

USDA National Nutrient Database for Standard Reference, Release 22

Vitamin K (phylloquinone) (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.6
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.1
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.4
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.3
11461	Spinach, canned, regular pack, drained solids	214	1 cup	987.8
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.5
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	851.0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.0
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	697.0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	579.0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.3
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.3
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.9
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.1
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.9
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	207.0
11658	Spinach souffle	136	1 cup	172.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.7
11297	Parsley, raw	10	10 sprigs	164.0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	163.1
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	162.1
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.8
11457	Spinach, raw	30	1 cup	144.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	144.0
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	129.9
11213	Endive, raw	50	1 cup	115.5
11253	Lettuce, green leaf, raw	56	1 cup	97.2
11090	Broccoli, raw	88	1 cup	89.4
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	88.0
21127	Fast foods, coleslaw	99	3/4 cup	70.2
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.7
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	64.0
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	62.6
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	62.6
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.8
11251	Lettuce, cos or romaine, raw	56	1 cup	57.4
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.7
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	55.2
11109	Cabbage, raw	70	1 cup	53.2
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	52.5
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.2
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	50.6
11205	Cucumber, with peel, raw	301	1 large	49.4
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	48.3
11457	Spinach, raw	10	1 leaf	48.3

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11114	Cabbage, savoy, raw	70	1 cup	48.2
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	48.0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	43.9
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	42.8
09055	Blueberries, frozen, sweetened	230	1 cup	40.7
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	40.0
11424	Pumpkin, canned, without salt	245	1 cup	39.2
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.4
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.4
11655	Carrot juice, canned	236	1 cup	36.6
11143	Celery, raw	120	1 cup	35.2
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	34.8
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.3
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	33.0
11090	Broccoli, raw	31	1 spear	31.5
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	31.1
11439	Sauerkraut, canned, solids and liquids	236	1 cup	30.7
09148	Kiwifruit, green, raw	76	1 medium	30.6
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.4
11546	Tomato products, canned, paste, without salt added	262	1 cup	29.9
11015	Asparagus, canned, drained solids	72	4 spears	29.7
11581	Vegetables, mixed, canned, drained solids	163	1 cup	29.7
09042	Blackberries, raw	144	1 cup	28.5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	28.1
09050	Blueberries, raw	145	1 cup	28.0
11112	Cabbage, red, raw	70	1 cup	26.7
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.6
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	26.4
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	25.4
09291	Plums, dried (prunes), uncooked	42	5 prunes	25.0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	24.9
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	23.4
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	22.3
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.4
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.4
21024	Fast foods, french toast sticks	141	5 sticks	20.4
11206	Cucumber, peeled, raw	280	1 large	20.2
16112	Miso	68.75	1 cup	20.1
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.9
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	19.4
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.9
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	18.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	17.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02029	Spices, parsley, dried	1.3	1 tbsp	17.7
18324	Pie, pecan, commercially prepared	113	1 piece	17.5
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	17.5
11253	Lettuce, green leaf, raw	10	1 leaf	17.4
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.1
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.1
11205	Cucumber, with peel, raw	104	1 cup	17.1
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.3
11135	Cauliflower, raw	100	1 cup	15.5
19087	Candies, white chocolate	170	1 cup	15.5
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	15.4
12147	Nuts, pine nuts, dried	28.35	1 oz	15.3
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	15.0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	14.9
11124	Carrots, raw	110	1 cup	14.5
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	14.5
18326	Pie, pumpkin, commercially prepared	109	1 piece	14.4
22905	Beef stew, canned entree	232	1 cup	14.4
11128	Carrots, canned, regular pack, drained solids	146	1 cup	14.3
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	14.2
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.2
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	14.0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	13.7
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	13.3
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.3
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.1
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	13.0
11578	Vegetable juice cocktail, canned	242	1 cup	12.8
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.6
11945	Pickle relish, sweet	15	1 tbsp	12.6
09340	Pears, asian, raw	275	1 pear	12.4
18305	Pie, blueberry, commercially prepared	117	1 piece	12.3
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	12.3
11143	Celery, raw	40	1 stalk	11.7
12167	Nuts, chestnuts, european, roasted	143	1 cup	11.2
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.1
11333	Peppers, sweet, green, raw	149	1 cup	11.0
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	11.0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.8
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	10.8
11251	Lettuce, cos or romaine, raw	10	1 leaf	10.3
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10.1
04582	Oil, canola	14	1 tbsp	10.0
05292	Turkey patties, breaded, battered, fried	64	1 patty	9.9
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.8
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	9.8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	9.8
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	9.7
09302	Raspberries, raw	123	1 cup	9.6
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.5
11124	Carrots, raw	72	1 carrot	9.5
19080	Candies, semisweet chocolate	168	1 cup	9.4
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	9.4
02027	Spices, oregano, dried	1.5	1 tsp	9.3
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.0
18308	Pie, cherry, commercially prepared	117	1 piece	8.9
11333	Peppers, sweet, green, raw	119	1 pepper	8.8
09294	Prune juice, canned	256	1 cup	8.7
09176	Mangos, raw	207	1 mango	8.7
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	8.7
11206	Cucumber, peeled, raw	119	1 cup	8.6
11547	Tomato products, canned, puree, without salt added	250	1 cup	8.5
20011	Buckwheat flour, whole-groat	120	1 cup	8.4
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.4
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.2
04015	Salad dressing, russian dressing	15.3	1 tbsp	8.2
04053	Oil, olive, salad or cooking	13.5	1 tbsp	8.1
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	7.9
09226	Papayas, raw	304	1 papaya	7.9
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.7
16051	Beans, white, mature seeds, canned	262	1 cup	7.6
09252	Pears, raw	166	1 pear	7.5
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.5
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.4
18283	Muffins, oat bran	57	1 muffin	7.4
16120	Soymilk, original and vanilla, unfortified	245	1 cup	7.4
11821	Peppers, sweet, red, raw	149	1 cup	7.3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	7.3
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	7.1
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	7.0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.9
09176	Mangos, raw	165	1 cup	6.9
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	6.9
11549	Tomato products, canned, sauce	245	1 cup	6.9
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	6.8
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	6.8
11445	Seaweed, kelp, raw	10	2 tbsp	6.6
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	6.6
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.6
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	6.5

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	6.4
11670	Peppers, hot chili, green, raw	45	1 pepper	6.4
11156	Chives, raw	3	1 tbsp	6.4
11819	Peppers, hot chili, red, raw	45	1 pepper	6.3
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	6.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.3
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.3
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	6.2
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	6.1
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	6.1
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.1
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	6.0
09038	Avocados, raw, California	28.35	1 oz	6.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	6.0
09094	Figs, dried, uncooked	38	2 figs	5.9
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	5.9
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	5.9
11821	Peppers, sweet, red, raw	119	1 pepper	5.8
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.8
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	5.8
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.8
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5.7
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	5.7
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	5.6
11512	Sweet potato, canned, vacuum pack	255	1 cup	5.6
11540	Tomato juice, canned, with salt added	243	1 cup	5.6
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.5
09250	Peaches, frozen, sliced, sweetened	250	1 cup	5.5
09340	Pears, asian, raw	122	1 pear	5.5
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5.4
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	5.3
18319	Pie, fried pies, fruit	128	1 pie	5.2
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	5.2
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	5.2
19013	Snacks, fruit leather, pieces	28.35	1 oz	5.2
18229	Crackers, standard snack-type, regular	12	4 crackers	5.1
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	5.1
09298	Raisins, seedless	145	1 cup	5.1
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	5.1
21042	Fast foods, chili con carne	253	1 cup	5.1
14346	Shake, fast food, chocolate	333	16 fl oz	5.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	4.9
09184	Melons, honeydew, raw	170	1 cup	4.9
18245	Danish pastry, cheese	71	1 danish	4.9
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.9

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04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	4.9
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	4.9
09087	Dates, deglet noor	178	1 cup	4.8
22402	Beef Macaroni, frozen entree	240	1 package	4.8
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	4.6
09184	Melons, honeydew, raw	160	1/8 melon	4.6
12147	Nuts, pine nuts, dried	8.6	1 tbsp	4.6
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.6
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	4.5
09236	Peaches, raw	170	1 cup	4.4
20005	Barley, pearled, raw	200	1 cup	4.4
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.4
18235	Crackers, whole-wheat	16	4 crackers	4.4
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.3
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.3
09279	Plums, raw	66	1 plum	4.2
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	4.2
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	4.2
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	4.2
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4.1
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	4.1
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	4.1
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.0
09181	Melons, cantaloupe, raw	160	1 cup	4.0
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	4.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.9
19014	Snacks, fruit leather, rolls	21	1 large	3.8
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.8
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.8
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.8
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.8
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.8
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.7
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	3.7
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.7
09316	Strawberries, raw	166	1 cup	3.7
09226	Papayas, raw	140	1 cup	3.6
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.6
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.6
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	3.6
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.6
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	3.5
18147	Cheesecake commercially prepared	80	1 piece	3.5
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	3.5

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02030	Spices, pepper, black	2.1	1 tsp	3.4
11954	Tomatillos, raw	34	1 medium	3.4
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.4
11641	Squash, summer, all varieties, raw	113	1 cup	3.4
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.4
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	3.4
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbs	3.4
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbs	3.4
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	3.4
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.4
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.3
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.3
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	3.3
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.3
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.3
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.2
11399	Potato puffs, frozen, oven-heated	79	10 puffs	3.2
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.2
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.1
18243	Croutons, seasoned	40	1 cup	3.0
09003	Apples, raw, with skin	138	1 apple	3.0
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	3.0
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	3.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	3.0
20113	Noodles, chinese, chow mein	45	1 cup	3.0
20033	Oat bran, raw	94	1 cup	3.0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.0
09191	Nectarines, raw	136	1 nectarine	3.0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	3.0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.9
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbs	2.9
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.9
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.9
18232	Crackers, wheat, regular	8	4 crackers	2.9
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.9
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.8
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	2.8
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.7
02009	Spices, chili powder	2.6	1 tsp	2.7
01036	Cheese, ricotta, whole milk	246	1 cup	2.7
20012	Bulgur, dry	140	1 cup	2.7
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.6
16008	Beans, baked, canned, with franks	259	1 cup	2.6

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01128	Egg, whole, cooked, fried	46	1 large	2.6
05277	Chicken, canned, meat only, with broth	142	5 oz	2.6
09236	Peaches, raw	98	1 peach	2.5
14242	Cranberry juice cocktail, bottled	253	8 fl oz	2.5
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.5
01132	Egg, whole, cooked, scrambled	61	1 large	2.4
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.4
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	2.4
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.4
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	2.3
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	2.3
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.3
20080	Wheat flour, whole-grain	120	1 cup	2.3
06166	Sauce, homemade, white, medium	250	1 cup	2.3
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	2.3
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.2
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	2.2
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.2
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.2
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	2.2
01164	Cheese sauce, prepared from recipe	243	1 cup	2.2
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.2
18075	Bread, whole-wheat, commercially prepared	28	1 slice	2.2
19071	Candies, carob, unsweetened	28.35	1 oz	2.2
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.1
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.1
11672	Potato pancakes	76	1 pancake	2.1
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	2.0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	2.0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	2.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.0
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	2.0
11135	Cauliflower, raw	13	1 floweret	2.0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.0
02015	Spices, curry powder	2	1 tsp	2.0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	2.0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	2.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.0
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	2.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	2.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.9
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.9
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.9
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.9
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.9

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	1.9
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.8
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.8
01095	Milk, canned, condensed, sweetened	306	1 cup	1.8
07069	Salami, cooked, beef and pork	56.7	2 slices	1.8
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.8
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.8
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.8
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	1.8
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.8
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1.7
09181	Melons, cantaloupe, raw	69	1/8 melon	1.7
01037	Cheese, ricotta, part skim milk	246	1 cup	1.7
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	1.7
02028	Spices, paprika	2.1	1 tsp	1.7
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.7
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.7
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.6
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.6
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1.6
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.6
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.6
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.5
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.5
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	1.5
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.5
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.5
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.5
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.5
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	1.4
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	1.4
09070	Cherries, sweet, raw	68	10 cherries	1.4
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.4
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.4
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.4
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.4
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	1.4
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	1.4
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.4
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.3
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.3

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14347	Shake, fast food, vanilla	333	16 fl oz	1.3
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.3
18279	Muffins, corn, commercially prepared	57	1 muffin	1.3
18065	Bread, wheat, toasted	23	1 slice	1.3
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.3
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	1.3
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.3
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.3
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	1.3
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.3
20006	Barley, pearled, cooked	157	1 cup	1.3
09277	Plantains, raw	179	1 medium	1.3
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.3
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.2
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.2
18064	Bread, wheat	25	1 slice	1.2
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	1.2
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.2
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.2
20037	Rice, brown, long-grain, cooked	195	1 cup	1.2
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.2
09021	Apricots, raw	35	1 apricot	1.2
18360	Taco shells, baked	13.3	1 medium	1.1
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.1
09087	Dates, deglet noor	41.5	5 dates	1.1
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.1
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.1
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.1
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.1
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.1
09266	Pineapple, raw, all varieties	155	1 cup	1.1
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	1.1
09278	Plantains, cooked	154	1 cup	1.1
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.1
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.0
18239	Croissants, butter	57	1 croissant	1.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	1.0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	1.0
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	1.0
11943	Pimento, canned	12	1 tbsp	1.0
01145	Butter, without salt	14.2	1 tbsp	1.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01001	Butter, salted	14.2	1 tbsp	1.0
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.0
11364	Potatoes, baked, skin, without salt	58	1 skin	1.0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.0
04511	Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	1.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.0
19089	Ice creams, vanilla, rich	74	1/2 cup	1.0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.0
09011	Apples, dried, sulfured, uncooked	32	5 rings	1.0
11960	Carrots, baby, raw	10	1 medium	0.9
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.9
18170	Cookies, fig bars	16	1 cookie	0.9
20013	Bulgur, cooked	182	1 cup	0.9
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.9
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.9
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.9
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.9
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.9
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.9
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.9
11955	Tomatoes, sun-dried	2	1 piece	0.9
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.8
18177	Cookies, molasses	15	1 cookie, medium	0.8
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.8
20089	Wild rice, cooked	164	1 cup	0.8
07023	Frankfurter, beef and pork	45	1 frank	0.8
07022	Frankfurter, beef	45	1 frank	0.8
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.8
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.8
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.8
01009	Cheese, cheddar	28.35	1 oz	0.8
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.8
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.8
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.8
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.8
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.8
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.8
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	55	cup (1 NLEA serving)	0.8
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.8
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.8
01057	Eggnog	254	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.8
01007	Cheese, camembert	38	1 wedge	0.8
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.8
09040	Bananas, raw	150	1 cup	0.8
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.8
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.7
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.7
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.7
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.7
11333	Peppers, sweet, green, raw	10	1 ring	0.7
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.7
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.7
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.7
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.7
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.7
35142	Frybread, made with lard (Navajo)	90	5" bread	0.7
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.7
02010	Spices, cinnamon, ground	2.3	1 tsp	0.7
01040	Cheese, swiss	28.35	1 oz	0.7
01030	Cheese, muenster	28.35	1 oz	0.7
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.7
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.7
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.7
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.7
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.7
01004	Cheese, blue	28.35	1 oz	0.7
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.7
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.7
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.7
09004	Apples, raw, without skin	110	1 cup	0.7
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.7
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.7
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.7
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.6
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.6
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.6
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.6
11282	Onions, raw	160	1 cup	0.6
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.6
18226	Crackers, rye, wafers, plain	11	1 wafer	0.6

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01111	Milk shakes, thick vanilla	313	11 fl oz	0.6
01035	Cheese, provolone	28.35	1 oz	0.6
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.6
18005	Bagels, cinnamon-raisin	89	4" bagel	0.6
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.6
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.6
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.6
09040	Bananas, raw	118	1 banana	0.6
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.6
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.6
06094	Soup, onion, dry, mix	39	1 packet	0.5
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.5
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.5
01019	Cheese, feta	28.35	1 oz	0.5
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.5
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.5
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.5
22247	Macaroni and Cheese, canned entree	252	1 cup	0.5
01143	Egg substitute, liquid	62.75	1/4 cup	0.5
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.5
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.5
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.5
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.5
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.5
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.5
09298	Raisins, seedless	14	1 packet	0.5
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.5
01031	Cheese, neufchatel	28.35	1 oz	0.5
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.5
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.5
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.5
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.5
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.5
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.5
18048	Bread, raisin, toasted, enriched	24	1 slice	0.5
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.5
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.5
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.5
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.5
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.4
18047	Bread, raisin, enriched	26	1 slice	0.4

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11282	Onions, raw	110	1 whole	0.4
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.4
18040	Bread, oatmeal, toasted	25	1 slice	0.4
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.4
01017	Cheese, cream	14.5	1 tbsp	0.4
11935	Catsup	15	1 tbsp	0.4
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.4
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.4
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.4
20084	Wheat flour, white, cake, enriched	137	1 cup	0.4
20083	Wheat flour, white, bread, enriched	137	1 cup	0.4
01052	Cream, fluid, light whipping	15	1 tbsp	0.4
18039	Bread, oatmeal	27	1 slice	0.4
09316	Strawberries, raw	18	1 strawberry	0.4
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.4
18060	Bread, rye	32	1 slice	0.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.4
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.4
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.4
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.4
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.4
13350	Beef, cured, dried	28.35	1 oz	0.4
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.4
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.4
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.4
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.4
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.4
18027	Bread, egg	40	1/2" slice	0.4
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.4
18353	Rolls, hard (includes kaiser)	57	1 roll	0.3
11081	Beets, cooked, boiled, drained	170	1 cup	0.3
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.3
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.3
11084	Beets, canned, drained solids	170	1 cup	0.3
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.3
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.3
18061	Bread, rye, toasted	24	1 slice	0.3
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.3
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.3
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.3
09326	Watermelon, raw	286	1 wedge	0.3
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.3
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.3
06150	Sauce, barbecue	15.75	1 tbsp	0.3
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.3

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.3
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.3
19088	Ice creams, vanilla, light	66	1/2 cup	0.3
09316	Strawberries, raw	12	1 strawberry	0.3
18045	Bread, pumpnickel, toasted	29	1 slice	0.3
07072	Salami, dry or hard, pork, beef	20	2 slices	0.3
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.3
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.3
18044	Bread, pumpnickel	32	1 slice	0.3
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.3
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.3
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.3
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.3
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.3
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.3
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
09207	Orange juice, canned, unsweetened	249	1 cup	0.2
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.2
09206	Orange juice, raw	248	1 cup	0.2
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.2
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.2
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.2
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.2
07073	Sandwich spread, pork, beef	15	1 tbsp	0.2
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.2
18033	Bread, italian	20	1 slice	0.2
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.2
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.2
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.2
09160	Lime juice, raw	38	juice of 1 lime	0.2
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.2
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.2
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.2
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.2
01072	Dessert topping, pressurized	4	1 tbsp	0.2
01056	Cream, sour, cultured	12	1 tbsp	0.2
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.2
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.2
19270	Ice creams, chocolate	66	1/2 cup	0.2
19095	Ice creams, vanilla	66	1/2 cup	0.2

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01049	Cream, fluid, half and half	15	1 tbsp	0.2
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.2
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.2
11284	Onions, dehydrated flakes	5	1 tbsp	0.2
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.2
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.2
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.2
19074	Candies, caramels	10.1	1 piece	0.2
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.2
18220	Crackers, melba toast, plain	20	4 pieces	0.2
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.2
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.2
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.2
01069	Cream substitute, powdered	2	1 tsp	0.2
01123	Egg, whole, raw, fresh	58	1 extra large	0.2
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.2
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.2
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.2
07008	Bologna, beef and pork	56.7	2 slices	0.2
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.2
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.2
11935	Catsup	6	1 packet	0.2
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.2
20029	Couscous, cooked	157	1 cup	0.2
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.2
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.2
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.2
19294	Fruit butters, apple	17	1 tbsp	0.2
09326	Watermelon, raw	152	1 cup	0.2
01123	Egg, whole, raw, fresh	50	1 large	0.2
11226	Jerusalem-artichokes, raw	150	1 cup	0.2
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.2
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.2
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.2
01131	Egg, whole, cooked, poached	50	1 large	0.2
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.1
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.1
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.1
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.1
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.1
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.1
18053	Bread, reduced-calorie, rye	23	1 slice	0.1
18057	Bread, reduced-calorie, white	23	1 slice	0.1
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.1
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.1
15141	Crustaceans, crab, blue, canned	135	1 cup	0.1
01123	Egg, whole, raw, fresh	44	1 medium	0.1
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.1
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.1
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.1
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.1
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.1
01125	Egg, yolk, raw, fresh	16.6	1 large	0.1
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.1
19036	Snacks, popcorn, cakes	10	1 cake	0.1
07064	Pork sausage, fresh, cooked	27	1 patty	0.1
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.1
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.1
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.1
07064	Pork sausage, fresh, cooked	26	2 links	0.1
11081	Beets, cooked, boiled, drained	50	1 beet	0.1
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.1
19034	Snacks, popcorn, air-popped	8	1 cup	0.1
01032	Cheese, parmesan, grated	5	1 tbsp	0.1
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.1
14181	Chocolate syrup	18.75	1 tbsp	0.1
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
12104	Nuts, coconut meat, raw	45	1 piece	0.1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
02026	Spices, onion powder	2.1	1 tsp	0.1
09206	Orange juice, raw	86	juice from 1 orange	0.1
18217	Crackers, matzo, plain	28.35	1 matzo	0.1
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.1
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.1
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.1
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.1
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.1
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.1
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.1
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.1
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.1
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.1
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.1
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
02055	Horseradish, prepared	5	1 tsp	0.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.1
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.1
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.1
11429	Radishes, raw	4.5	1 radish	0.1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.1
19300	Jellies	19	1 tbsp	0.1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.1
11282	Onions, raw	14	1 slice	0.1
18041	Bread, pita, white, enriched	28	4" pita	0.1
11215	Garlic, raw	3	1 clove	0.1
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
18214	Crackers, cheese, regular	10	10 crackers	0.1
11084	Beets, canned, drained solids	24	1 beet	0.0
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
02020	Spices, garlic powder	2.8	1 tsp	0.0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
20110	Noodles, egg, cooked, enriched	160	1 cup	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.0
04002	Lard	12.8	1 tbsp	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.0
02007	Spices, celery seed	2	1 tsp	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
20100	Macaroni, cooked, enriched	140	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
02047	Salt, table	6	1 tsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
11260	Mushrooms, white, raw	70	1 cup	0.0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11264	Mushrooms, canned, drained solids	156	1 cup	0.0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.0
16055	Carob flour	8	1 tbsp	0.0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.0
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
19097	Sherbet, orange	74	1/2 cup	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14429	Water, tap, municipal	237	8 fl oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
19297	Jams and preserves	20	1 tbsp	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.0
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.0
19296	Honey	21	1 tbsp	0.0
09060	Carambola, (starfruit), raw	108	1 cup	0.0
09060	Carambola, (starfruit), raw	91	1 fruit	0.0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.0
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.0
19350	Syrups, corn, light	20	1 tbsp	0.0
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.0
07017	Chicken roll, light meat	56.7	2 slices	0.0
07024	Frankfurter, chicken	45	1 frank	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
07028	Ham, sliced, extra lean	56.7	2 slices	0.0

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07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.0
19353	Syrups, maple	20	1 tbsp	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
19107	Candies, hard	6	1 piece	0.0
19107	Candies, hard	3	1 small piece	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
09223	Tangerine juice, canned, sweetened	249	1 cup	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.0
09128	Grapefruit juice, white, raw	247	1 cup	0.0
09150	Lemons, raw, without peel	58	1 lemon	0.0
09152	Lemon juice, raw	47	juice of 1 lemon	0.0
19116	Candies, marshmallows	50	1 cup	0.0
09153	Lemon juice, canned or bottled	244	1 cup	0.0
20027	Cornstarch	8.064	1 tbsp	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
09200	Oranges, raw, all commercial varieties	180	1 cup	0.0
09200	Oranges, raw, all commercial varieties	131	1 orange	0.0
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0