, garlic powder2.61 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp002029Spices, paper, black2.11 tsp002020Spices, paper, black2.11 tsp002021Spices, paper, black2.11 tsp002022Spices, paper, blac	06359		248	1 cup	521
waterwater111<	06559		244	1 cup	464
volume watervolume valuevolume valuevolume value01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp616123Soy sauce made from soy and wheat (shoyu)161 tbsp87911451Soybeans, green, cooked, boiled, drained, without salt1801 cup2516109Soybeans, mature cooked, boiled, without salt1721 cup216120Soymilk, original and vanilla, unfortified2451 cup12522401Spaghetti with meat sauce, frozen entree2831 package67420121Spaghetti, whole-wheat, cooked1401 cup120125Spaghetti, whole-wheat, cooked1401 cup402007Spices, celery seed21 tsp302009Spices, chili powder2.61 tsp402020Spices, cinnamon, ground2.31 tsp102020Spices, coury powder2.81 tsp2020215Spices, coury powder2.81 tsp002022Spices, origano, dried1.51 tsp002023Spices, oregano, dried1.31 tsp102029Spices, parika2.11 tsp002020Spices, parika2.11 tsp002021Spices, parika2.11 tsp002023Spices, parika2.11 tsp002030Spices, peper, black2.11 tsp002030	06471		244	1 cup	852
And the term and a from soy and wheat (shoyu)161 thsp87911451Soy sauce made from soy and wheat (shoyu)161 thsp2511451Soybeans, green, cooked, boiled, drained, without salt1801 cup2516109Soybeans, mature cooked, boiled, without salt1721 cup216120Soymilk, original and vanilla, unfortified2451 cup12522401Spaghetti with meat sauce, frozen entree2831 package67420121Spaghetti, cooked, enriched, without added salt1401 cup420207Spices, celery seed21 tsp320209Spices, celery seed21 tsp4320200Spices, cinnamon, ground2.31 tsp020215Spices, curry powder2.81 tsp120206Spices, onion powder2.11 tsp220207Spices, onion powder2.11 tsp120208Spices, paprika2.11 tsp020209Spices, paprika2.11 tsp120202Spices, paprika2.11 tsp020203Spices, paprika2.11 tsp620204Spices, paprika2.11 tsp020205Spices, paprika2.11 tsp120206Spices, paprika2.11 tsp020207Spices, paprika2.11 tsp020208Spices, paprika2.11	06468		241	1 cup	815
NumberSoybeans, green, cooked, boiled, drained, without salt1801 cup2516109Soybeans, mature cooked, boiled, without salt1721 cup216120Soymilk, original and vanilla, unfortified2451 cup12522401Spaghetti with meat sauce, frozen entree2831 package67420121Spaghetti, cooked, enriched, without added salt1401 cup120125Spaghetti, whole-wheat, cooked1401 cup420207Spices, celery seed21 tsp320209Spices, chili powder2.61 tsp4320210Spices, cinnamon, ground2.31 tsp020215Spices, curry powder21 tsp120226Spices, onion powder2.11 tsp220227Spices, oregano, dried1.51 tsp020228Spices, parsley, dried1.31 tbp620209Spices, parsley, dried1.31 tsp020219Spices, parsley, dried1.31 tsp020228Spices, parsley, dried1.31 tsp020230Spices, parsley, dried1.31 tsp020301Spices, parsley, dried1.31 tsp020302Spices, parsley, dried1.31 tsp020303Spices, parsley, dried1.31 tsp020304Spinach, canned, regular pack, drained solids2141 cup689 </td <td>01058</td> <td>Sour dressing, non-butterfat, cultured, filled cream-type</td> <td>12</td> <td>1 tbsp</td> <td>6</td>	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	6
Soybeans, mature cooked, boiled, without salt1721 cup216120Soymilk, original and vanilla, unfortified2451 cup12522401Spaghetti with meat sauce, frozen entree2831 package67420121Spaghetti, cooked, enriched, without added salt1401 cup120125Spaghetti, whole-wheat, cooked1401 cup420077Spices, celery seed21 tsp302009Spices, celery seed2.61 tsp4302010Spices, cinnamon, ground2.31 tsp0020215Spices, curry powder2.81 tsp102020Spices, onion powder2.11 tsp2020217Spices, oregano, dried1.51 tsp0020228Spices, parika2.11 tsp602030Spices, parely, dried1.31 tsp002030Spices, parely, dried1.31 tsp00214Spices, parely, dried1.31 tsp00215Spices, parely, dried1.31 tsp002021Spices, parely, dried1.51 tsp002022Spices, parely, dried1.31 tsp002030Spices, parely, dried1.31 tsp002030Spices, pepper, black2.11 tsp002030Spices, parely, dried solids2141 cup689	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	879
NameSoymilk, original and vanilla, unfortified2451 cup12522401Spaghetti with meat sauce, frozen entree2831 package67420121Spaghetti, cooked, enriched, without added salt1401 cup120125Spaghetti, whole-wheat, cooked1401 cup420126Spaghetti, whole-wheat, cooked21 tsp302007Spices, celery seed21 tsp302009Spices, chili powder2.61 tsp4302010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, onion powder2.81 tsp2020215Spices, oregano, dried1.51 tsp2020226Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, paprika2.11 tsp002030Spices, peper, black2.11 tsp0011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	25
22401Spaghetti with meat sauce, frozen entree2831 package67420121Spaghetti, cooked, enriched, without added salt1401 cup120125Spaghetti, whole-wheat, cooked1401 cup402007Spices, celery seed21 tsp302009Spices, chili powder2.61 tsp4302010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202020Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, paprika2.11 tsp002030Spices, papre, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2
20121Spaghetti, cooked, enriched, without added salt1401 cup120125Spaghetti, whole-wheat, cooked1401 cup402007Spices, celery seed21 tsp302009Spices, chili powder2.61 tsp4302010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp602030Spices, paprika2.11 tsp002030Spices, paper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup68	16120	Soymilk, original and vanilla, unfortified	245	1 cup	125
20125Spaghetti, whole-wheat, cooked1401 cup402007Spices, celery seed21 tsp302009Spices, celery seed2.61 tsp4302010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, parsley, dried1.31 tsp602030Spices, pepper, black2.11 tsp011461Spinach, canned, regular pack, drained solids2141 cup68	22401	Spaghetti with meat sauce, frozen entree	283	1 package	674
02007Spices, celery seed21 tsp302009Spices, chili powder2.61 tsp4302010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, paprika2.11 tsp602030Spices, peper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1
02009Spices, chili powder2.61 tsp4302010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, paprika2.11 tsp602030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	20125	Spaghetti, whole-wheat, cooked	140	1 cup	4
02010Spices, cinnamon, ground2.31 tsp002015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp002029Spices, paprika2.11 tsp102030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02007	Spices, celery seed	2	1 tsp	3
02015Spices, curry powder21 tsp102020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, parsley, dried1.31 tbsp602030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02009	Spices, chili powder	2.6	1 tsp	43
02020Spices, garlic powder2.81 tsp202026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, parsley, dried1.31 tbsp602030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02010	Spices, cinnamon, ground	2.3	1 tsp	0
02026Spices, onion powder2.11 tsp202027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, parsley, dried1.31 tbsp602030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02015	Spices, curry powder	2	1 tsp	1
D2027Spices, oregano, dried1.51 tsp002028Spices, paprika2.11 tsp102029Spices, parsley, dried1.31 tbsp602030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02020	Spices, garlic powder	2.8	1 tsp	2
02028Spices, paprika2.11 tsp102029Spices, parsley, dried1.31 tbsp602030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02026	Spices, onion powder	2.1	1 tsp	2
D2029Spices, parsley, dried1.31 tbsp6D2030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02027	Spices, oregano, dried	1.5	1 tsp	0
02030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02028	Spices, paprika	2.1	1 tsp	1
02030Spices, pepper, black2.11 tsp011658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02029	Spices, parsley, dried	1.3	1 tbsp	6
11658Spinach souffle1361 cup77011461Spinach, canned, regular pack, drained solids2141 cup689	02030		2.1		0
11461Spinach, canned, regular pack, drained solids2141 cup689			136		770
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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	184
11457	Spinach, raw	30	1 cup	24
11457	Spinach, raw	10	1 leaf	8
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2
11641	Squash, summer, all varieties, raw	113	1 cup	2
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	5
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	8
09316	Strawberries, raw	12	1 strawberry	0
09316	Strawberries, raw	166	1 cup	2
09316	Strawberries, raw	18	1 strawberry	0
19334	Sugars, brown	3.2	1 tsp	1
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	76
11512	Sweet potato, canned, vacuum pack	255	1 cup	135
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	53
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	42
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	125
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	182
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	250
19348	Syrups, chocolate, fudge-type	19	1 tbsp	66
19350	Syrups, corn, light	20	1 tbsp	12
19353	Syrups, maple	20	1 tbsp	2
19129	Syrups, table blends, pancake	20	1 tbsp	16
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	27
18360	Taco shells, baked	13.3	' 1 medium	32
09223	Tangerine juice, canned, sweetened	249	1 cup	2
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	15
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	2
20068	Tapioca, pearl, dry	152	1 cup	2
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	5
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	237	8 fl oz	14
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	9
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	212
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	174
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	227
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	10
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10
11954	Tomatillos, raw	34	1 medium	0

NDB_	_No Description	Weight (g)	Common Measure	Content per Measure
11540	Tomato juice, canned, with salt added	243	1 cup	654
11546	Tomato products, canned, paste, without salt add	ed 262	1 cup	155
11547	Tomato products, canned, puree, without salt add	ed 250	1 cup	70
11549	Tomato products, canned, sauce	245	1 cup	1284
11531	Tomatoes, red, ripe, canned, packed in tomato jui	ce 240	1 cup	343
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	564
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	9
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	6
11955	Tomatoes, sun-dried	2	1 piece	5
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	8
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	12
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	220
21088	Tostada with guacamole	130.5	1 tostada	399
05697	Turkey from whole, enhanced, light meat, meat or roasted	nly, cooked, 85	1 serving (3 oz)	202
05180	Turkey from whole, neck, meat only, cooked, simi	mered 152	1 neck	374
05292	Turkey patties, breaded, battered, fried	64	1 patty	363
05296	Turkey roast, boneless, frozen, seasoned, light ar roasted	nd dark meat, 85.05	3 oz	578
05695	Turkey, enhanced, dark meat, meat only, cooked,	roasted 85	1 serving (3 oz)	171
05705	Turkey, whole, enhanced, meat only, roasted	85	1 serving (3 oz)	190
05172	Turkey, whole, giblets, cooked, simmered	145	1 cup	170
11569	Turnip greens, cooked, boiled, drained, without sa	alt 144	1 cup	42
11575	Turnip greens, frozen, cooked, boiled, drained, wi	thout salt 164	1 cup	25
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	25
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cool	ked, braised 85	3 oz	57
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	78
11578	Vegetable juice cocktail, canned	242	1 cup	479
11581	Vegetables, mixed, canned, drained solids	163	1 cup	243
11584	Vegetables, mixed, frozen, cooked, boiled, draine	d, without salt 182	1 cup	64
02048	Vinegar, cider	15	1 tbsp	1
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	241
18367	Waffles, plain, prepared from recipe	75	1 waffle	383
14429	Water, tap, municipal	237	8 fl oz	7
11590	Waterchestnuts, chinese, canned, solids and liqui	ds 140	1 cup	11
09326	Watermelon, raw	152	1 cup	2
09326	Watermelon, raw	286	1 wedge	3
20081	Wheat flour, white, all-purpose, enriched, bleache	d 125	1 cup	3
20082	Wheat flour, white, all-purpose, self-rising, enriche	ed 125	1 cup	1491
20083	Wheat flour, white, bread, enriched	137	1 cup	3
20084	Wheat flour, white, cake, enriched	137	1 cup	3
20080	Wheat flour, whole-grain	120	1 cup	2
20089	Wild rice, cooked	164	1 cup	5
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce		8-oz container	132
01117	Yogurt, plain, low fat, 12 grams protein per 8 ound		8-oz container	159

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	175
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	104