Content per NDB No Description Weight (g) **Common Measure** Measure 14006 Alcoholic beverage, beer, light 354 12 fl oz 0.0 14003 Alcoholic beverage, beer, regular 355 12 fl oz 0.0 2 fl oz 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 60 0.1 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 1.5 fl oz 42 0.0 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof 1.5 fl oz 0.0 14550 42 1.5 fl oz 14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof 42 0.0 1.5 fl oz Alcoholic beverage, liqueur, coffee, 53 proof 52 0.0 14414 141 4.5 fl oz 14017 Alcoholic beverage, pina colada, prepared-from-recipe 0.1 14536 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 0.0 3.5 fl oz 14057 103 0.0 Alcoholic beverage, wine, dessert, sweet 11001 Alfalfa seeds, sprouted, raw 33 1 cup 10.1 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic 248 1 cup 0.0 acid 09011 Apples, dried, sulfured, uncooked 32 5 rings 1.0 09003 Apples, raw, with skin 138 1 apple 3.0 09004 110 0.7 Apples, raw, without skin 1 cup 09020 Applesauce, canned, sweetened, without salt 255 1.5 1 cup 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1.5 1 cup 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258 1 cup 5.7 09024 Apricots, canned, juice pack, with skin, solids and liquids 244 5.4 1 cup 09032 Apricots, dried, sulfured, uncooked 35 10 halves 1.1 09021 Apricots, raw 35 1 apricot 1.2 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 24.9 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 17.8 11015 Asparagus, canned, drained solids 72 297 4 spears 11012 Asparagus, cooked, boiled, drained 60 4 spears 30.4 11019 Asparagus, frozen, cooked, boiled, drained, without salt 60 4 spears 48.0 Asparagus, frozen, cooked, boiled, drained, without salt 180 144.0 11019 1 cup 09038 Avocados, raw, California 28.35 6.0 1 oz18005 Bagels, cinnamon-raisin 89 4" bagel 0.6 18005 3-1/2" bagel 0.5 Bagels, cinnamon-raisin 71 18001 Bagels, plain, enriched, with calcium propionate (includes onion, 89 0.2 4" bagel poppy, sesame) 18001 Bagels, plain, enriched, with calcium propionate (includes onion, 71 3-1/2" bagel 0.1 poppy, sesame) 19078 Baking chocolate, unsweetened, squares 28.35 1 square 2.7 11028 Bamboo shoots, canned, drained solids 131 1 cup 0.0 09040 118 Bananas, raw 1 banana 0.6 09040 Bananas, raw 150 0.8 1 cup 20006 Barley, pearled, cooked 157 1 cup 1.3 20005 Barley, pearled, raw 200 4.4 1 cup 16006 Beans, baked, canned, plain or vegetarian 254 2.3 1 cup 16008 Beans, baked, canned, with franks 259 2.6 1 cup 16010 Beans, baked, canned, with pork and sweet sauce 253 2.3 1 cup 16011 Beans, baked, canned, with pork and tomato sauce 253 1.3 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	5.6
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	5.8
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	6.0
1056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	13.4
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.1
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.4
1724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.1
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.7
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.4
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.4
13350	Beef, cured, dried	28.35	1 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	1.8
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	1.5
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	1.3
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.5
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.4
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.3
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.1
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	1.4
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	1.2
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.3
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	697.0
11084	Beets, canned, drained solids	24	1 beet	0.0
11084	Beets, canned, drained solids	170	1 cup	0.3
11081	Beets, cooked, boiled, drained	50	1 beet	0.1
11081	Beets, cooked, boiled, drained	170	1 cup	0.3
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.6
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.5
09042	Blackberries, raw	144	1 cup	28.5
)9055	Blueberries, frozen, sweetened	230	1 cup	40.7
)9050	Blueberries, raw	145	1 cup	28.0
07008	Bologna, beef and pork	56.7	2 slices	0.0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.9
8079	Bread crumbs, dry, grated, plain	28.35	l oz	1.9
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	13.7
18027	Bread, egg	40	1/2" slice	0.4
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18033	Bread, italian	20	1 slice	0.2
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.6
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.5
18039	Bread, oatmeal	27	1 slice	0.4
18040	Bread, oatmeal, toasted	25	1 slice	0.4
18041	Bread, pita, white, enriched	28	4" pita	0.1
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.1
18044	Bread, pumpernickel	32	1 slice	0.3
18045	Bread, pumpernickel, toasted	29	1 slice	0.3
18047	Bread, raisin, enriched	26	1 slice	0.4
18048	Bread, raisin, toasted, enriched	24	1 slice	0.5
18053	Bread, reduced-calorie, rye	23	1 slice	0.1
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18057	Bread, reduced-calorie, white	23	1 slice	0.1
18060	Bread, rye	32	1 slice	0.4
18061	Bread, rye, toasted	24	1 slice	0.3
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.4
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.4
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.8
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.4
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.7
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.6
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.6
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	14.4
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.1
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.2
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	183.1
11090	Broccoli, raw	31	1 spear	31.5
11090	Broccoli, raw	88	1 cup	89.4
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.9
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.9
20011	Buckwheat flour, whole-groat	120	1 cup	8.4
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.2
20013	Bulgur, cooked	182	1 cup	0.9
20012	Bulgur, dry	140	1 cup	2.7
01001	Butter, salted	14.2	1 tbsp	1.0
01145	Butter, without salt	14.2	1 tbsp	1.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.8
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	73.4
11109	Cabbage, raw	70	1 cup	42.0
11112	Cabbage, red, raw	70	1 cup	26.7
11114	Cabbage, savoy, raw	70	1 cup	48.2
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1

18110 Cake, rhuite, commercially prepared 43 1 piece 0 18451 Cake, pound, commercially prepared, fur free 28 1 dice 0 18127 Cake, snack cakes, creme-filled, chocolate with fresting 50 1 cakead 0 18132 Cake, snack cakes, creme-filled, spenge 42.5 1 cake 0 18132 Cake, snack cake, creme-filled, spenge 42.5 1 cake 0 18102 Cake, white, prepared from recipe with coronal frosting 112 1 piece 2 18107 Candies, caramels 10.1 1 piece 2 2 19076 Candies, caramels, chocolate-flavor roll 7 1 piece 0 19070 Candies, carafe, fudge, chocolate, prepared-from-recipe 19 1 piece 0 19100 Candies, fudge, whith inst for 19101 15 1 piece 0 19101 Candies, fudge, vanilia, prepared-from-recipe 16 1 piece 0 19106 Candies, fudge, vanilia prepared-from-recipe 16 1 piece 0 19106 Candies, fudge, vanilia, prepared-from-recipe 16 1 piece <td< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></td<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18451Cake, pound, commercially prepared, fin-free281 alice018127Cake, snack cakes, center-filled, sponge42.51 capcake118128Cake, snack cakes, center-filled, sponge42.51 cake618102Cake, white, prepared from recipe with cocourt frosting1121 piece418119Cake, white, prepared from recipe with cocourt frosting1121 piece619074Candies, cannels10.11 piece619075Candies, cannels, chocolate-flavor roll71 piece619076Candies, conterion extrement of the state	18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.9
18127Cake, mack cakes, reme-filled, cheenlate with frosting501 expeake118128Cake, mack cakes, reme-filled, spange42.51 cake018133Cake, spange, conmercially prepared301 shortake018134Cake, white, prepared from recipe without frosting1121 picce018197Candies, carands10.11 picce019076Candies, carands, checolate-flavor roll741 picce019071Candies, carands, checolate-flavor roll701 cap019072Candies, carade, checolate-flavor roll171 picce019074Candies, fudge, chocolate, rub mets, prepared-from-recipe191 picce019100Candies, fudge, chocolate, with nuts, prepared-from-recipe161 picce019104Candies, fudge, vanilla, prepared-from-recipe161 picce019105Candies, guandrops, starch jelly picces221 bokan019106Candies, guandrops, starch jelly picces7410 worns019106Candies, guandrops, starch jelly picces7410 worns019107Candies, flawdrops, starch jelly picces7410 worns019109Candies, flawdrops,	18110	Cake, fruitcake, commercially prepared	43	1 piece	0.6
18128 Cake, snoek, cakes, creme-filled, sponge 42.5 1 eake 0 18130 Cake, sponge, commercially prepared 30 1 shorteake 0 18102 Cake, white, prepared from recipe with occonut frosting 112 1 piece 4 18104 Cake, white, prepared from recipe without frosting 74 1 piece 0 19074 Candies, caramels, chocolate-flavor roll 7 1 piece 0 19071 Candies, caramels, chocolate-flavor roll 7 1 piece 0 19071 Candies, caramels, chocolate, flavor roll 70 1 piece 0 19071 Candies, carade, chocolate, with ms. prepared-from-recipe 19 1 piece 0 19101 Candies, fladge, chocolate, with ms. prepared-from-recipe 16 1 piece 0 19104 Candies, fladge, starch jelly pieces 22 10 bars 0 19106 Candies, guardrops, starch jelly pieces 74 10 worms 0 19107 Candies, guardrops, starch jelly pieces 28.35 10 large 0 19107 Candies, guardrops, starch jelly pieces 28.35 10 barces <td>18451</td> <td>Cake, pound, commercially prepared, fat-free</td> <td>28</td> <td>1 slice</td> <td>0.0</td>	18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
18133Cake, sponge, commercially prepared301 shortake018102Cake, white, prepared from recipe with oconat fosing1121 piece318139Cake, white, prepared from recipe without fosing741 piece318130Cake, white, prepared from recipe without fosing741 piece319074Candies, caramets, chocolate-flavor roll71 piece319075Candies, caramets, chocolate, flavor roll71 piece319070Candies, confectioner's coating, white171 piece319100Candies, fudge, chocolate, with muts, prepared-from-recipe191 piece319101Candies, fudge, chocolate, with muts, prepared-from-recipe161 piece319104Candies, fudge, vanilla with muts, prepared-from-recipe161 piece319105Candies, guandrops, starch jelly pieces2210 bears319106Candies, guandrops, starch jelly pieces241 mediam319107Candies, and61 piece319108Candies, KIT KAT Wafer Bar421 bar(1 5 oz)219114Candies, M&M MARS, M&MSY Milk Chocolate Candies710 pieces319135Candies, M&M MARS, SITCKERS Bar51 piece319135Candies, M&M MARS, SITCKERS Bar51 piece319136Candies, maik hocolate coated mains1010 pieces119132Candies, milk hocolate coated m	18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.4
Bit D Cacke, white, prepared from recipe with econal frosting 112 1 piece 4 18139 Cake, white, prepared from recipe without frosting 74 1 piece 6 19074 Candies, caramels 10.1 1 piece 6 19076 Candies, caranels, checolate-flavor roll 7 1 piece 6 19071 Candies, caraflectioner's coating, white 170 1 cap 13 19100 Candies, fudge, checolate, rippared-from-recipe 19 1 piece 6 19101 Candies, fudge, vanila, with nuts for 19104 15 1 piece 6 19106 Candies, guadrops, starch jelly pieces 22 10 bears 6 19106 Candies, guadrops, starch jelly pieces 74 10 worms 6 19107 Candies, guadrops, starch jelly pieces 74 10 worms 6 19107 Candies, hard 3 1 small piece 6 19107 Candies, hard 6 1 piece 6 19107 Candies, MAM MARS, "MAS" Milk Chocolate Candies 7	18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.6
18139 Cake, while, prepared from recipe without frosting 74 1 piece 3 19074 Candies, caramels, chocolate-flavor roll 7 1 piece 0 19071 Candies, caramels, chocolate-flavor roll 7 1 piece 0 19071 Candies, carab 1 cap 1 1 piece 0 19070 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0 19100 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19104 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19106 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19106 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19106 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19105 Candies, guandrops, starch jelly pieces 22 10 bears 0 19106 Candies, hard 3 1 small piece 0 19107 Candies, Math MARS, "Math's Mith Chocolate Candies 7 1 0 pieces 0 <td< td=""><td>18133</td><td>Cake, sponge, commercially prepared</td><td>30</td><td>1 shortcake</td><td>0.1</td></td<>	18133	Cake, sponge, commercially prepared	30	1 shortcake	0.1
9974 Candies, earanels 10.1 I piece 0 9976 Candies, earanels, chocolate-flavor roll 7 I piece 0 9977 Candies, canob 28.35 1 oz 2 99071 Candies, canob 28.35 1 oz 2 99070 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0 91014 Candies, fudge, vanilla with nuts, prepared-from-recipe 19 1 piece 0 91014 Candies, fudge, vanilla with nuts, prepared-from-recipe 16 1 piece 0 91016 Candies, guandrops, starch jelly pieces 22 1 oberns 0 91016 Candies, guandrops, starch jelly pieces 42 1 medium 0 91017 Candies, hard 6 1 piece 0 91018 Candies, MAM MARS, "M&KN" Milk Chocolate Candies 7 1 opieces 0 911914 Candies, M&M MARS, STAREMILKY WAY Bar 6 1 bar (2 oz) 0 911915 Candies, M&M MARS, STAREMILKY WAY Bar 6 1 piece	18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.6
19076 Candies, caramels, chocolats-flavor roll 7 1 piece 0 19071 Candies, carob 28.35 1 oz 2 19070 Candies, carob 28.35 1 oz 2 19070 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0 19101 Candies, fudge, chocolate, with nuts, prepared-from-recipe 19 1 piece 0 19104 Candies, fudge, vanilla, with nuts for 19104 15 1 piece 0 19106 Candies, guadrops, starch jelly pieces 22 1 boears 0 19106 Candies, guadrops, starch jelly pieces 42 1 medium 0 19107 Candies, guadrops, starch jelly pieces 28.35 10 large 0 19107 Candies, kurd XAT Wafer Bar 42 1 bar (1.5 oz) 2 19108 Candies, KIT KAT Wafer Bar 42 1 bar (2.5 oz) 2 19114 Candies, M&M MARS, "M&MILK WAY Bar 18 1 finarize bar 0 19135 Candies, M&M MARS, SNICK WAY Bar 5 <td< td=""><td>18139</td><td>Cake, white, prepared from recipe without frosting</td><td>74</td><td>1 piece</td><td>3.8</td></td<>	18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.8
19071 Candies, careb 28.35 1 oz 2 19087 Candies, confectioner's coating, white 170 1 cup 18 19100 Candies, fudge, chocolate, with nuts, prepared-from-recipe 19 1 piece 0 19101 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19103 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19106 Candies, guadrops, starch jelly pieces 22 0 bears 0 19106 Candies, guadrops, starch jelly pieces 4.2 1 mcdium 0 19106 Candies, hard 3 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, hard 28.35 10 large 0 19109 Candies, M&MARS, "M&M With Chocolate Candies 20 10 pieces 0 19140 Candies, M&MARS, MARS MILKY WAY Bar 18 1 fun size bar 0 19135 Candies, M&MARS, SICKERS Bar 5 1 piece 0 19155 Candies, mith chocolate Candies 40 10 pieces </td <td>19074</td> <td>Candies, caramels</td> <td>10.1</td> <td>1 piece</td> <td>0.2</td>	19074	Candies, caramels	10.1	1 piece	0.2
19087 Candies, confectioner's coating, white 170 1 cup 13 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0 19101 Candies, fudge, chocolate, with nuts, prepared-from-recipe 19 1 piece 0 19104 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19106 Candies, fudge, vanilla, prepared-from-recipe 16 1 piece 0 19106 Candies, gundrops, starch jelly pieces 22 1 obears 0 19106 Candies, gundrops, starch jelly pieces 4.2 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, hard 8.35 10 large 0 19109 Candies, Mard MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19114 Candies, M&MARS, MARS MILKY WAY Bar 61 1 bar (2.15 oz) 2 19135 Candies, M&M MARS, MARS MILKY WAY Bar 61 1 cup 0 19135 Candies, mashmallows 50 1 cup 0 19135 Candies, M&M MARS, SMA	19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.8
19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 picce 0 19101 Candies, fudge, chocolate, with nuts, prepared-from-recipe 19 1 piece 0 19103 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19103 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19104 Candies, fudge, vanilla with nuts for 19104 15 1 piece 0 19105 Candies, gundrops, starch jelly pieces 22 1 medium 0 19106 Candies, hard 6 1 piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, Mark MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19109 Candies, M&MARS, "M&M's" Milk Chocolate Candies 20 10 pieces 0 19104 Candies, M&MARS, MARS MILKY WAY Bar 18 1 fun size bar 0 19135 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2.15 oz) 2 19155 Candies, milk chocolate coated rai	19071	Candies, carob	28.35	1 oz	2.2
19101 Candies, fudge, chocolate, with nuts, prepared-from-recipe 19 10	19087	Candies, confectioner's coating, white	170	1 cup	13.9
19104 Candies, fudge, vanilla with nuts for 19104 15 I piece 0 19103 Candies, fudge, vanilla, prepared-from-recipe 16 1 piece 0 19106 Candies, gundrops, starch jelly pieces 22 10 bears 0 19106 Candies, gundrops, starch jelly pieces 4.2 1 medium 0 19107 Candies, gundrops, starch jelly pieces 74 10 worms 0 19107 Candies, hard 3 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, MEM MARS, "M&MS" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&MARS, "M&MS" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&MARS, MARS MILKY WAY Bar 18 1 fun size bar 0 19145 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2.15 oz) 2 19155 Candies, milk chocolate coated peanuts 50 1 opieces 0 19146 Candies, milk chocolate coated peanuts 10	19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.2
Partices, fudge, vanilla, prepared-from-recipe 16 1 piece 0 19106 Candies, gundrops, starch jelly pieces 22 10 bears 0 19106 Candies, gundrops, starch jelly pieces 4.2 1 medium 0 19106 Candies, gundrops, starch jelly pieces 74 10 worms 0 19107 Candies, hard 3 1 small piece 0 19108 Candies, jellybeans 28.35 10 large 0 19109 Candies, M&M MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19114 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies 20 10 pieces 0 19135 Candies, M&M MARS, MARS MLKY WAY Bar 18 1 fun size bar 0 19135 Candies, M&M MARS, SNICKERS Bar 5 1 piece 0 19136 Candies, milk chocolate coated panuts 50 1 cap 0 19136 Candies, maishmallows 50 1 cap 0 19136 Candies, M&M ARS, SNICKERS Bar 51 1 piece 0 19136 Candies, milk chocolate coated panuts 40 <	19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.3
19166 Candies, gundrops, starch jelly pieces 22 10 bears 0 19106 Candies, gundrops, starch jelly pieces 4.2 1 medium 0 19106 Candies, gundrops, starch jelly pieces 74 10 worms 0 19107 Candies, hard 3 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, Jard 28.35 10 large 0 19109 Candies, MA MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies 20 10 pieces 0 19135 Candies, M&M MARS, SINCKERS Bar 18 1 fun size bar 0 19155 Candies, M&M MARS, STARBURST Fruit Chews 5 1 piece 0 1916 Candies, milk chocolate coated peanuts 40 1 bar (1.55 oz) 2 19156 Candies, milk chocolate, with almonds 41 1 bar (1.45 oz) 2 19120 Candies, milk chocolate, with almonds 41 1 bar (1.45 oz) 2 19121 Candies, milk chocolate, with alm	19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.1
Instrumentory, starch jelly pieces 4.2 I medium 0 19106 Candies, gundrops, starch jelly pieces 74 10 worms 0 19107 Candies, hard 3 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, kard 28.35 10 large 0 19109 Candies, KIT KAT Wafer Bar 42 1 bar (1.5 oz) 2 19141 Candies, M&M MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies 20 10 pieces 0 19145 Candies, M&M MARS, MARS MILKY WAY Bar 61 1 bar (2.15 oz) 2 19155 Candies, M&M MARS, STARBURST Fruit Chews 5 1 piece 0 19156 Candies, M&M MARS, STARBURST Fruit Chews 50 1 cup 0 19120 Candies, milk chocolate 44 1 bar (1.45 oz) 2 19121 Candies, MR. GOODBAR Chocolate Bar 49 1 pieces 0 1	19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.1
International Candies, guardrops, starch jelly pieces 74 10 worms 0 19106 Candies, hard 3 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, hard 28.35 10 large 0 19109 Candies, KIT KAT Wafer Bar 42 1 bar (1.5 oz) 2 19141 Candies, M&M MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&M MARS, "M&M's" Panut Chocolate Candies 20 10 pieces 0 19135 Candies, M&M MARS, MARS MILKY WAY Bar 61 1 bar (2.15 oz) 2 19135 Candies, M&M MARS, SICKERS Bar 57 1 bar (2 oz) 1 19146 Candies, M&M MARS, STARBURST Fruit Chews 50 1 cup 0 19151 Candies, MR MORS, NEACHERS Bar 10 10 pieces 0 19120 Candies, milk chocolate 44 1 bar (1.45 oz) 2 19121 Candies, MR. GOODBAR Chocolate Bar 49 1 bar (1.75 oz) 1 </td <td>19106</td> <td>Candies, gumdrops, starch jelly pieces</td> <td>22</td> <td>10 bears</td> <td>0.0</td>	19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19107 Candies, hard 3 1 small piece 0 19107 Candies, hard 6 1 piece 0 19108 Candies, jellybeans 28.35 10 large 0 19109 Candies, KIT KAT Wafer Bar 42 1 bar (1.5 oz) 2 19141 Candies, M&M MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&M MARS, MARS MILKY WAY Bar 18 1 fun size bar 0 19135 Candies, M&M MARS, MARS MILKY WAY Bar 61 1 bar (2.15 oz) 2 19135 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2 oz) 1 19156 Candies, marshmallows 50 1 cup 0 19120 Candies, milk chocolate coated panutts 40 10 pieces 0 19120 Candies, milk chocolate coated panuts 40 10 pieces 0 19121 Candies, milk chocolate coated raisins 10 10 pieces 0 19122 Candies, M&GODBAR Chocolate Bar 49 1 bar (1.5 oz) 1 <	19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
Number Candies, hard 6 1 pice 0 19107 Candies, jellybeans 28.35 10 large 0 19108 Candies, KIT KAT Wafer Bar 42 1 bar (1.5 oz) 2 19141 Candies, M&M MARS, "M&Ms" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&M MARS, "M&Ms" Peanut Chocolate Candies 20 10 pieces 0 19135 Candies, M&M MARS, MARS MILKY WAY Bar 18 1 fun size bar 0 19135 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2 oz) 1 19156 Candies, milk chocolate coated peanuts 50 1 cup 0 19120 Candies, milk chocolate coated peanuts 40 1 0 pieces 0 19121 Candies, milk chocolate coated raisins 10 10 pieces 0 19122 Candies, M.R. GOODBAR Chocolate Bar 49 1 bar (1.45 oz) 2 19132 Candies, NESTLE, BUTTERFINGER Bar 7 1 fun size bar 0 19132 Candies, NESTLE, BUTTERFINGER Bar 7	19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
Number Candies, jellybeans 28.35 Iolarge 19109 Candies, KIT KAT Wafer Bar 42 1 bar (1.5 oz) 2 19141 Candies, M&M MARS, "M&M's" Milk Chocolate Candies 7 10 pieces 0 19140 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies 20 10 pieces 0 19135 Candies, M&M MARS, MARS MILKY WAY Bar 18 1 fun size bar 0 19135 Candies, M&M MARS, SNICKERS Bar 61 1 bar (2.15 oz) 2 19155 Candies, M&M MARS, STARBURST Fruit Chews 5 1 piece 0 1916 Candies, milk chocolate 44 1 bar (1.55 oz) 2 19120 Candies, milk chocolate coated peanuts 40 10 pieces 0 19121 Candies, milk chocolate coated raisins 10 10 pieces 0 19132 Candies, M.K. GOODBAR Chocolate Bar 49 1 bar (1.75 oz) 1 19130 Candies, RESES' Peanut Butter Cups 45 1 package (contains 2) 2 19130 Candies, RESES'Peanut Butter Cups <	19107	Candies, hard	3	1 small piece	0.0
19109Candies, KIT KAT Wafer Bar421 bar (1.5 oz)219141Candies, M&M MARS, "M&M's" Milk Chocolate Candies710 pieces019140Candies, M&M MARS, "M&M's" Peanut Chocolate Candies2010 pieces019135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar019135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)219155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)119156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219121Candies, milk chocolate coated peanuts4010 pieces019122Candies, milk chocolate coated raisins1010 pieces019132Candies, M.GOODBAR Chocolate Bar491 bar (1.75 oz)119150Candies, RESE'S Peanut Butter Cups451 package (contains 2)219150Candies, RESE'S Peanut Butter Cups451 package (contains 2)219060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda3551 2 fl oz0144400Carbonated beverage, cola, contains caffeine3701 2 fl oz0 <td>19107</td> <td>Candies, hard</td> <td>6</td> <td>1 piece</td> <td>0.0</td>	19107	Candies, hard	6	1 piece	0.0
Instant ParticipationCandies, M&M MARS, "M&M's" Milk Chocolate Candies710 pieces19140Candies, M&M MARS, "M&M's" Peanut Chocolate Candies2010 pieces019135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar019135Candies, M&M MARS, SMICKERS Bar611 bar (2.15 oz)119155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)119156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219121Candies, milk chocolate coated peanuts4010 pieces019122Candies, milk chocolate coated raisins1010 pieces019132Candies, Milk Chocolate Bar491 bar (1.45 oz)219134Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, RESES'S Peanut Butter Cups451 package (contains 2)219060Candies, semisweet chocolate1681 cup009060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19108	Candies, jellybeans	28.35	10 large	0.0
InstantCandies, M&M MARS, "M&M's" Peanut Chocolate Candies2010 pices1019135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar019135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)219155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)119156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219121Candies, milk chocolate coated peanuts4010 pieces019122Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219134Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219030Candies, semisweet chocolate1681 cup919040Carambola, (starfruit), raw911 fruit019040Carambola, (starfruit), raw35512 fl oz019140Carbonate deverage, club soda35712 fl oz0	19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.5
P135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar019135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)219155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)119156Candies, M&M MARS, STARBURST Fruit Chews51 piece019166Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219126Candies, milk chocolate coated peanuts4010 pieces119127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate coated raisins1010 pieces019134Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.2
19135Candies, M&M MARS, MARS MILKY WAY Bar611 bar (2.15 oz)219155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)119156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219126Candies, milk chocolate coated peanuts4010 pieces119127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219134Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119059Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup009060Carambola, (starfruit), raw1081 cup009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, cula soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.6
19155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)119156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219126Candies, milk chocolate coated peanuts4010 pieces1019127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219133Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, RESEI'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw1081 cup009060Carambola, (starfruit), raw35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.7
19156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219126Candies, milk chocolate coated peanuts4010 pieces119127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, semisweet chocolate1681 cup919060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2.3
19116Candies, marshmallows501 cup019120Candies, milk chocolate441 bar (1.55 oz)219126Candies, milk chocolate coated peanuts4010 pieces119127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219133Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.8
19120Candies, milk chocolate441 bar (1.55 oz)219126Candies, milk chocolate coated peanuts4010 pieces119127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219133Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.1
19126Candies, milk chocolate coated peanuts4010 pieces19127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz01400Carbonated beverage, cola, contains caffeine37012 fl oz0	19116	Candies, marshmallows	50	1 cup	0.0
19127Candies, milk chocolate coated raisins1010 pieces019132Candies, milk chocolate, with almonds411 bar (1.45 oz)219143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.5
19132Candies, milk chocolate, with almonds411 bar (1.45 oz)219143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.6
19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)119069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
19069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar019150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.1
19150Candies, REESE'S Peanut Butter Cups451 package (contains 2)219080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.8
19080Candies, semisweet chocolate1681 cup909060Carambola, (starfruit), raw911 fruit009060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.2
D9060Carambola, (starfruit), raw911 fruit0D9060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.3
09060Carambola, (starfruit), raw1081 cup014121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	19080	Candies, semisweet chocolate	168	1 cup	9.4
14121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, cola, contains caffeine37012 fl oz0	09060	Carambola, (starfruit), raw	91	1 fruit	0.0
14400Carbonated beverage, cola, contains caffeine37012 fl oz0	09060	Carambola, (starfruit), raw	108	1 cup	0.0
	14121	Carbonated beverage, club soda	355	12 fl oz	0.0
4136Carbonated beverage, ginger ale36612 fl oz0	4400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
	14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
4143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
4157	Carbonated beverage, root beer	370	12 fl oz	0.0
6055	Carob flour	8	1 tbsp	0.0
1655	Carrot juice, canned	236	1 cup	36.6
1960	Carrots, baby, raw	10	1 medium	0.9
1128	Carrots, canned, regular pack, drained solids	146	1 cup	14.3
1125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.4
1131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.9
1124	Carrots, raw	72	1 carrot	9.5
1124	Carrots, raw	110	1 cup	14.5
1935	Catsup	6	1 packet	0.2
1935	Catsup	15	1 tbsp	0.4
1136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.5
1136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.1
1138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.4
1135	Cauliflower, raw	13	1 floweret	2.1
1135	Cauliflower, raw	100	1 cup	16.0
1144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.2
1144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.7
1143	Celery, raw	40	1 stalk	11.7
1143	Celery, raw	120	1 cup	35.2
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.5
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.5
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.4
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.5
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.9
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.2
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.1
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.3
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.5
8057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.4
8048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.2
8050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.4
8261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.2
8194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.3
8064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.0
8246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.1
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.3
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.4
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.5
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.2
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.6
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.1
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.4
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.1
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.4
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.5
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.2
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.5
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.4
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.4
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.3
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.6
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.5
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.5
08084 08091	Cereals ready-to-eat, wheat germ, toasted, plain Cereals, corn grits, white, regular and quick, enriched, cooked with	7.119 242	l tbsp l cup	0.3 0.0
08164	water, without salt Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.3
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.9
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	l cup	7.5
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.8
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.7
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	1.0

01948 Cheese spread, pasterized process, american, without di sodium 28.35 1 or. 01004 Chesse, blue 28.35 1 or. 01007 Chesse, checklar 38 1 wedge 01008 Chesse, contage, creamed, large or small card 210 1 cap 01012 Chesse, contage, creamed, large or small card 226 1 cap 01013 Chesse, contage, creamed, large or small card 226 1 cap 01014 Chesse, contage, constat, 1% mikfait 226 1 cap 01014 Chesse, contage, constat, uncexamed, day, large or small card 145 1 dap 01014 Chesse, cream, fit free 15.6 1 flop 01016 Chesse, cream, fit free 28.35 1 oz 01016 Chesse, mozzarella park sim miklik. 28.35 1 oz 01020 Chesse, mozzarella park sim miklik. 28.35 1 oz 01021 Chesse, parketzized procesa, with di sodium phosphate 28.35 1 oz 01022 Chesse, parketzized procesa, with di sodium phosphate 28.35 1 oz 01024	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01004Chees, blac28.351 oc01007Chees, candud, arca mobility38.41 wedget01010Chees, contage, creamed, large or small curd28.351 cup01011Cheese, contage, reamed, with fuith2261 cup01012Cheese, contage, lowfar, 1% milkfar2261 cup01014Cheese, contage, lowfar, 1% milkfar2161 cup01015Cheese, contage, lowfar, 2% milkfar1451 cup01014Cheese, contage, lowfar, 2% milkfar28.351 oz01015Cheese, contage, lowfar, 20 milkfar28.351 oz01016Cheese, contage, lowfar, 20 milkfar28.351 oz01017Cheese, fean28.351 oz01028Cheese, mozarella, park sim lik, low moistare28.351 oz01030Cheese, mozarella, park sim lik, low moistare28.351 oz01040Cheese, mozarella, park sim lik, low moistare28.351 oz01051Cheese, mozarella, park sim lik osidum phosphate28.351 oz01052Cheese, parteurized proceses, anveica, with di sodum phosphate28.351 oz01053Cheese, streatur, with di sodum phosphate28.351 oz01054Cheese, streatur, di proces, streatur, with di sodum phosphate28.351 oz01055Cheese, streatur, di proces, streatur, di sodu, and phosphate28.351 oz01056Cheese, streatur, di proces, streatur, di sodu, and phosphate28.351 oz01057Cheese, streatur, di prote	01048		28.35	1 oz	0.5
01000 Cheese, endedar 28.35 1 or 01012 Cheese, endeda, even and, large or small card 210 1 eap 01013 Cheese, contage, even and, with fruit 226 1 eap 01014 Cheese, cottage, even, 1/9, milkfat 226 1 eap 01015 Cheese, cottage, fordit, uncreamed, day, large or small card 145 1 eap 01014 Cheese, cottage, fordit, uncreamed, day, large or small card 145 1 eap 01017 Cheese, cream 1 eap 1 eap 01018 Cheese, ream, far free 28.35 1 oz 01019 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 01020 Cheese, mozzarella, whole milk 28.35 1 oz 01031 Cheese, partearister 28.35 1 oz 01032 Cheese, partearister 28.35 1 oz 01034 Cheese, partearister 28.35 1 oz 01035 Cheese, rootta, whole milk 246 1 eap 01036 Cheese, riotta, whole milk 56.7 2 secs </td <td>01004</td> <td></td> <td>28.35</td> <td>1 oz</td> <td>0.7</td>	01004		28.35	1 oz	0.7
D1012Cheese, cottage, creamed, large or small card2101 cupD1014Cheese, cottage, creamed, with frait2261 cupD1015Cheese, cottage, cottage, lowfat, 1% mildfat2261 cupD1014Cheese, cottage, cottage, nonfat, mercamed, dry, large or small card14.51 cupD1017Cheese, cottage, nonfat, mercamed, dry, large or small card14.51 cupD1018Cheese, cottage, nonfat, mercamed, dry, large or small card15.61 dogD1019Cheese, ream, fat free28.351 ozD1020Cheese, ream, fat free28.351 ozD10210Cheese, mozzarellin, yath kim milk, low moisture28.351 ozD10220Cheese, mozzarellin, yath kim milk, low moisture28.351 ozD10230Cheese, mozzarellin, whole milk28.351 ozD10240Cheese, parnessan, grated28.351 ozD10341Cheese, narostarized process, swirki di sodium phosphate28.351 ozD10342Cheese, narostarized process, swirki di sodium phosphate28.351 ozD10340Cheese, narostarized process, swirki di sodium phosphate28.351 ozD10341Cheese, norostare correaction, whole milk2461 cupD10341Cheese, norostare correaction, whole milk2461 cupD10341Cheese, norostare correaction, consted36.11 cupD10342Cheese, norostare, ment and skin, cooked, fried, hater1401 2 breastD10343Cheichen, broilers or fryers, fried	01007	,			0.8
01013Chesse, contag, evenned, with fruit2261 exp01016Chesse, contag, lowfat, 1% mildfat2261 exp01017Chesse, contag, lowfat, 2% mildfat2261 exp01018Chesse, contag, nomfat, uncreamed, dry, large or small curd1451 edp01017Chesse, cream1451 thsp01018Chesse, cream, far free15.61 thsp01019Chesse, cream, far free28.351 oz01020Chesse, mozzarella, budt skim milk, low moisture28.351 oz01020Chesse, mozzarella, whole milk28.351 oz010210Chesse, mozzarella, whole milk28.351 oz010220Chesse, mozzarella, whole milk28.351 oz010301Chesse, mureare28.351 oz010420Chesse, mureare28.351 oz010440Chesse, natreare, granted28.351 oz010451Chesse, provolone28.351 oz010461Chesse, provolone28.351 oz010470Chesse, freotan, part skim milk2461 eup01048Chesse, rovolane28.351 oz01049Chesse, rovolane28.351 oz010410Chesse, rovolane28.351 oz010420Chesse, rovolane28.351 oz01044Chesse, rovolane28.351 oz01045Chesse, rovolane28.351 oz01046Chesse, rovolane28.351 oz010471Ch	01009	Cheese, cheddar	28.35	1 oz	0.8
D1016Cheese, cotage, lowfat, 1% milkfat226I cupD1017Cheese, cotage, lowfat, 2% milkfat26I cupD1014Cheese, cotage, lowfat, 1% milk fat216I dupD1014Cheese, cream, fat fice145I dupD1158Cheese, cream, fat fice28.35I ozD1169Cheese, mozzarella, parkim milk, low moisture28.35I ozD1020Cheese, mozzarella, whole milk28.35I ozD1030Cheese, mozzarella, whole milk28.35I ozD1042Cheese, parkem raikin milk, low moisture28.35I ozD1030Cheese, parkemized process, american, with di sodium phosphate28.35I ozD1042Cheese, parkemized process, awisit, with di sodium phosphate28.35I ozD1054Cheese, rotan, park shim milk246I cupD1054Cheese, rotan, park shim milkSaI ozD1054Cheese, rotan, park shim milkSaI ozD1054Cheese, rotan, park shim milkSaI ozD1054Cheese, parkemized process, awise, with di sodium phosphate28.35I ozD1055Cheese, rotan, park shim milkSaI ozD1056Cheese, rotan, park shim milkSaI oz<	01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.8
D1015Cheese, cottage, lowfat, 2% milkfat2261 eupD1016Cheese, cream, encreamed, dry, large or small curd1451 cupD1017Cheese, cream, fat free15.61 bapD1180Cheese, ream, fat free28.351 ozD1181Cheese, nor fat, cheddar or colby28.351 ozD1020Cheese, mozzarolla, part skim milk, low moisture28.351 ozD1020Cheese, mozzarolla, part skim milk, low moisture28.351 ozD10210Cheese, mozzarolla, part skim milk, low moisture28.351 ozD10220Cheese, mozarolla, part skim milk, low moisture28.351 ozD10240Cheese, mozarolla, part skim ski, bid sodium phosphate28.351 ozD10340Cheese, particurzed process, swis, with di sodium phosphate28.351 ozD10340Cheese, pricotta, uhole milk2461 cupD10340Cheese, pricotta, uhole milk2461 cupD10340Cheese, ricotta, uhole milk2431 ozD10340Cheese, ricotta, uhole milk24.11 cupD10340Cheese, ricotta, uhole milk24.11 cupD10340Cheese, privela, cup, stem stat and skin, cooked, fried, tatt14012 treastD10340Cheese, novila, meat only, cooked, roasted841 cupD10340Chicken, broiters or fryers, breast, meat and skin, cooked, fried, tatt14012 treastD10340Chicken, broiters or fryers, breast, meat and skin, cooked, roasted14012 treast <td>01013</td> <td>Cheese, cottage, creamed, with fruit</td> <td>226</td> <td>1 cup</td> <td>0.9</td>	01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.9
D1015Cheese, cottage, lowfat, 2% milkfat2261 eupD1016Cheese, cream, encreamed, dry, large or small curd1451 cupD1017Cheese, cream, fat free15.61 bapD1180Cheese, ream, fat free28.351 ozD1181Cheese, nor fat, cheddar or colby28.351 ozD1020Cheese, mozzarolla, part skim milk, low moisture28.351 ozD1020Cheese, mozzarolla, part skim milk, low moisture28.351 ozD10210Cheese, mozzarolla, part skim milk, low moisture28.351 ozD10220Cheese, mozarolla, part skim milk, low moisture28.351 ozD10240Cheese, mozarolla, part skim ski, bid sodium phosphate28.351 ozD10340Cheese, particurzed process, swis, with di sodium phosphate28.351 ozD10340Cheese, pricotta, uhole milk2461 cupD10340Cheese, pricotta, uhole milk2461 cupD10340Cheese, ricotta, uhole milk2431 ozD10340Cheese, ricotta, uhole milk24.11 cupD10340Cheese, ricotta, uhole milk24.11 cupD10340Cheese, privela, cup, stem stat and skin, cooked, fried, tatt14012 treastD10340Cheese, novila, meat only, cooked, roasted841 cupD10340Chicken, broiters or fryers, breast, meat and skin, cooked, fried, tatt14012 treastD10340Chicken, broiters or fryers, breast, meat and skin, cooked, roasted14012 treast <td>01016</td> <td>Cheese, cottage, lowfat, 1% milkfat</td> <td>226</td> <td>1 cup</td> <td>0.2</td>	01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.2
Diff Cheese, erean 14.5 1 hsp 01186 Cheese, erean, fat free 15.6 1 bsp 01019 Cheese, feat 28.35 1 oz 01019 Cheese, forta, cheddar or colhy 28.35 1 oz 01020 Cheese, mozzarella, art skim milk, low moisture 28.35 1 oz 01020 Cheese, mozzarella, whole milk 28.35 1 oz 01030 Cheese, muenster 28.35 1 oz 01042 Cheese, parenesan, grated 5 1 bsp 01042 Cheese, pasteurized process, swits, with di sodium phosphate 28.35 1 oz 01043 Cheese, ricotta, part skim milk 246 1 cup 01044 Cheese, ricotta, part skim milk 246 1 cup 01045 Cheese, ricotta, part skim milk 246 1 cup 01046 Cheese, ricotta, part skim milk 246 1 cup 01040 Cheese, swiss 28.35 1 oz 01041 Cheries, sour, red, canned, water pack, solids and liquids (includes 244 1 cup	01015		226	1 cup	0.5
Differ Differ Differ 01019 Cheese, ream, fat free 15.6 1 oz 01019 Cheese, low fat, cheddar or colby 28.35 1 oz 01020 Cheese, low fat, cheddar or colby 28.35 1 oz 01020 Cheese, mozzarella, part skin milk, low moisture 28.35 1 oz 01020 Cheese, mozzarella, whole milk 28.35 1 oz 01030 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 01042 Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 01043 Cheese, provolone 28.35 1 oz 01044 Cheese, provolone 28.35 1 oz 01045 Cheese, provolone 28.35 1 oz 01046 Cheese, ricotta, whole milk 246 1 cup 01040 Cheese, swiss 28.35 1 oz 01040 Cheese, swiss 1 oz 2 slices 01040 Cheese, nicotta, whole milk 244 1 cup 01040 Cheese, brovilers o	01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
D1019Cheese, fail28.351 orD1164Cheese, nonzzarella, part skim milk, low moisture28.351 ozD1020Cheese, nonzzarella, part skim milk, low moisture28.351 ozD1030Cheese, nonzzarella, whole milk28.351 ozD1040Cheese, nuenser28.351 ozD1041Cheese, nuenser, grated28.351 ozD1042Cheese, partenized process, swiss, with di sodium phosphate28.351 ozD1043Cheese, provolone28.351 ozD1044Cheese, provolone28.351 ozD1045Cheese, rotota, part skim milk2461 ozD1046Cheese, sourd, quart skim milk2461 ozD1047Cheese, rotota, part skim milk24.351 ozD1048Cheese, sourd, quart skim milk24.41 ozD1049Cheese, sourd, quart skim milk24.41 ozD1040Cheese, sourd, quart skim milk24.41 ozD1041Cheese, sourd, sourd, stam tand skim, coked, finchuter24.41 ozD1041Cherices, sourd, edit, suter pack, solids and liquids (includes24.41 ozD1041Cheisen, broilers or fryers, breast, meat and shin, cooked, roasted36.11 ozD1042Cheisen, broilers or fryers, breast, meat and shin, cooked, roasted41.41 drumstickD1043Chicken, broilers or fryers, breast, meat and shin, cooked, roasted30.41 ozD1044Chicken, broilers or fryers, breast, meat and shin, cooked, roasted <td>01017</td> <td>Cheese, cream</td> <td>14.5</td> <td>1 tbsp</td> <td>0.4</td>	01017	Cheese, cream	14.5	1 tbsp	0.4
D1019Cheese, fail28.351 orD1164Cheese, nonzzarella, part skim milk, low moisture28.351 ozD1020Cheese, nonzzarella, part skim milk, low moisture28.351 ozD1030Cheese, nonzzarella, whole milk28.351 ozD1040Cheese, nuenser28.351 ozD1041Cheese, nuenser, grated28.351 ozD1042Cheese, partenized process, swiss, with di sodium phosphate28.351 ozD1043Cheese, provolone28.351 ozD1044Cheese, provolone28.351 ozD1045Cheese, rotota, part skim milk2461 ozD1046Cheese, sourd, quart skim milk2461 ozD1047Cheese, rotota, part skim milk24.351 ozD1048Cheese, sourd, quart skim milk24.41 ozD1049Cheese, sourd, quart skim milk24.41 ozD1040Cheese, sourd, quart skim milk24.41 ozD1041Cheese, sourd, sourd, stam tand skim, coked, finchuter24.41 ozD1041Cherices, sourd, edit, suter pack, solids and liquids (includes24.41 ozD1041Cheisen, broilers or fryers, breast, meat and shin, cooked, roasted36.11 ozD1042Cheisen, broilers or fryers, breast, meat and shin, cooked, roasted41.41 drumstickD1043Chicken, broilers or fryers, breast, meat and shin, cooked, roasted30.41 ozD1044Chicken, broilers or fryers, breast, meat and shin, cooked, roasted <td>01186</td> <td>Cheese, cream, fat free</td> <td>15.6</td> <td>1 tbsp</td> <td>0.0</td>	01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
D1029Cheese, mozzarella, part skin milk, low moisture28.351 ozD1026Cheese, mozzarella, whole milk28.351 ozD1030Cheese, parnesan, grated51 dspD1042Cheese, pasteurized process, american, with di sodium phosphate28.351 ozD1044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1046Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1036Cheese, ricotta, part skim milk2461 cupD1037Cheese, ricotta, part skim milk2461 cupD1036Cheese, ricotta, whole milk2441 cupD1040Cheese, swiss28.351 ozD10410Cheese, sweet, raw6810 cherriesD1042Cheese, sweet, raw681 cupD1045Chicken, broilers or fryers, breast, meat and skin, cooked, riod, batter1401 /2 breastD10504Chicken, broilers or fryers, breast, meat and skin, cooked, roasted861 cupD10515Chicken, broilers or fryers, grabets, cooked, simmered1451 cupD1052Chicken, broilers or fryers, streast, meat and skin, cooked, roasted1441 dramstickD1052Chicken, broilers or fryers, thigh, meat only, cooked, roasted1451 cupD1052Chicken, broilers or fryers, thigh, meat only, cooked, roasted1401 cupD1052Chicken, broilers or fr	01019		28.35	1 oz	0.5
01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, muenster28.351 oz01032Cheese, pansean, grated51 oz01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, provolone28.351 oz01035Cheese, provolone28.351 oz01036Cheese, ricotta, part skim milk2461 cup01037Cheese, ricotta, whole milk2461 cup01040Cheese, sour, ed, canaed, water pack, solids and liquids (includes)2441 cup01040Cherries, sour, red, canaed, water pack, solids and liquids (includes)2441 cup00707Cherries, sour, red, canaed, water pack, solids and liquids (includes)2441 cup00708Cherries, sour, red, eanned, water pack, solids and liquids (includes)2441 cup00709Cherries, sour, red, eanned, water pack, solids and liquids (includes)2441 cup00701Chicken, broilers or fryers, breast, meat only, cooked, roasted8612 breast05058Chicken, broilers or fryers, gramstick, meat only, cooked, roasted1451 cup05074Chicken, broilers or fryers, gramstick, meat only, cooked, roasted1451 cup05075Chicken, broilers or fryers, thigh, meat only, cooked, roasted1401 cup05076Chicken, broilers or fryers, gramstick, meat only, cooked, simmered1401 cup05076Chicken, broilers or fryers, gramstick, meat only, cooked, simmered	01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.2
D1030Cheese, menster28.351 ozD1032Cheese, parteurized process, swiss, with di sodium phosphate28.351 ozD1044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1034Cheese, povolone28.351 ozD1037Cheese, ricotta, part skim milk2461 cupD1036Cheese, ricotta, part skim milk2461 cupD1037Cheese, ricotta, whole milk2431 ozD1040Cheese, sour, ed, canned, water pack, solids and liquids (includes USDA commodity red art cherries, canned)2441 cupD1041Cherries, sour, ed, canned, water pack, solids and liquids (includes USDA commodity red art cherries, canned)2672 slicesD1042Cherries, sour, ed, canned, water pack, solids and liquids (includes USDA commodity red art cherries, canned)2611 ozD1044Cherries, sour, ed, canned, water pack, solids and liquids (includes 	01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.4
Number DisplayCheese, parnesan, grated5I bsp01042Cheese, parteurized process, smerican, with di sodium phosphate28.35I oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.35I oz01035Cheese, pricotta, part skim milk246I cup01036Cheese, ricotta, part skim milk246I cup01037Cheese, ricotta, whole milk28.35I oz01040Cheese, swiss28.35I oz01041Cherries, swir, ed, anut et, solids and liquids (includes244I cup01051Chicken, broilers or fryers, breast, meat only, cooked, roasted86I oz01052Chicken, broilers or fryers, breast, meat only, cooked, roasted145I cup01052Chicken, broilers or fryers, thigh, meat only, cooked, roasted140I cup01052Chicken, broilers or fryers, thigh, meat only, cooked, roasted140I cup01052Chicken, favering, meat only,	01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.7
Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01036Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz01040Cheese, swiss28.351 oz09064Cherries, sour, red, canned, water pack, solids and liquids (includes2441 cup09070Cherries, sweet, raw6810 cherries09071Chicken, oroll, light meat56.72 slices09052Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast05054Chicken, broilers or fryers, drumstick, meat only, cooked, roasted861/2 breast05052Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05058Chicken, broilers or fryers, giblets, cooked, simmered1425 oz05052Chicken, araned, meat only, cooked, roasted521 high05054Chicken, araned, meat only, cooked, stewed10401 cup05058Chicken, stewing, meat only, cooked, stewed1401 liver05059Chicken, stewing, meat only, cooked, stewed1641 cup05058Chicken, stewing, meat only, cooked, stewed1641 cup05059Chicken, stewing, meat only, cooked, stewed1641 cup05050Ch	01030	Cheese, muenster	28.35	1 oz	0.7
D1044Cheese, pasteurized process, swiss, with di sodium phosphate28.35I oz01035Cheese, provolone28.35I oz01036Cheese, ricotta, part skim milk246I cup01036Cheese, sricotta, whole milk28.35I oz010400Cheese, swiss28.35I oz010400Cherries, sour, red, canned, water pack, solids and liquids (includes244I cup010700Cherries, sweet, raw68I ocherries010710Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast010520Chicken, broilers or fryers, breast, meat and skin, cooked, roasted86I cup050540Chicken, broilers or fryers, glublets, cooked, roasted44I drumstick050540Chicken, broilers or fryers, glublets, cooked, roasted145I cup050540Chicken, broilers or fryers, glublets, cooked, simmered1425 oz050540Chicken, canned, mato noly, cooked, roasted1425 oz050540Chicken, semed, mato noly, cooked, storasted1401 cup050540Chicken, semed, mato noly, cooked, storasted10I cup050540Chicken, semed, mato noly, cooked, storasted125 oz050540Chicken, steming, mato noly, cooked, storasted1425 oz050540Chicken, steming, mato noly, cooked, storasted1401 cup050540Chicken, steming, mato noly, cooked, stemed1401 cup050540Chicken, steming, matorasteg, cooke	01032	Cheese, parmesan, grated	5	1 tbsp	0.1
D1044Cheese, pasteurized process, swiss, with di solium phosphate28.35I ozD1035Cheese, provolone28.35I ozD1036Cheese, ricotta, part skim milk246I cupD1040Cheese, sviss28.35I ozD1040Cheese, swiss28.35I ozD1040Cherries, sour, red, canned, water pack, solids and liquids (includes244I cupD1070Cherries, sweet, raw68I oterriesD1071Chicken prollers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breastD1072Chicken, broilers or fryers, breast, meat and skin, cooked, roasted86I cupD1073Chicken, broilers or fryers, giblets, cooked, simmered145I cupD1074Chicken, broilers or fryers, giblets, cooked, simmered1425 ozD1075Chicken, broilers or fryers, thigh, meat only, cooked, roasted52I inverD1076Chicken, samed, matoly, with broth1425 ozD1077Chicken, semid, meat only, cooked, roasted10I inverD1078Chicken, stewing, meat only, cooked, soated10I cupD1079Chicken, stewing, meat only, cooked, soated12I cupD1079Chicken, stewing, meat only, cooked, stewed1425 ozD1070Chicken, stewing, meat only, cooked, stewed1425 ozD1071Chicken, stewing, meat only, cooked, stewed1401 cupD1072Chicken, stewing, meat only, cooked, stewed1641 cup	01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.8
No.	01044		28.35	1 oz	0.6
Display Di	01035	Cheese, provolone	28.35	1 oz	0.6
1040Cheese, swiss28.351 oz109064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup109070Cherries, sweet, raw6810 cherries100717Chicken roll, light meat56.72 slices105058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast105054Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast105073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted441 drumstick10502Chicken, broilers or fryers, giblets, cooked, simmered1451 cup10508Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh10507Chicken, anned, meat only, with broth1425 oz10508Chicken, liver, all classes, cooked, simmered1401 cup10507Chicken, stewing, meat only, cooked, stewed1041 cup10507Chicken, stewing, meat only, cooked, stewed1641 cup10507Chicken, stewing, meat only, cooked, without added1 krsp1 bsp11156Chives, raw31 thsp11418Chocolate syrup18.751 thsp1417Chocolate-flavor beverage mix for milk, powder, without added21.62-3 heaping tsp14170Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14180Cocoa mix, no sugar added, powder151/2 oz envelope </td <td>01037</td> <td>Cheese, ricotta, part skim milk</td> <td>246</td> <td>1 cup</td> <td>1.7</td>	01037	Cheese, ricotta, part skim milk	246	1 cup	1.7
DependenceCherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09000Cherries, sweet, raw6810 cherries07017Chicken roll, light meat56.72 slices05058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast05054Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast05053Chicken, broilers or fryers, gliblets, cooked, roasted441 drumstick05054Chicken, broilers or fryers, gliblets, cooked, roasted1451 cup05058Chicken, broilers or fryers, gliblets, cooked, roasted521 thigh05054Chicken, broilers or fryers, gliblets, cooked, roasted1425 oz05058Chicken, sternig, meat only, cooked, roasted1401 cup05058Chicken, sternig, meat only, cooked, sterned1401 cup05058Chicken, sternig, meat only, cooked, sterned1401 cup05058Chicken, sternig, meat only, cooked, sterned1641 cup16057Chickens termig, bengal gram), mature seeds, cooked, boiled, without salt1 thisp11156Chicken, sraw31 thisp14181Chocolate-flavor beverage mix for milk, powde	01036	Cheese, ricotta, whole milk	246	1 cup	2.7
USDA commodity red tart cherries, canned)090700Cherries, sweet, raw6810 cherries07017Chicken roll, light meat56.72 slices05058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast05054Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast05053Chicken, broilers or fryers, breast, meat only, cooked, roasted441 drumstick05054Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05058Chicken, broilers or fryers, giblets, cooked, roasted521 thigh05059Chicken, anned, meat only, with broth1425 oz05050Chicken, steving, meat only, cooked, roasted1401 cup05051Chicken, stewing, meat only, cooked, stewed1401 cup05052Chicken, stewing, meat only, cooked, roasted1401 cup05058Chicken, stewing, meat only, cooked, stewed1401 cup05058Chicken, stewing, meat only, cooked, stewed1641 cup05058Chicken, stewing, meat only, cooked, stewed1641 cup05059Chicken, stewing, meat only, cooked, stewed18.751 tbsp05050Chicken, stewing1 stap1 cup05051Chocolate-flavor beverage mix, powder, without added nutrients2.661 cup05052Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup05050Chocolate-flavor beverage mix, powder, prepared	01040	Cheese, swiss	28.35	1 oz	0.7
Or017Chicken roll, light meat56.72 slices05058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast05064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast05073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted441 drumstick05020Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh05073Chicken, anned, meat only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup05126Chicken, stewing, meat only, cooked, stewed1641 cup11156Chives, raw31 tbsp14181Chocolate syrup18.751 tbsp14181Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14174Chocolate-flavor beverage mix, powder, prepared with whole milk 141962661 cup14196Coco mix, no sugar added, powder151/2 oz envelope	09064		244	1 cup	3.4
05058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast05064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast05073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted441 drumstick05022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05088Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh05073Chicken, broilers or fryers, thigh, meat only, cooked, roasted522 thigh05088Chicken, broilers or fryers, dith proth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chocolate syrup18.751 tbsp14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix, powder, prepared with whole milk21.62-3 heaping tsp14174Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14175Coco mix, no sugar added, powder151/2 oz envelope	09070	Cherries, sweet, raw	68	10 cherries	1.4
05064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast05073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted441 drumstick05022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh05074Chicken, canned, meat only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickes (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chocolate syrup18.751 tbsp14171Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	07017	Chicken roll, light meat	56.7	2 slices	0.3
05073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted441 drumstick05022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh05073Chicken, anned, meat only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickpas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, raw31 tbsp14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14196Cocoa mix, no sugar added, powder151/2 oz envelope	05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	3.4
05022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh05277Chicken, canned, meat only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, raw31 tbsp14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14196Cocoa mix, no sugar added, powder151/2 oz envelope	05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.3
05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh05277Chicken, canned, meat only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, raw31 tbsp14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14196Cocoa mix, no sugar added, powder151/2 oz envelope	05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.5
05277Chicken, canned, meat only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, 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 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
05028Chicken, liver, all classes, cooked, simmered19.61 liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, 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 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.0
05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, 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 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	05277	Chicken, canned, meat only, with broth	142	5 oz	2.6
16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup11156Chives, 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 milk Cocoa mix, no sugar added, powder2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
boiled, without salt11156Chives, 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 milk Cocoa mix, no sugar added, powder2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.3
14181Chocolate syrup18.751 tbsp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14177Chocolate-flavor beverage mix, powder, prepared with whole milk Cocoa mix, no sugar added, powder2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	16057		164	1 cup	6.6
14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14177Chocolate-flavor beverage mix, powder, prepared with whole milk Cocoa mix, no sugar added, powder2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	11156	Chives, raw	3	1 tbsp	6.4
nutrients2661 cup14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope	14181	Chocolate syrup	18.75	1 tbsp	0.0
14196Cocoa mix, no sugar added, powder151/2 oz envelope	14175		21.6	2-3 heaping tsp	0.2
	14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.8
14192Cocoa mix, powder28.353 heaping tsp	14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1.4
	14192	Cocoa mix, powder	28.35	3 heaping tsp	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.2
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.3
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.1
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.2
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.4
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.6
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.1
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.8
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.5
18170	Cookies, fig bars	16	1 cookie	0.9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.6
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.9
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.8
18177	Cookies, molasses	15	1 cookie, medium	0.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.1
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.7
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.3
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.6
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.5
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.5
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.8
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.3
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.3
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.5
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.4
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.4
20027	Cornstarch	8.064	1 tbsp	0.0
20029	Couscous, cooked	157	1 cup	0.2
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	43.9
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	62.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.9
18214	Crackers, cheese, regular	10	10 crackers	0.1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.8
18217	Crackers, matzo, plain	28.35	1 matzo	0.1
18220	Crackers, melba toast, plain	20	4 pieces	0.2
18226	Crackers, rye, wafers, plain	11	1 wafer	0.6
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.6
18229	Crackers, standard snack-type, regular	12	4 crackers	0.8
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.6
18232	Crackers, wheat, regular	8	4 crackers	0.8
18235	Crackers, whole-wheat	16	4 crackers	1.3
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.8
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.4
01069	Cream substitute, powdered	2	1 tsp	0.2
01049	Cream, fluid, half and half	15	1 tbsp	0.2
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.5
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.3
01052	Cream, fluid, light whipping	15	1 tbsp	0.4
01056	Cream, sour, cultured	12	1 tbsp	0.1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.1
18239	Croissants, butter	57	1 croissant	1.0
18243	Croutons, seasoned	40	1 cup	3.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.1
15141	Crustaceans, crab, blue, canned	135	1 cup	0.1
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.1
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.1
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
11206	Cucumber, peeled, raw	119	1 cup	8.6
11206	Cucumber, peeled, raw	280	1 large	20.2
11205	Cucumber, with peel, raw	301	1 large	49.4
11205	Cucumber, with peel, raw	104	1 cup	17.1
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	203.6
18245	Danish pastry, cheese	71	1 danish	5.3
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.8
09087	Dates, deglet noor	41.5	5 dates	1.1
09087	Dates, deglet noor	178	1 cup	4.8
01071	Dessert topping, powdered, 1.5 ounce prepared with $1/2$ cup milk	4	1 tbsp	0.1
01072	Dessert topping, pressurized	4	1 tbsp	0.2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.3
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.8

18248 18255 18255 05142 18257 01143	Doughnuts, cake-type, plain (includes unsugared, old-fashioned) Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) Duck, domesticated, meat only, cooked, roasted	47 13	1 medium 1 hole	2.5
18255 05142 18257	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hala	
05142 18257			1 noie	1.2
18257	Duck, domesticated, meat only, cooked, roasted	60	1 medium	5.8
		221	1/2 duck	8.4
01143	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	17.5
	Egg substitute, liquid	62.75	1/4 cup	0.5
01124	Egg, white, raw, fresh	33.4	1 large	0.0
01128	Egg, whole, cooked, fried	46	1 large	2.6
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.2
01131	Egg, whole, cooked, poached	50	1 large	0.2
01132	Egg, whole, cooked, scrambled	61	1 large	2.4
01123	Egg, whole, raw, fresh	50	1 large	0.2
01123	Egg, whole, raw, fresh	44	1 medium	0.1
01123	Egg, whole, raw, fresh	58	1 extra large	0.2
01125	Egg, yolk, raw, fresh	16.6	1 large	0.1
01057	Eggnog	254	1 cup	0.5
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.9
11213	Endive, raw	50	1 cup	115.5
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.9
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	6.3
21042	Fast foods, chili con carne	253	1 cup	5.1
21127	Fast foods, coleslaw	99	3/4 cup	56.4
21024	Fast foods, french toast sticks	141	5 sticks	10.6
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.7
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	8.1
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	6.4
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	4.1
09094	Figs, dried, uncooked	38	2 figs	5.9
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.1
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.6
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.3
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.1
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.2
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.1
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.1
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.1
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.3
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.2
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.2
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.1
07022	Frankfurter, beef	45	1 frank	0.8
07023	Frankfurter, beef and pork	45	1 frank	0.8
07024	Frankfurter, chicken	45	1 frank	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	4.9
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.7
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.2
19294	Fruit butters, apple	17	1 tbsp	0.0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	6.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.2
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.0
11215	Garlic, raw	3	1 clove	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	1.0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	1.0
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	3.0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.0
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.2
09128	Grapefruit juice, white, raw	247	1 cup	0.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	23.4
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	7.3
06116	Gravy, beef, canned	58.25	1/4 cup	0.1
06119	Gravy, chicken, canned	59.5	1/4 cup	0.1
06125	Gravy, turkey, canned	59.6	1/4 cup	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.0
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.8
19296	Honey	21	1 tbsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.1
19270	Ice creams, chocolate	66	1/2 cup	0.2

19995 lee crears, vanilla, fight 66 1/2 cup 0.2 19988 lee crears, vanilla, fight 66 1/2 cup 0.2 19988 lee crears, vanilla, rich 74 1/2 cup 0.0 19987 Jans and preserves 20 1 fhsp 0.0 19300 Jatilis 19 1 fhsp 0.0 19304 Kale, cooked, boiled, drained, without salt 130 1 cup 11464 11226 Jernsakern-artichokes, nw 160 1 cup 11464 11226 Kale, cooked, boiled, drained, without salt 130 1 cup 11464 11232 Kahlrahi, cooked, boiled, drained, without salt 165 1 cup 0.2 11742 Kahlrahi, cooked, boiled, drained, without salt 165 3 oz 3.1 11741 Lamb, dornstic, lein, segarable kan only, timmed to 1/4" fit, segarable kan	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19988ke creams, vanila, light661/2 cup0.219989ke creams, vanila, inch741/2 cup0.019283ke caverils, spop591 bar (2 fl oz)0.019283ke noveliks, pop201 dup0.019283ke noveliks, pop101 dup0.019284Alle, cooled, boiled, drained, vithout salt191 dup0.011226Kala, fozer, cooled, boiled, drained, vithout salt1001 cup0.0211236Kala, fozer, cooled, boiled, drained, vithout salt1001 cup0.011217I and, dorestic, cooled, boiled, drained, vithout salt1001 cup0.011218Kala, fozer, cooled, boiled, drained, vithout salt1001 cup0.011214Kala, fozer, cooled, boiled, drained, vithout salt1651 cup0.011214Land, dorestic, leis, separable lean and fut, triammed to 144 fat, boile, cooled, roaded853 oz3.311224Land, dorestic, leis, separable lean and fut, triammed to 144 fat, fat, choice, obset, roaded, boild1 sup0.011225Land12.81 dup0.00.011237Land, dorestic, leis, separable lean and fut, triammed to 144 fat, fat, choice, obset, boild1 sup0.011238Land, dorestic, leis, separable lean and fut, triammed to 144 fat, fat, choice, obset, boild1 sup0.011230Land, dorestic, leis, separable lean and fut, triammed to 144 fat, fat, choice, obset, boild1 sup0.011231 </td <td>19090</td> <td>Ice creams, french vanilla, soft-serve</td> <td>86</td> <td>1/2 cup</td> <td>0.8</td>	19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.8
1998 lete creams, vanilla, inch. 74 1.2 cup 1.0 19983 Le novelhes, pop 59 1 har (2 nor) 00 19297 Jams and preserves 20 1 harp. 00 19297 Jams and preserves 190 1 harp. 00 11224 Kale, cooked, holied, drained, without salt 130 1 cup 102.1 11236 Kale, frozen, cocked, holied, drained, without salt 130 1 cup 114.6 09148 Kivi fuui, (chinese gooseberries), fresh, raw 76 1 mediam 30.6 11242 Kohlrab, cocked, holied, drained, without salt 165 1 cup 0.2 11248 Kohlrab, cocked, holied, drained, without salt 165 3 oz 3.3 11249 Kohlrab, cocked, holied, drained, without salt 165 3 oz 3.3 11240 Kahrab, cocked, holied, drained, without salt 166 1 cup 0.0 11240 Kahrab, cocked, holied, drained, without salt 163 0 cup 3.3 11240 Lawening agents, baking powder, droinb-see	19095	Ice creams, vanilla	66	1/2 cup	0.2
19233 Le novelies, pop 59 1 hr (2 fl or) 0.0 19397 Jams and preserves 20 1 flsp 0.0 19300 Jatlies 19 1 flsp 0.0 19301 Jatlies 19 1 flsp 0.0 19302 Larsalem-articholes, raw 150 1 cap 0.02 11234 Kale, cooked, boiled, drained, without salt 130 1 cap 0.02 11235 Kair, frozer, cooked, hoiled, drained, without salt 165 1 cap 0.02 17012 Iamb, domestic, log, whole (shan kan siroin), separable tean and fit, debice, cookel, toroid 85 3 oz 3.0 17024 Lamb, domestic, loin, separable lean and it, trimmed to 1/4" fat, choice, acokel, toroid 85 3 oz 3.0 17024 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, acokel, broid 85 3 oz 3.0 17024 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, acokel, broid 1 sp 0.0 18390 Leavening agents, taking powder, double-acting, sodiur aluminum 4.6 1 tsp 0	19088	Ice creams, vanilla, light	66	1/2 cup	0.2
19297Jams and preserves201 thsp0.0019300Jellies191 thsp0.01192126Jerusalearticlokes, naw1501 cup0.0211226Kale, cooked, boiled, drained, without salt1301 cup0.0211236Kale, fozzen, cooked, boiled, drained, without salt1301 cup0.0211247Kalh fozzen, cooked, boiled, drained, without salt1651 cup0.0211248Kivi fuit, (kinnes, gooseberries), fresh, raw761 mediaum0.0211241Lamb, domesit, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/4" fat, doice, cooked, roasted853 oz3.111744Lamb, domesit, leg, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.111744Lamb, domesit, leg, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.011744Lawb, domesit, leg, separable lean only, trimmed to 1/4" fat, 	19089	Ice creams, vanilla, rich	74	1/2 cup	1.0
19300Allies191 tbp0.111224Verusaler-artichokes, raw1501 cap0.211234Kale, cooked, boiled, drained, without salt1301 cap1062111236Kale, frozen, cooked, boiled, drained, without salt1301 cap0.1411242Kohlrabi, cooked, boiled, drained, without salt1651 cap0.211242Kohlrabi, cooked, boiled, drained, without salt1651 cap0.211242Kohlrabi, cooked, boiled, drained, without salt1651 cap0.211243Lamb, domestic, lag, whole (shant and sirfoin), separable lean and fat, rimmed to 1/4" fat, choice, cooked, rossted853 oz3.111244Lamb, domestic, log, separable lean and fat, trimmed to 1/4" fat, stock, cooked, broiled853 oz3.3112727Lamb, domestic, log, separable lean and fat, trimmed to 1/4" fat, stock, cooked, broiled853 oz3.3112727Lamb, domestic, log, separable lean and fat, trimmed to 1/4" fat, shole853 oz3.311272Laweing agents, baking powder, double-acting, snight phosphate4.61 tsp0.011373Leaveing agents, baking powder, double-acting, snight phosphate4.61 tsp0.011374Leaveing agents, baking powder, double-acting, snight phosphate4.61 tsp0.011375Leaveing agents, baking powder, double-acting, snight phosphate4.61 tsp0.011374Leaveing agents, set, baker's, active dry71 phg0.0 </td <td>19283</td> <td>Ice novelties, pop</td> <td>59</td> <td>1 bar (2 fl oz)</td> <td>0.0</td>	19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.0
11226Jerusalem-artichoker, raw1501 cup0.0.211234Kale, cooked, boiled, drained, without salt1301 cup11062.111236Kale, floren, cooked, boiled, drained, without salt1301 cup11062.111242Kohlrabi, cooked, boiled, drained, without salt1651 cup0.011242Kohlrabi, cooked, boiled, drained, without salt1651 cup0.011242Kohlrabi, cooked, boiled, drained, without salt1653 oz3.011704I amb, domestic, leg, whole (shank and sirloin), separable lean and fat, choice, cooked, roasted853 oz3.111704Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz3.111702Lamb, domestic, leg, separable lean only, trimmed to 1/4" fat, choice, cooked, brailed12.81 bbp0.011800Lervening agents, baking powder, double-acting, sardiult numinum sutfat4.61 bsp0.011817Lervening agents, baking powder, double-acting, sardight phosphate4.61 bsp0.011817Lervening agents, baking powder, double-acting, sardight phosphate4.61 bsp0.011817Lervening agents, baking powder, double-acting, sardight phosphate4.61 bsp0.011817Lervening agents, past, baker's, active dry71 pkg0.011817Lervening agents, past, baker's, active dry71 pkg0.011815Lervening agents, past, baker's, activ	19297	Jams and preserves	20	1 tbsp	0.0
11234Kale, cooked, boiled, drained, without salt1301 cup1062.111356Kale, frozen, cooked, boiled, drained, without salt1301 cup1146.6090148Kivi fruit, (hnieneg gooscherics), fresh, rav761 nedium30.011222Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 144" fat, choice, cooked, roasted853 oz3.0117014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 144" fat, choice, cooked, roasted853 oz3.1117024Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 144" fat, choice, cooked, roasted853 oz3.1117024Lamb, domestic, leg, separable lean only, trimmed to 144" fat, choice, cooked, broiled853 oz3.311702Leavening agents, baking powder, double-acting, softium aluminum safrate4.61 lap0.00118370Leavening agents, baking powder, double-acting, softium aluminum safrate4.61 lap0.00118371Leavening agents, baking powder, double-acting, softium aluminum safrate4.61 lap0.00118372Leavening agents, baking powder, double-acting, softium aluminum safrate4.61 lap0.00118373Leavening agents, baking soda4.61 lap0.00118374Leavening agents, baking, scive dry71 pkg0.00118374Leavening agents, baking, scive dry71 pkg0.00118374Leavening agents, baker's, active d	19300	Jellies	19	1 tbsp	0.1
11236 Kale, frozen, ecoled, boiled, drained, without salt 130 1 cup 1146.6 09148 Kiwi futi, (chinese gooseberries), fresh, raw 76 1 medium 30.6 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 02.0 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 0.3 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 0.3 117014 Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fit, thoice, cooked, broiled 85 3 oz 3.1 117027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fit, choice, cooked, broiled 85 3 oz 3.3 117027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fit, choice, cooked, broiled 85 3 oz 3.3 117027 Lawb, domestic, loin, separable lean only, trimmed to 1/4" fit, choice, cooked, broiled 12.8 1 tsp 0.0 118180 Leavering agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0.0 118171 Leavering agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0.0 <td< td=""><td>11226</td><td>Jerusalem-artichokes, raw</td><td>150</td><td>1 cup</td><td>0.2</td></td<>	11226	Jerusalem-artichokes, raw	150	1 cup	0.2
Wit Full, Chinese gooseberries), fresh, raw761 medium30.611242Kohlrabi, cooked, boiled, drained, without salt1651 cup0.211242Lamb, donestic, leg, whole (shank and sirloin), sparable lean and fat, trimmed to 1/4" fat, choice, cooked, coasted853 oz3.117014Lamb, donestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz3.117027Lamb, donestic, lein, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.117027Lamb, donestic, lein, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.317027Lawb, donestic, lein, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.317027Lawb, donestic, lein, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.317027Lawb, donestic, lein, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.317027Lawb, donestic, lein, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled12.81 ltsp0.018180Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018372Leavening agents, baking soda4.61 tsp0.018373Leavening agents, yeast, bakers, active dry71 pkg0.018374Leavening agents, yeast, bakers, active dry71 pkg0.018375Leaveni	11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.1
11242Kohlrah, cooked, builed, drained, without salt1651 cup0.217012Lamb, donestic, leg, whole (slamk and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted3 oz3.617014Lamb, domestic, leg, whole (slamk and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz3.117024Lamb, domestic, leg, whole (slamk and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz3.117027Land, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz3.317027Land, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled1 thsp0.018809Leavening agents, baking powder, double-acting, sodium aluminum suffate4.61 tsp0.018870Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018871Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018872Leavening agents, baking soda4.61 tsp0.018873Leavening agents, wast, baker's, active dry71 pkg0.018875Leavening agents, vast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 thsp0.009153Lemon juice, raw47juice of 1 lemon0.009154Lemonade, forzen concentrate, white, prepared with water2378 fl oz0.0	11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.6
17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fit, trimmed to 1/4" fat, choice, cooked, troasted853 oz3.617014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, troasted853 oz3.117024Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, tronsted853 oz3.317027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cocked, broiled853 oz3.317027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cocked, broiled853 oz3.317020Lawening agents, baking powder, double-acting, softum aluminum atfate4.61 tsp0.018370Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018371Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018373Leavening agents, taking soda4.61 tsp0.018373Leavening agents, veast, baker's, active dry41 tsp0.018374Leavening agents, veast, baker's, active dry71 pkg0.018375Leavening agents, veast, baker's, active dry71 pkg0.018374Leavening agents, veast, baker's, active dry71 pkg0.018375Leavening agents, veast, baker's, active dry71 pkg0.018374Leavening agents, veast, baker's, active dry7	09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	30.6
trimmed to 1/4" far, choice, cooked, roasted17014Lamb, domestic, log, whole (shank and sirloin), separable lean only, trimmed to 1/4" far, choice, cooked, broasted3 oz3.117024Lamb, domestic, loin, separable lean and far, trimmed to 1/4" far, cooked, broiled853 oz3.317027Lamb, domestic, loin, separable lean only, trimmed to 1/4" far, choice, cooked, broiled12.81 tbsp0.017027Lamb, domestic, loin, separable lean only, trimmed to 1/4" far, choice, cooked, broiled12.81 tbsp0.018309Lard12.81 tbsp0.018370Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018371Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018372Leavening agents, baking powder, low-sodium51 tsp0.018373Leavening agents, veast, baker's, active dry71 pkg0.018375Leavening agents, veast, baker's, active dry71 pkg0.018374Leavening agents, veast, baker's, active dry71 pkg0.018375Leavening agents, veast, baker's, active dry71 pkg0.018374Leavening agents, veast, baker's, active dry71 pkg0.01933Lemon juice, anned or bottled15.21 tbsp0.01933Lemon juice, anned or bottled2441 cap0.019430Lemon juice, anned or bottled581 lemon0.0	11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.2
trimmed to 1/4" fit, choice, cooked, roasted 4.1 17024 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, 85 3 oz 4.1 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, 85 3 oz 3.3 04002 Lard 12.8 1 thsp 0.0 18369 Leavening agents, baking powder, double-acting, sodium aluminum 4.6 1 tsp 0.0 18370 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0.0 18371 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0.0 18372 Leavening agents, seast, baker's active dry 4 1 tsp 0.0 18373 Leavening agents, yeast, baker's, active dry 7 1 tsp 0.0 18375 Leavening agents, yeast, baker's, active dry 7 1 tsp 0.0 18375 Leavening agents, yeast, baker's, active dry 7 1 tsp 0.0 18375 Leavening agents, yeast, baker's, active dry 7 1 cake 0.0 09153 Leavening agents, yeast, baker's, active dry 7 1	17012		85	3 oz	3.6
choice, cooked, broiled 3 oz 3 az 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, 85 3 oz 3.3 04002 Lard 12.8 1 tbsp 0.0 18369 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0.0 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 0.0 18372 Leavening agents, baking powder, low-sodium 5 1 tsp 0.0 18373 Leavening agents, baking powder, low-sodium 5 1 tsp 0.0 18375 Leavening agents, veast, baker's, active dry 4 1 tsp 0.0 18375 Leavening agents, veast, baker's, active dry 7 1 pkg 0.0 18375 Leavening agents, veast, baker's, active dry 7 1 pkg 0.0 18375 Leavening agents, veast, baker's, compressed 17 1 cake 0.0 09153 Lemon juice, canned or bottled 15.2 1 tbsp 0.0 14293 Lemon juice, canned or bottled 237 <td>17014</td> <td></td> <td>85</td> <td>3 oz</td> <td>3.1</td>	17014		85	3 oz	3.1
cocked, broiled12.81 thsp0.018369Lard12.81 thsp0.018369Leavening agents, baking powder, double-acting, sraight phosphate4.61 tsp0.018370Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018371Leavening agents, baking powder, low-sodium51 tsp0.018372Leavening agents, baking soda4.61 tsp0.018373Leavening agents, cream of tartar31 tsp0.018375Leavening agents, veast, baker's, active dry41 tsp0.018374Leavening agents, veast, baker's, active dry71 pkg0.018374Leavening agents, veast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 thsp0.009153Lemon juice, canned or bottled15.21 thsp0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentis, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, oor oronaine, raw661 cup97.411251Lettuce, cos or romaine, raw561 cup97.411251Lettuce, includes risphead types), raw761 cup <t< td=""><td>17024</td><td></td><td>85</td><td>3 oz</td><td>4.1</td></t<>	17024		85	3 oz	4.1
Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 sp 0.0 18370 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0.0 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 0.0 18372 Leavening agents, baking powder, low-sodium 5 1 tsp 0.0 18373 Leavening agents, staking soda 4.6 1 tsp 0.0 18374 Leavening agents, syeast, baker's, active dry 4 1 tsp 0.0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0.0 18375 Leavening agents, yeast, baker's, active dry 7 1 cake 0.0 18374 Leavening agents, yeast, baker's, active dry 7 1 cake 0.0 09153 Lemon juice, canned or bottled 15.2 1 tbsp 0.0 09152 Lemon juice, raw 47 juice of 1 lemon 0.0 14290 Lemonade, frozen concentrate, white, prepared with water 237 8 fl oz 0.0 16070	17027		85	3 oz	3.3
sulfater18370Leavening agents, baking powder, double-acting, straight phosphate4.61 tsp0.018371Leavening agents, baking powder, low-sodium51 tsp0.018372Leavening agents, baking soda4.61 tsp0.018373Leavening agents, cream of tartar31 tsp0.018375Leavening agents, yeast, baker's, active dry41 tsp0.018375Leavening agents, yeast, baker's, active dry71 pkg0.018374Leavening agents, yeast, baker's, active dry71 cake0.009153Lemon juice, canned or bottled15.21 tbsp0.009154Lemon juice, canned or bottled2441 cup0.009152Lemon juice, raw47juice of 1 lemon0.009153Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.009150Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.01070Lentuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, oos or romaine, raw101 leaf0.311251Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium19.911252Lettuce, iceberg (includes crisphead types), raw5391 head12.9	04002	Lard	12.8	1 tbsp	0.0
18371 Leavening agents, baking powder, low-sodium 5 1 tsp 0.0 18372 Leavening agents, baking soda 4.6 1 tsp 0.0 18373 Leavening agents, baking soda 4.6 1 tsp 0.0 18373 Leavening agents, veast, baker's, active dry 4 1 tsp 0.0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0.0 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0.0 09153 Lemon juice, canned or bottled 15.2 1 thsp 0.0 09153 Lemon juice, canned or bottled 244 1 cup 0.0 09152 Lemon juice, raw 47 juice of 1 lemon 0.0 14293 Lemonade, forzen concentrate, white, prepared with water 237 8 fl oz 0.0 09150 Lemons, raw, without peel 58 1 lemon 0.0 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 3.4 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 7.7 11251	18369		4.6	1 tsp	0.0
18372Leavening agents, baking soda4.6I tsp0.018373Leavening agents, cream of tartar3I tsp0.018375Leavening agents, yeast, baker's, active dry4I tsp0.018375Leavening agents, yeast, baker's, active dry71 pkg0.018374Leavening agents, yeast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 tbsp0.009154Lemon juice, canned or bottled2441 cup0.009155Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.009150Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211254Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw8391 head1.911254Lettuce, iceberg (includes crisphead types), raw5391 head1.9	18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
Leavening agents, cream of tartar31 tsp0.018375Leavening agents, yeast, baker's, active dry41 tsp0.018375Leavening agents, yeast, baker's, active dry71 pkg0.018374Leavening agents, yeast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 tbsp0.009153Lemon juice, canned or bottled2441 cup0.009154Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw101 leaf17.411254Lettuce, iceberg (includes crisphead types), raw561 cup7.711252Lettuce, iceberg (includes crisphead types), raw3391 head1.911252Lettuce, iceberg (includes crisphead types), raw5391 head1.9	18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
Leavening agents, yeast, baker's, active dry41 tsp0.018375Leavening agents, yeast, baker's, active dry71 pkg0.018374Leavening agents, yeast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 tbsp0.009153Lemon juice, canned or bottled2441 cup0.009153Lemon juice, canned or bottled2441 cup0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014293Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711251Lettuce, cos or romaine, raw101 leaf10.311251Lettuce, cos or romaine, raw561 cup97.211251Lettuce, green leaf, raw561 cup97.211252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw8391 head12.911252Lettuce, iceberg (includes crisphead types), raw5391 head12.9	18372	Leavening agents, baking soda	4.6	1 tsp	0.0
Leavening agents, yeast, baker's, active dry71 pkg0.018374Leavening agents, yeast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 tbsp0.009153Lemon juice, canned or bottled2441 cup0.009154Lemon juice, canned or bottled2441 cup0.009155Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, green leaf, raw101 leaf17.411254Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18374Leavening agents, yeast, baker's, compressed171 cake0.009153Lemon juice, canned or bottled15.21 tbsp0.009153Lemon juice, canned or bottled2441 cup0.009154Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211254Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium19.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
09153Lemon juice, canned or bottled15.21 tbsp0.009153Lemon juice, canned or bottled2441 cup0.009152Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw101 leaf17.411252Lettuce, green leaf, raw81 medium19.911252Lettuce, iceberg (includes crisphead types), raw5391 head19.9	18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
09153Lemon juice, canned or bottled2441 cup0.009152Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211254Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw8.91 medium1.911254Lettuce, iceberg (includes crisphead types), raw5391 head1.911255Lettuce, iceberg (includes crisphead types), raw5391 head1.911254Lettuce, iceberg (includes crisphead types), raw5391 head1.911255Lettuce, iceberg (includes crisphead types), raw5391 head1.911254Lettuce, iceberg (includes crisphead types), raw5391 head1.911255Lettuce, iceberg (includes crisphead types), raw5391 head<	18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
09152Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw53.91 head129.9	09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw561 cup97.211253Lettuce, green leaf, raw101 leaf10.311252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	09153	Lemon juice, canned or bottled	244	1 cup	0.0
14290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw561 cup97.211253Lettuce, green leaf, raw561 cup97.211253Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	09152	Lemon juice, raw	47	juice of 1 lemon	0.0
09150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup3.411250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211254Lettuce, green leaf, raw101 leaf17.411255Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf7.711250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	09150	Lemons, raw, without peel	58	1 lemon	0.0
11250Lettuce, butterhead (includes boston and bibb types), raw1631 head166.711251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.4
11251Lettuce, cos or romaine, raw561 cup57.411251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.7
11251Lettuce, cos or romaine, raw101 leaf10.311253Lettuce, green leaf, raw561 cup97.211253Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.7
11253Lettuce, green leaf, raw561 cup97.211253Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11251	Lettuce, cos or romaine, raw	56	1 cup	57.4
11253Lettuce, green leaf, raw101 leaf17.411252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11251	Lettuce, cos or romaine, raw	10	1 leaf	10.3
11252Lettuce, iceberg (includes crisphead types), raw81 medium1.911252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11253	Lettuce, green leaf, raw	56	1 cup	97.2
11252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11253	Lettuce, green leaf, raw	10	1 leaf	17.4
11252Lettuce, iceberg (includes crisphead types), raw5391 head129.9	11252		8	1 medium	1.9
			539	1 head	129.9
			55	1 cup	13.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	9.4
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	8.7
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.8
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.2
09160	Lime juice, raw	38	juice of 1 lime	0.2
20100	Macaroni, cooked, enriched	140	1 cup	0.1
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.2
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.8
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.4
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1
09176	Mangos, raw	207	1 mango	8.7
09176	Mangos, raw	165	1 cup	6.9
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	13.2
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	13.1
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	14.5
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	4.9
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	4.9
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	14.7
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	4.5
09181	Melons, cantaloupe, raw	160	1 cup	4.0
09181	Melons, cantaloupe, raw	69	1/8 melon	1.7
09184	Melons, honeydew, raw	170	1 cup	4.9
09184	Melons, honeydew, raw	160	1/8 melon	4.6
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.6
01111	Milk shakes, thick vanilla	313	11 fl oz	0.6
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.2
01095	Milk, canned, condensed, sweetened	306	1 cup	1.8
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.3
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.5
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.3
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.3
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.2
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.5
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.5
16112	Miso	68.75	1 cup	20.7
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.3

bits Mollacka, clam, mixed species, raw 85 3 oz 0.2 15167 Mollacka, clam, mixed species, raw 84 6 mcdlum 0.1 15167 Mollacka, clam, mixed species, raw 57 1 matfin 31 1827 Mulfins, cerum, commercially prepared 57 1 matfin 71 18283 Mulfins, when bran, lourset-type with minus, toxated 24 1 cap 281 11044 Mang beam, matter seeds, sprouted, raw 104 1 cap 0.2 11045 Multinours, clomet-type with minus, toxated 166 1 cap 0.2 11126 Multinours, climed, divined, without salt 156 1 cap 0.1 11260 Multinours, sinikale, coled, without salt 140 1 cap 0.1 11270 Multard greem, coled, builed, drained, without salt 140 1 cap 0.1 11280 Multinours, sinikale, coled, drained, without salt 140 1 cap 0.1 11280 Multinours, sinikale, coled, drained, without salt 140 1 cap 0.10 11210	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18274Muffins, blueberry, commercially prepared57I muffin3.118275Muffins, one home, centry prepared57I muffin1.318283Muffins, weat hran, toaster-type with misins, toasted34I muffin5911044Mang bears, mature seeds, sprouted, cooked, boiled, drinned, without124I cap34.311245Mutropoms, mature seeds, sprouted, raw104I cap34.311246Muthrooms, canned, drinned without salt156I cap0.211240Muthrooms, canned, drinned without salt156I cap0.111240Muthrooms, raw70I cap0.111240Muthrooms, sinitake, cooked, without salt140I cap41.311240Muthrooms, sinitake, drined3.6I mustarosom0.011240Muthrooms, sinitake, choid, drinned, without salt140I cap41.311240Muthrooms, sinitake, choid, drinned, without salt160I cap41.311240Muthrooms, sinitake, choid, drinned, without salt160I cap3.011241Muthrad, greens, cooked, biolid, drinned, without salt160I cap3.011241Nutsard, prepared, vellow2.3I oc (24 atus)0.001241Nutsard, prepared, vellow2.3.5I oc (24 atus)0.0012585Nats, caberow mis, dri orasted, with salt added28.35I oc (16 mats)3.612540Nats, caberow mist, dry orasted, with salt added28.35I oc (16 mats)<	15157	Mollusks, clam, mixed species, raw	85	3 oz	0.2
18279 Muffins, corn, connectially prepared 57 I muffin 1.1 18283 Muffins, corn, connectially prepared 57 I muffin 74 18388 Muffins, wheat bran, toaster-type with missins, toasted 34 I muffin 74 18388 Muffins, wheat bran, toaster-type with missins, toasted 34 I muffin 75 11044 Mug heans, nature seeds, sprouted, cooked, holied, drained, without 124 1260 34 11264 Mushrooms, cooked, holied, drained, without salt 156 1 cup 0.1 11260 Mushrooms, cooked, holied, drained, without salt 140 1 cup 0.0 11260 Mushrooms, cooked, holied, drained, without salt 140 1 cup 0.0 11271 Mustard greens, cooked, holied, drained, without salt 140 1 cup 0.0 11280 Mushrooms, cooked, holied, drained, without salt 160 1 cup 0.0 11217 Mustard greens, cooked, noiled, drained, without salt 160 1 cup 0.0 20110 Nodells, cgag, moach, cooked, enriched 160 <t< td=""><td>15167</td><td>Mollusks, oyster, eastern, wild, raw</td><td>84</td><td>6 medium</td><td>0.1</td></t<>	15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.1
Instant System	18274	Muffins, blueberry, commercially prepared	57	1 muffin	3.1
18388Maffix, wheat bran, tooster-type with raisins, toosted34I muffin5.911044Mang beam, mature seeds, sprouted, cooked, boiled, drained, without1241 cap28.111043Mang beams, mature seeds, sprouted, raw1041 cap34.311264Mushrooms, cooked, boiled, drained, without salt1561 cup0.211260Mushrooms, soked, boiled, drained, without salt1451 cup0.111280Mushrooms, shiliake, cooked, without salt1451 cup0.111280Mushrooms, shiliake, dried3.61 muchroom0.002046Mushrooms, shiliake, dried3.61 muchroom0.002046Mushrooms, cooked, boiled, drained, without salt1401 cup0.102046Nustard greens, cooked, boiled, drained, without salt1401 cup3.002046Nustard greens, cooked, boiled, drained, without salt1601 cup3.002047Nustard greens, cooked, enriched1601 cup161.802048Nustard greens, cooked, enriched28.351 ca C49.802049Nust, scahev muts, diric, unbhanched28.351 ca C49.012050Nust, cahev muts, diric, unbhanched28.351 ca C41.012061Nust, cahev muts, diric, unbhanched28.351 ca C41.012070Nust, cahev muts, diric, unbhanched28.351 ca C41.012084Nust, chestinut, cury consted, with salt added28.351 ca C4 <t< td=""><td>18279</td><td>Muffins, corn, commercially prepared</td><td>57</td><td>1 muffin</td><td>1.3</td></t<>	18279	Muffins, corn, commercially prepared	57	1 muffin	1.3
Interface Interface <t< td=""><td>18283</td><td>Muffins, oat bran</td><td>57</td><td>1 muffin</td><td>7.4</td></t<>	18283	Muffins, oat bran	57	1 muffin	7.4
salt is a structure seeds, sprouted, raw 104 1 cup 34.3 11043 Musp beans, mutros seeds, sprouted, raw 156 1 cup 0.2 11261 Musbrooms, conced, boiled, drained, without salt 156 1 cup 0.1 11269 Musbrooms, shilake, cooked, without salt 145 1 cup 0.1 11268 Musbrooms, shilake, dried 3.6 1 musbroom 0.0 11271 Mustard, prepared, yellow 5 1 fap or 1 packet 0.1 09191 Neatrines, raw 136 nectraines 3.0 02010 Noodles, chinese, chow mein 45 1 cup 0.1 020110 Noodles, egg, cooked, enriched 160 1 cup 0.1 12061 Nuts, almonds 28.35 1 oz (24 muts) 0.0 12167 Nuts, cestartus, currepar, nosted 143 1 cup 0.1 12167 Nuts, cestartus, currepar, nosted 143 1 cup 0.1 12167 Nuts, cestartus, dri outs, duri stal added 28.35 1 oz (24 muts)	18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	5.9
11264 Mushrooms, canned, drained, without salt 156 1 cup 0.2 11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 0.1 11269 Mushrooms, raw 70 1 cup 0.1 11269 Mushrooms, shittake, cooked, without salt 145 1 cup 0.1 11264 Mushrooms, shittake, chicd 3.6 1 mushroom 0.0 11271 Mustard, greene, cooked, boiled, drained, without salt 140 1 cup 4193 02046 Mustard, greene, cooked, enriched 160 1 cup 0.0 02113 Noodles, eing, cooked, enriched 160 1 cup 161.8 02010 Nodels, eing, cooked, enriched 160 1 cup 0.0 12078 Nuts, binzilmuts, dried, unblanched 28.35 1 oz (14 mush) 9.8 12056 Nuts, cashew mits, dir voasted, with salt added 28.35 1 oz 1.12 1214 Nuts, coconut meat, dried (desicated), sweetened, shredded 9.3 1 cup 0.3 12120 Nuts, meadamia nuts, dry roasted, with salt added 28.35 1 oz 1.6	11044	C , , , , , , , , , , , , , , , , , , ,	124	1 cup	28.1
11261Mushrooms, cooked, boiled, drained, without salt1561 cup0.211260Mushrooms, raw701 cup0.111260Mushrooms, shiitake, cooked, without salt1451 cup0.111271Mustard greens, cooked, boiled, drained, without salt1401 cup419.302046Mustard greens, cooked, boiled, drained, without salt1401 cup3.002046Mustard, prepared, yellow51 tsp or 1 packet0.109191Nectarines, raw1361 nectarine3.020110Noodles, egn, solmach, cooked, enriched1601 cup161.812061Nuts, almods28.351 oz (24 nuts)0.012785Nuts, cashev muts, oil roasted, with salt added28.351 oz (18 nuts)9.812866Nuts, cashev muts, oil roasted, with salt added28.351 oz (18 nuts)9.812167Nuts, cashev muts, oil roasted, with salt added28.351 oz0.012032Nuts, coconut meat, rified (discated), sweetened, shredded9.31 cup0.312140Nuts, coconut meat, rified (discated), sweetened, shredded28.351 oz0.012635Nuts, maeadamia nuts, dir roasted, with salt added28.351 oz3.712167Nuts, maeadamia nuts, dir roasted, with salt added28.351 oz3.712167Nuts, maeadamia nuts, dir roasted, with salt added28.351 oz3.712167Nuts, maeadamia nuts, dir roasted, with salt added28.	11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.3
11260Mushrooms, raw701 cup0.111269Mushrooms, shitike, oried3.61 runshroom0.011211Mustrad, preens, cooked, without salt1401 cup419.302046Mustrad, preens, cooked, beiled, drained, without salt1401 cup419.302046Mustrad, prepared, yellow51 tsp or 1 packet0.100191Nectarines, raw1361 nectarine3.020113Noodles, egg, cooked, enriched1601 cup0.220112Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)0.012061Nuts, almonds28.351 oz (4 nuts)0.012078Nuts, cashew nuts, oir oasted, with salt added28.351 oz (4 nuts)0.012179Nuts, coshur mat, driod (desicento), sweetened, shredded931 cup0.312104Nuts, cosenut mat, driod (desicento), sweetened, shredded931 cup0.312120Nuts, hazelnuts or filherts28.351 oz (10-12 nuts)0.012637Nuts, mixed nuts, div roasted, with salt added28.351 oz (20 nlves)1.012637Nuts, mixed nuts, div roasted, with salt added28.351 oz (20 nlves)0.012637Nuts, mixed nuts, div roasted, with salt added28.351 oz (20 nlves)0.012637Nuts, mixed nuts, div roasted, with salt added28.351 oz (20 nlves)0.112637Nuts, mixed nuts, div roasted, with salt added28.351 oz (20 nlves) <td>11264</td> <td>Mushrooms, canned, drained solids</td> <td>156</td> <td>1 cup</td> <td>0.2</td>	11264	Mushrooms, canned, drained solids	156	1 cup	0.2
11269 Mushrooms, shiitake, ooked, without salt 145 1 cup 0.1 11268 Mushrooms, shiitake, dried 3.6 I mushroom 0.0 11271 Mustard, greens, cooked, boiled, drained, without salt 140 I cup 449.3 02046 Mustard, greens, cooked, boiled, drained, without salt 140 I cup 419.3 02047 Mustard, greens, cooked, boiled, drained, without salt 140 I cup 419.3 02046 Mustard, greens, cooked, enriched 160 I cup 0.0 020110 Noodles, egg, spinach, cooked, enriched 160 I cup 0.6 12061 Nuts, ainonds 28.35 I oz (24 nuts) 0.0 12078 Nuts, cashew nuts, diry consted, with salt added 28.35 I oz (18 nuts) 9.8 12167 Nuts, cashew nuts, oir roasted, with salt added 28.35 I oz (18 nuts) 9.8 12167 Nuts, coconut meat, dried (desiccated), swetened, shredded 93 I cup 0.0 12204 Nuts, coconut meat, fired 28.35 I oz (10-12 nuts) 0.0 <	11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.2
11268 Mushrooms, shiitake, dried 3.6 I mushroom 0.0 11271 Mustard greens, cooked, boiled, drained, without salt 140 I cup 419.3 02046 Mustard, prepared, yellow 5 I tsp or I packet 0.1 09191 Nectarines, raw 136 I nectarine 3.0 20113 Noodles, chinese, chow mein 45 I cup 0.2 20110 Noodles, egg, cooked, enriched 160 I cup 0.6 20112 Noodles, egg, spinach, cooked, enriched 28.35 I oz (24 nuts) 0.0 12876 Nuts, cashew nuts, dir onasted, with sult added 28.35 I oz (18 nuts) 9.8 12167 Nuts, cashew nuts, dir onasted, with sult added 28.35 I oz (18 nuts) 9.8 12167 Nuts, cashew nuts, dir onasted, with sult added 28.35 I oz (18 nuts) 0.0 12129 Nuts, coconut meat, raw 45 I piece 0.1 12120 Nuts, machadimia nut, dyr onasted, with sult added 28.35 I oz 0.7 12132 Nuts, mixed nuts, oil roasted, with sult added 28.35 I oz 0.1 <	11260	Mushrooms, raw	70	1 cup	0.1
11211 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 4193 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.1 09191 Nectarines, raw 136 1 nectarine 3.0 020113 Noodles, edines, chow mein 45 1 cup 3.0 020110 Noodles, egg, soinach, cooked, enriched 160 1 cup 0.1 020112 Noodles, egg, spinach, cooked, enriched 28.35 1 oz (24 ruts) 0.0 12051 Nuts, almonds 28.35 1 oz (24 ruts) 0.0 12054 Nuts, cashew nuts, dri or asted, with salt added 28.35 1 oz (24 ruts) 9.8 12158 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (24 ruts) 9.8 12164 Nuts, cocont meat, raw 45 1 picce 0.1 12179 Nuts, cocont meat, raw 45 1 picce 0.1 12120 Nuts, inzenturs or fiberts 28.35 1 oz (10-12 ruts) 0.00 12635 Nuts, mixed nuts, oir roasted, with salt adde	11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.1
Value Mustard, prepared, yellow 5 It sp or 1 packet 0.1 09191 Nectarines, raw 136 1 nectarine 3.0 20113 Noodles, chinese, chow mein 45 I cup 3.0 20110 Noodles, egg, cooked, enriched 160 I cup 0.2 20112 Noodles, egg, cooked, enriched 160 I cup 0.0 12051 Nuts, almonds 28.35 I oz (24 nuts) 0.0 12078 Nuts, brazilnuts, dried, unblanched 28.35 I oz (18 nuts) 9.8 12167 Nuts, cashew nuts, oil roasted, with salt added 28.35 I oz (18 nuts) 9.8 12167 Nuts, coconut meat, dried (desiccated), sweetened, shredded 9.3 I cup 0.1 12120 Nuts, coconut meat, raw 45 I piece 0.1 12120 Nuts, nacadamia nuts, dry roasted, with salt added 28.35 I oz 4.0 12230 Nuts, mixed nuts, oil roasted, with salt added 28.35 I oz 3.0 1244 Nuts, pine nuts, pignolia, dried	11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.0
Nectarines, raw 136 Incutarine 3.0 20113 Noodles, chinese, chow mein 45 1 cup 3.0 20110 Noodles, egg, cooked, enriched 160 1 cup 0.2 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 161.8 12061 Nuts, almonds 28.35 1 oz (24 nuts) 0.0 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.0 12585 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12167 Nuts, chestnuts, curopean, roasted 143 1 cup 0.1 12129 Nuts, noconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12120 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 1.0 12637 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 1.0 12637 Nuts, mica nuts, grigonia, dried 28.35 1 oz 1.0 12637 Nuts, mica nuts, grigonia, dried	11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.3
2013 Noedles, ehmese, chow mein 45 1 cup 3.0 20110 Noedles, egg, cooked, enriched 160 1 cup 0.2 20112 Noedles, egg, spinach, cooked, enriched 160 1 cup 161.8 12061 Nuts, almonds 28.35 1 oz (24 nuts) 0.0 12078 Nuts, chardinuts, dried, unblanched 28.35 1 oz (18 nuts) 0.0 12585 Nuts, cashew nuts, dri zoasted, with salt added 28.35 1 oz (18 nuts) 9.8 12586 Nuts, coconut meat, dried (desiccated), sweetened, shredded 9.3 1 cup 0.1 12107 Nuts, coconut meat, raw 45 1 piece 0.1 12120 Nuts, macdamia nuts, dry roasted, with salt added 28.35 1 oz 1.4 12637 Nuts, macdamia nuts, dry roasted, with salt added 28.35 1 oz 0.0 12638 Nuts, macdamia nuts, dry roasted, with salt added 28.35 1 oz 0.1 12637 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz 0.6 12647<	02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
20110 Noodles, egg, cooked, enriched 160 1 cup 0.2 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 161.8 12061 Nuts, almonds 28.35 1 oz (24 nuts) 0.0 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.0 12585 Nuts, cashew nuts, dri roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12167 Nuts, cashew nuts, oir roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12167 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, raw 45 1 piecce 0.1 1220 Nuts, hazednuts of fiberts 28.35 1 oz 4.0 12632 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz 0.1 12635 Nuts, piene nuts, pignolia, dried 28.35 1 oz 0.1 12142 Nuts, piene nuts, pignolia, dried 28.35 1 oz 0.6 12147 Nuts, piene nuts,	09191	Nectarines, raw	136	1 nectarine	3.0
Value Nordles, egg, spinach, cooked, enriched 160 1 cup 161.8 12061 Nuts, almonds 28.35 1 oz (24 nuts) 0.0 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.0 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12167 Nuts, chestnuts, european, roasted 143 1 cup 0.1 12129 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, raw 45 1 piece 0.1 12120 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 0.0 12635 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz (20 halves) 0.1 12120 Nuts, mixed nuts, oil roasted, with salt added 28.35 1 oz (20 halves) 0.0 12635 Nuts, mixed nuts, oil roasted, with salt added 28.35 <t< td=""><td>20113</td><td>Noodles, chinese, chow mein</td><td>45</td><td>1 cup</td><td>3.0</td></t<>	20113	Noodles, chinese, chow mein	45	1 cup	3.0
12061 Nuts, almonds 28.35 1 oz (24 nuts) 0.0 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.0 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 12167 Nuts, chestmuts, european, roasted 143 1 cup 0.1 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, raw 45 1 piece 0.1 12120 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 0.0 12632 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz (20 nalves) 0.0 12635 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz (20 halves) 1.0 12147 Nuts, pignolia, dried 28.35 1 oz (47 nuts) 3.6 12147 Nuts, pignolia, dried 28.35 1 oz (47 nuts) 3.7 12652 Nuts, pistachio nuts, dry roasted, with salt added	20110	Noodles, egg, cooked, enriched	160	1 cup	0.2
Nuk, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.0 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 12167 Nuts, chestnuts, european, roasted 143 1 cup 0.1 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, araw 45 1 piece 0.1 1220 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 1.00 12632 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz 3.7 12637 Nuts, mixed nuts, oil roasted, with salt added 28.35 1 oz 1.00 12142 Nuts, pien nuts, pignolia, dried 28.35 1 oz 1.02 12147 Nuts, pien nuts, ny roasted, with salt added 28.35 1 oz (14 nuts) 3.7	20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.8
12885 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz 9.8 12866 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12167 Nuts, chestnuts, european, roasted 143 1 cup 11.2 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, araw 45 1 piece 0.1 1220 Nuts, hazelnuts or filberts 28.35 1 oz (10-12 nuts) 0.0 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 0.0 12635 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz (10-12 nuts) 0.0 12637 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz (20 halves) 1.0 12142 Nuts, peeans 28.35 1 oz 3.6 12147 Nuts, pignolia, dried 28.35 1 oz (41 nuts) 3.7 12147 Nuts, malnuts, engish 28.35 1 oz (47 nuts) 3.7 12155 Nuts, walnuts, english 28.35 1 o	12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 9.8 12167 Nuts, chestnuts, european, roasted 143 1 cup 11.2 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.3 12104 Nuts, coconut meat, raw 45 1 piece 0.1 12120 Nuts, hazelnuts or filberts 28.35 1 oz (10-12 nuts) 0.0 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 0.0 12635 Nuts, mixed nuts, oil roasted, with salt added 28.35 1 oz (20 halves) 0.0 12636 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz (20 halves) 0.0 12637 Nuts, pixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz (20 halves) 1.0 12142 Nuts, peeans 28.35 1 oz (20 halves) 1.0 12147 Nuts, nignolia, dried 28.35 1 oz (14 nuts) 3.7 12150 Nuts, walnuts, english 28.35 1 oz (14 halves) <td>12078</td> <td>Nuts, brazilnuts, dried, unblanched</td> <td>28.35</td> <td>1 oz (6-8 nuts)</td> <td>0.0</td>	12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
12167Nuts, chestnuts, european, roasted1431 cup11212179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.312104Nuts, coconut meat, raw451 piece0.112120Nuts, hazelnuts or fiberts28.351 oz4.012632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.012635Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz3.712637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz3.612142Nuts, pecans28.351 oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried28.351 oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried28.351 oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried28.351 oz (20 halves)3.712155Nuts, walnuts, english28.351 oz (47 nuts)3.712155Nuts, walnuts, english28.351 oz (14 halves)0.820031Oat bran, raw941 cup3.004042Oil, esanda or cooking13.51 tbsp0.104043Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.4	12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.8
12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup0.312104Nuts, coconut meat, raw451 piece0.112120Nuts, hazelnuts or filberts28.351 oz4.012632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz0.012635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz3.712637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz3.612142Nuts, piene nuts, pignolia, dried28.351 oz3.612147Nuts, pine nuts, pignolia, dried28.351 oz1.012154Nuts, pine nuts, pignolia, dried28.351 oz1.512155Nuts, walnuts, english28.351 oz (14 halves)0.82033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp0.104054Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.40404Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.8
12104Nuts, coconut meat, raw45I piece0.112120Nuts, hazelnuts or filberts28.351 oz4.012632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.012635Nuts, mixed nuts, dry roasted, with salt added28.351 oz3.712637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz3.612142Nuts, piecans28.351 oz (20 halves)1.012147Nuts, pien nuts, pignolia, dried28.351 oz15.312147Nuts, pien nuts, pignolia, dried8.61 tbsp4.612652Nuts, sistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)3.712155Nuts, up ine nuts, pignolia, dried28.351 oz (47 nuts)3.712155Nuts, up ine nuts, nuts, added28.351 oz (41 halves)0.820033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404044Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.4	12167	Nuts, chestnuts, european, roasted	143	1 cup	11.2
12120Nuts, hazelnuts or filberts28.35I oz4.012632Nuts, macadamia nuts, dry roasted, with salt added28.35I oz (10-12 nuts)0.012635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.35I oz3.712637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.35I oz3.612142Nuts, pice ans28.35I oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried28.35I oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried8.6I tbsp4.612652Nuts, pistachio nuts, dry roasted, with salt added28.35I oz (47 nuts)3.712155Nuts, walnuts, english28.35I oz (14 halves)0.820033Oat bran, raw94I cup3.004042Oil, peanut, salad or cooking13.5I tbsp8.104034Oil, soybean, salad or cooking, (hydrogenated)13.6I tbsp3.404034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6I tbsp3.4	12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.3
12632Nuts, macadamia nuts, dry roasted, with salt added28.35I oz (10-12 nuts)0.012635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.35I oz3.712637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.35I oz3.612142Nuts, pecans28.35I oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried28.35I oz1.5.312147Nuts, pine nuts, pignolia, dried28.35I oz (47 nuts)3.712652Nuts, pistachio nuts, dry roasted, with salt added28.35I oz (47 nuts)3.712155Nuts, walnuts, english28.35I oz (14 halves)0.820033Oat bran, raw94I cup3.004042Oil, peanut, salad or cooking13.6I tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated)13.6I tbsp3.404044Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6I tbsp3.4	12104	Nuts, coconut meat, raw	45	1 piece	0.1
12635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz3.712637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz3.612142Nuts, pecans28.351 oz (20 halves)1.012147Nuts, pine nuts, pignolia, dried28.351 oz15.312147Nuts, pine nuts, pignolia, dried8.61 tbsp4.612652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)3.712155Nuts, walnuts, english28.351 oz (14 halves)0.820033Oat bran, raw941 cup3.004042Oil, peanut, salad or cooking13.51 tbsp8.104034Oil, sesame, salad or cooking, (hydrogenated)13.61 tbsp3.404053Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.0
12637 Nuts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 1 oz 3.6 12142 Nuts, pecans 28.35 1 oz (20 halves) 1.0 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz 15.3 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz 15.3 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz (47 nuts) 3.7 12652 Nuts, walnuts, english 28.35 1 oz (14 halves) 0.8 20033 Oat bran, raw 94 1 cup 3.0 04053 Oil, olive, salad or cooking 13.5 1 tbsp 8.1 04042 Oil, sesame, salad or cooking 13.6 1 tbsp 1.8 04034 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed 13.6 1 tbsp 3.4 0453 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed 13.6 1 tbsp 3.4	12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.0
12142 Nuts, pecans 28.35 1 oz (20 halves) 1.0 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz 15.3 12147 Nuts, pine nuts, pignolia, dried 8.6 1 tbsp 4.6 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 3.7 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 0.8 20033 Oat bran, raw 94 1 cup 3.0 04053 Oil, olive, salad or cooking 13.5 1 tbsp 8.1 04042 Oil, peanut, salad or cooking 13.6 1 tbsp 1.8 04034 Oil, soybean, salad or cooking, (hydrogenated) 13.6 1 tbsp 3.4 04054 Oil, soybean, salad or cooking, (hydrogenated) 13.6 1 tbsp 3.4	12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.7
12147Nuts, pine nuts, pignolia, dried28.351 oz15.312147Nuts, pine nuts, pignolia, dried8.61 tbsp4.612652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)3.712155Nuts, walnuts, english28.351 oz (14 halves)0.820033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	3.6
12147Nuts, pine nuts, pignolia, dried8.61 tbsp4.612652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)3.712155Nuts, walnuts, english28.351 oz (14 halves)0.820033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.51 tbsp0.104058Oil, sesame, salad or cooking, (hydrogenated)13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12142	Nuts, pecans	28.35	1 oz (20 halves)	1.0
12652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)3.712155Nuts, walnuts, english28.351 oz (14 halves)0.820033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.51 tbsp0.104058Oil, sesame, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	15.3
12155Nuts, walnuts, english28.351 oz (14 halves)0.820033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.51 tbsp0.104058Oil, sesame, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	4.6
20033Oat bran, raw941 cup3.004053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.51 tbsp0.104058Oil, sesame, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.7
04053Oil, olive, salad or cooking13.51 tbsp8.104042Oil, peanut, salad or cooking13.51 tbsp0.104058Oil, sesame, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.8
04042Oil, peanut, salad or cooking13.51 tbsp0.104058Oil, sesame, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	20033	Oat bran, raw	94	1 cup	3.0
04058Oil, sesame, salad or cooking13.61 tbsp1.804034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	04053	Oil, olive, salad or cooking	13.5	1 tbsp	8.1
04034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp3.404543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.1
04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp3.4	04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.8
	04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	3.4
04518Oil, vegetable corn, salad or cooking13.61 tbsp0.3	04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	3.4
	04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	1.0
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.7
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	64.0
1281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	88.0
)9193	Olives, ripe, canned (small-extra large)	22	5 large	0.3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.5
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.1
11284	Onions, dehydrated flakes	5	1 tbsp	0.2
11282	Onions, raw	14	1 slice	0.1
1282	Onions, raw	110	1 whole	0.4
11282	Onions, raw	160	1 cup	0.6
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	28.1
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	4.2
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
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
09206	Orange juice, raw	86	juice from 1 orange	0.1
09206	Orange juice, raw	248	1 cup	0.2
09200	Oranges, raw, all commercial varieties	180	1 cup	0.0
09200	Oranges, raw, all commercial varieties	131	1 orange	0.0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.2
)9226	Papayas, raw	304	1 papaya	7.9
)9226	Papayas, raw	140	1 cup	3.6
1297	Parsley, raw	10	10 sprigs	164.0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.6
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	4.5
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.7
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	4.2
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.7
09246	Peaches, dried, sulfured, uncooked	39	3 halves	6.1
09250	Peaches, frozen, sliced, sweetened	250	1 cup	5.5
09236	Peaches, raw	98	1 peach	2.5
09236	Peaches, raw	170	1 cup	4.4
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.1
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.1
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.0
09340	Pears, asian, raw	275	1 pear	12.4
9340	Pears, asian, raw	122	1 pear	5.5
9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.2
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.7
09252	Pears, raw	166	1 pear	7.5
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	40.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	48.3
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	36.4
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.4
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	9.8
11670	Peppers, hot chili, green, raw	45	1 pepper	6.4
11819	Peppers, hot chili, red, raw	45	1 pepper	6.3
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12.9
11333	Peppers, sweet, green, raw	119	1 pepper	8.8
11333	Peppers, sweet, green, raw	149	1 cup	11.0
11333	Peppers, sweet, green, raw	10	1 ring	0.7
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.9
11821	Peppers, sweet, red, raw	149	1 cup	7.3
11821	Peppers, sweet, red, raw	119	1 pepper	5.8
11945	Pickle relish, sweet	15	1 tbsp	2.7
11937	Pickles, cucumber, dill	65	1 pickle	11.9
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	10.3
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.6
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.1
18305	Pie, blueberry, commercially prepared	117	1 piece	12.3
18308	Pie, cherry, commercially prepared	117	1 piece	8.9
18319	Pie, fried pies, fruit	128	1 pie	5.2
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.4
18324	Pie, pecan, commercially prepared	113	1 piece	5.4
18326	Pie, pumpkin, commercially prepared	109	1 piece	6.8
11943	Pimento, canned	12	1 tbsp	1.0
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
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.1
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.8
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.7
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.1
09266	Pineapple, raw, all varieties	155	1 cup	1.1
09278	Plantains, cooked	154	1 cup	1.1
09277	Plantains, raw	179	1 medium	1.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.1
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.8
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	2.0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.7
09291	Plums, dried (prunes), uncooked	42	5 prunes	25.0
09279	Plums, raw	66	1 plum	4.2
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.4
07064	Pork sausage, fresh, cooked	27	1 patty	0.1
07064	Pork sausage, fresh, cooked	26	2 links	0.1
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	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
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	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
11399	Potato puffs, frozen, prepared	79	10 puffs	3.5
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
11364	Potatoes, baked, skin, without salt	58	1 skin	1.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.9
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.3
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	2.0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.1
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.8
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.8
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.6
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.7
09294	Prune juice, canned	256	1 cup	8.7
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.1
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
11424	Pumpkin, canned, without salt	245	1 cup	39.2
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11429	Radishes, raw	4.5	1 radish	0.1
09298	Raisins, seedless	14	1 packet	0.5
09298	Raisins, seedless	145	1 cup	5.1
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.3
09302	Raspberries, raw	123	1 cup	9.6
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	6.0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	71.0
20037	Rice, brown, long-grain, cooked	195	1 cup	1.2
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.2
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.2
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.8
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.3
18353	Rolls, hard (includes kaiser)	57	1 roll	0.3
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.5
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.9
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.9
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.8
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.2
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	15.4
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.2
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.9
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.8
04015	Salad dressing, russian dressing	15.3	1 tbsp	12.9
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.1
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	4.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	10.8
07069	Salami, cooked, beef and pork	56.7	2 slices	0.7
07072	Salami, dry or hard, pork, beef	20	2 slices	0.3
02047	Salt, table	6	1 tsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.2
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.1
06166	Sauce, homemade, white, medium	250	1 cup	2.3
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	9.5
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.1
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.7
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	135.0
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.3
11445	Seaweed, kelp, raw	10	2 tbsp	6.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.2
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	13.4
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.8
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.9
14346	Shake, fast food, chocolate	333	16 fl oz	5.0
14347	Shake, fast food, vanilla	333	16 fl oz	1.0
19097	Sherbet, orange	74	1/2 cup	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.5
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.5
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	9.5
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.2
19013	Snacks, fruit leather, pieces	28.35	1 oz	5.2
19014	Snacks, fruit leather, rolls	21	1 large	3.8
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.7
19034	Snacks, popcorn, air-popped	8	1 cup	0.1
19036	Snacks, popcorn, cakes	10	1 cake	0.1
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.4
19035	Snacks, popcorn, oil-popped	11	1 cup	1.7
19041	Snacks, pork skins, plain	28.35	l oz	0.0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	2.0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.3
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.8
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.5
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.2
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.2
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	3.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.2
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.2
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.8
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.0
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	3.5
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.5
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	7.1
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.7
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.0
6094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.5
6494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.2
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	7.3
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
6359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.5
6559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	3.9
6471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.4
6067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.4
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	6.3
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.5
6120	Soy milk, fluid	245	1 cup	7.4
6123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
6109	Soybeans, mature cooked, boiled, without salt	172	1 cup	33.0
2401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	3.7
0121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.1
0125	Spaghetti, whole-wheat, cooked	140	1 cup	1.0
2007	Spices, celery seed	2	1 tsp	0.0
02009	Spices, chili powder	2.6	1 tsp	2.7
2010	Spices, cinnamon, ground	2.3	1 tsp	0.7
02015	Spices, curry powder	2	1 tsp	2.0
02020	Spices, garlic powder	2.8	1 tsp	0.0
02026	Spices, onion powder	2.1	1 tsp	0.1
2027	Spices, oregano, dried	1.5	1 tsp	9.3
02028	Spices, paprika	2.1	1 tsp	1.7
2029	Spices, parsley, dried	1.3	1 tbsp	17.7
02030	Spices, pepper, black	2.1	1 tsp	3.4
1461	Spinach, canned, drained solids	214	1 cup	987.8
1458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.5
1464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.3
1457	Spinach, raw	10	l leaf	48.3
1457	Spinach, raw	30	1 cup	144.9
1642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	6.3
1641	Squash, summer, all varieties, raw	113	1 cup	3.4
1644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.0
9320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.3
9316	Strawberries, raw	12	1 strawberry	0.3
9316	Strawberries, raw	18	1 strawberry	0.4
9316	Strawberries, raw	166	1 cup	3.7
9334	Sugars, brown	3.2	1 tsp	0.0

Content per NDB No Description Weight (g) **Common Measure** Measure 19335 Sugars, granulated 4.2 0.0 1 tsp 19336 Sugars, powdered 8 1 tbsp 0.0 60 1 roll 18356 Sweet rolls, cinnamon, commercially prepared with raisins 2.6 11512 Sweetpotato, canned, vacuum pack 255 1 cup 5.6 11508 Sweetpotato, cooked, baked in skin, without salt 3.4 146 1 potato 11510 Sweetpotato, cooked, boiled, without skin 156 1 potato 3.3 19 19348 Syrups, chocolate, fudge-type 0.4 1 tbsp 19350 Syrups, corn, light 20 1 tbsp 0.0 19353 Syrups, maple 20 1 tbsp 0.0 19129 20 0.0 Syrups, table blends, pancake 1 tbsp 19128 Syrups, table blends, pancake, reduced-calorie 15 1 tbsp 0.0 18360 Taco shells, baked 13.3 1 medium 0.7 09223 Tangerine juice, canned, sweetened 249 1 cup 0.0 1 cup 09220 Tangerines, (mandarin oranges), canned, light syrup pack 252 0.0 09218 Tangerines, (mandarin oranges), raw 84 1 tangerine 0.0 20068 152 0.0 Tapioca, pearl, dry 1 cup 178 6 fl oz 14355 Tea, brewed, prepared with tap water 0.0 14545 Tea, herb, chamomile, brewed 178 6 fl oz 0.0 14381 Tea, herb, other than chamomile, brewed 178 0.0 6 fl oz 14376 Tea, instant, sweetened with sodium saccharin, lemon-flavored, 237 8 fl oz 0.0 prepared Tea, instant, sweetened with sugar, lemon-flavored, without added 8 fl oz 14371 259 0.0 ascorbic acid, powder, prepared 237 8 fl oz 0.0 14367 Tea, instant, unsweetened, powder, prepared 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) 52 1 pastry 2.1 16127 Tofu, soft, prepared with calcium sulfate and magnesium chloride 120 2.4 1 piece (nigari) 11954 Tomatillos, raw 34 1 medium 3.3 243 5.6 11540 Tomato juice, canned, with salt added 1 cup 11546 Tomato products, canned, paste, without salt added 262 1 cup 29.9 11547 Tomato products, canned, puree, without salt added 250 1 cup 8.5 6.9 11549 Tomato products, canned, sauce 245 1 cup 11533 Tomatoes, red, ripe, canned, stewed 255 1 cup 6.1 11531 Tomatoes, red, ripe, canned, whole, regular pack 240 1 cup 6.7 11529 20 1 slice 1.6 Tomatoes, red, ripe, raw, year round average 11529 Tomatoes, red, ripe, raw, year round average 180 1 cup 14.2 11529 Tomatoes, red, ripe, raw, year round average 123 1 tomato 9.7 11529 17 1.3 Tomatoes, red, ripe, raw, year round average 1 cherry tomato 11955 Tomatoes, sun-dried 2 1 piece 0.9 18363 Tortillas, ready-to-bake or -fry, corn 26 1 tortilla 0.1 18364 Tortillas, ready-to-bake or -fry, flour 32 1 tortilla 0.6 05292 Turkey patties, breaded, battered, fried 64 1 patty 13.4 05296 Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted 85.05 3 oz 0.6 05188 Turkey, all classes, dark meat, cooked, roasted 84 3 oz 3.3 05172 Turkey, all classes, giblets, cooked, simmered, some giblet fat 145 0.9 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	5.2
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	5.6
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.3
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	851.0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.2
02050	Vanilla extract	4.2	1 tsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	6.0
11578	Vegetable juice cocktail, canned	242	1 cup	12.8
04582	Vegetable oil, canola	14	1 tbsp	17.1
11581	Vegetables, mixed, canned, drained solids	163	1 cup	20.2
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	29.1
02048	Vinegar, cider	15	1 tbsp	0.0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.6
14429	Water, municipal	237	8 fl oz	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.3
09326	Watermelon, raw	152	1 cup	0.2
09326	Watermelon, raw	286	1 wedge	0.3
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.4
20083	Wheat flour, white, bread, enriched	137	1 cup	0.4
20084	Wheat flour, white, cake, enriched	137	1 cup	0.4
20080	Wheat flour, whole-grain	120	1 cup	2.3
20089	Wild rice, cooked	164	1 cup	0.8
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.2
01117	Yogurt, plain, low fat, 12 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
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.5