

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|--|---------------------|
| 14006 | Alcoholic beverage, beer, light | 354.00 | 1 can or bottle (12 fl oz) | 0.00 |
| 14003 | Alcoholic beverage, beer, regular | 356.00 | 1 can or bottle (12 fl oz) | 0.00 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 27.80 | 1 fl oz | 0.00 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 42.00 | 1.5 fl oz jigger | 0.00 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 27.80 | 1 fl oz | 0.00 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 42.00 | 1.5 fl oz jigger | 0.00 |
| 11001 | Alfalfa seeds, sprouted, raw | 3.00 | 1 tablespoon | 0.02 |
| 11001 | Alfalfa seeds, sprouted, raw | 33.00 | 1 cup | 0.23 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248.00 | 1 cup | 0.27 |
| 09003 | Apples, raw, with skin | 125.00 | 1 cup, quartered or chopped | 0.45 |
| 09003 | Apples, raw, with skin | 138.00 | 1 medium (2-3/4" dia) (approx 3 per lb) | 0.50 |
| 09003 | Apples, raw, with skin | 212.00 | 1 large (3-1/4" dia) (approx 2 per lb) | 0.76 |
| 09004 | Apples, raw, without skin | 128.00 | 1 medium (2-3/4" dia) (approx 3 per lb) | 0.40 |
| 09020 | Applesauce, canned, sweetened, without salt | 255.00 | 1 cup | 0.46 |
| 09021 | Apricots, raw | 35.00 | 1 apricot | 0.14 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 84.00 | 1/2 cup hearts | 0.13 |
| 11015 | Asparagus, canned, drained solids | 242.00 | 1 cup | 1.57 |
| 11012 | Asparagus, cooked, boiled, drained | 60.00 | 4 spears, (1/2" base) | 0.19 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 60.00 | 4 spears | 0.25 |
| 09037 | Avocados, raw, all commercial varieties | 201.00 | 1 avocado, NS as to Florida or California | 30.79 |
| 09037 | Avocados, raw, all commercial varieties | 230.00 | 1 cup, pureed | 35.24 |
| 18005 | Bagels, cinnamon-raisin | 71.00 | 1 bagel (3-1/2" dia) | 1.21 |
| 18003 | Bagels, egg | 71.00 | 1 bagel (3-1/2" dia) | 1.49 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 28.35 | 1 oz | 0.45 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 57.00 | 1 bagel (3" dia) | 0.91 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71.00 | 1 bagel (3-1/2" dia) | 1.14 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89.00 | 1 bagel (4" dia) | 1.42 |

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| | poppy, sesame) | | | 0.48 |
| 18002 | Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame) | 53.00 | 1 bagel (3" dia) | 0.90 |
| 18002 | Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame) | 66.00 | 1 bagel (3-1/2" dia) | 1.12 |
| 18002 | Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame) | 83.00 | 1 bagel (4" dia) | 1.41 |
| 19078 | Baking chocolate, unsweetened, squares | 28.35 | 1 square (1 oz) | 15.68 |
| 19078 | Baking chocolate, unsweetened, squares | 132.00 | 1 cup, grated | 73.00 |
| 11028 | Bamboo shoots, canned, drained solids | 131.00 | 1 cup (1/8" slices) | 0.52 |
| 09040 | Bananas, raw | 118.00 | 1 medium (7" to 7-7/8" long) | 0.57 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254.00 | 1 cup | 1.14 |
| 16008 | Beans, baked, canned, with franks | 259.00 | 1 cup | 17.02 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 253.00 | 1 cup | 3.69 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 15.80 | 1 tablespoon | 0.16 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 253.00 | 1 cup | 2.61 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 172.00 | 1 cup | 0.93 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 177.00 | 1 cup | 0.80 |
| 16034 | Beans, kidney, red, mature seeds, canned | 256.00 | 1 cup | 0.87 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177.00 | 1 cup | 0.89 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182.00 | 1 cup | 1.04 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171.00 | 1 cup | 0.89 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135.00 | 1 cup | 0.14 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 125.00 | 1 cup | 0.35 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135.00 | 1 cup | 0.23 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 135.00 | 1 cup | 0.14 |
| 16050 | Beans, white, mature seeds, cooked, boiled, without salt | 179.00 | 1 cup | 0.63 |
| 13044 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.00 | 3 oz | 7.91 |
| 13044 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 187.00 | 1 lb raw with refuse, yields, excluding refuse | 17.39 |
| 13043 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1 oz | 1.45 |
| 13043 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw | 453.60 | 1 lb | 23.13 |
| 13050 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85.00 | 3 oz | 21.84 |

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| 13050 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 248.00 | 1 lb raw with refuse, yields, excluding refuse | 63.71 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.00 | 3 oz | 11.31 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 191.00 | 1 lb raw with refuse, yields, excluding refuse | 25.40 |
| 13058 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85.00 | 3 oz | 11.14 |
| 13058 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 193.00 | 1 lb raw with refuse, yields, excluding refuse | 25.28 |
| 13060 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.00 | 3 oz | 12.24 |
| 13060 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 187.00 | 1 lb raw with refuse, yields, excluding refuse | 26.93 |
| 13062 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised | 85.00 | 3 oz | 9.86 |
| 13062 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised | 200.00 | 1 lb raw with refuse, yields, excluding refuse | 23.20 |
| 13361 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked | 85.00 | 3 oz | 14.76 |
| 13361 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked | 279.00 | 1 lb raw with refuse, yields, excluding refuse | 48.46 |
| 13004 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked | 85.00 | 3 oz | 18.31 |
| 13004 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked | 285.00 | 1 lb raw with refuse, yields, excluding refuse | 61.39 |
| 13295 | Beef, ground, extra lean, (approximately 17% fat), raw | 28.35 | 1 oz | 4.84 |
| 13295 | Beef, ground, extra lean, (approximately 17% fat), raw | 113.00 | 4 oz | 19.28 |
| 13298 | Beef, ground, extra lean, cooked, broiled, medium | 85.00 | 3 oz | 13.88 |
| 13298 | Beef, ground, extra lean, cooked, broiled, medium | 336.00 | 1 lb raw yields | 54.87 |
| 13302 | Beef, ground, lean, (approximately 21% fat), raw | 28.35 | 1 oz | 5.86 |
| 13302 | Beef, ground, lean, (approximately 21% fat), raw | 113.00 | 4 oz | 23.36 |
| 13305 | Beef, ground, lean, cooked, broiled, medium | 85.00 | 3 oz | 15.69 |
| 13305 | Beef, ground, lean, cooked, broiled, medium | 322.00 | 1 lb raw yields | 59.44 |
| 13312 | Beef, ground, regular, cooked, broiled, medium | 85.00 | 3 oz | 17.59 |
| 13312 | Beef, ground, regular, cooked, broiled, medium | 304.00 | 1 lb raw yields | 62.90 |
| 13313 | Beef, ground, regular, cooked, broiled, well done | 85.00 | 3 oz | 16.54 |

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|---------|---|------------|--|---------------------|
| 13313 | Beef, ground, regular, cooked, broiled, well done | 272.00 | 1 lb raw yields | 52.93 |
| 13020 | Beef, retail cuts, separable fat, cooked | 28.35 | 1 oz | 19.94 |
| 13020 | Beef, retail cuts, separable fat, cooked | 85.00 | 3 oz | 59.78 |
| 13385 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.00 | 3 oz | 23.97 |
| 13385 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 290.00 | 1 lb raw with refuse, yields, excluding refuse | 81.78 |
| 13101 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 25.30 |
| 13101 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 293.00 | 1 lb raw with refuse, yields, excluding refuse | 87.23 |
| 13388 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.00 | 3 oz | 11.39 |
| 13388 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 214.00 | 1 lb raw with refuse, yields, excluding refuse | 28.68 |
| 13113 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 11.22 |
| 13113 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 210.00 | 1 lb raw with refuse, yields, excluding refuse | 27.72 |
| 13148 | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised | 85.00 | 3 oz | 35.68 |
| 13148 | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised | 225.00 | 1 lb raw with refuse, yields, excluding refuse | 94.46 |
| 13150 | Beef, rib, shortribs, separable lean only, choice, cooked, braised | 85.00 | 3 oz | 15.41 |
| 13150 | Beef, rib, shortribs, separable lean only, choice, cooked, braised | 121.00 | 1 lb raw with refuse, yields, excluding refuse | 21.94 |
| 13391 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.00 | 3 oz | 17.94 |
| 13391 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 269.00 | 1 lb raw with refuse, yields, excluding refuse | 56.79 |
| 13124 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 22.08 |
| 13124 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 269.00 | 1 lb raw with refuse, yields, excluding refuse | 69.89 |
| 13394 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.00 | 3 oz | 8.76 |
| 13394 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 220.00 | 1 lb raw with refuse, yields, excluding refuse | 22.66 |

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|---------|--|------------|--|---------------------|
| | grades, cooked, broiled | | | |
| 13136 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 201.00 | 1 lb raw with refuse, yields, excluding refuse | 22.51 |
| 13143 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted | 85.00 | 3 oz | 8.29 |
| 13143 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted | 210.00 | 1 lb raw with refuse, yields, excluding refuse | 20.48 |
| 13073 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 24.66 |
| 13073 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 290.00 | 1 lb raw with refuse, yields, excluding refuse | 84.13 |
| 13085 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 10.63 |
| 13085 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 206.00 | 1 lb raw with refuse, yields, excluding refuse | 25.75 |
| 13088 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.00 | 3 oz | 11.93 |
| 13088 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 203.00 | 1 lb raw with refuse, yields, excluding refuse | 28.48 |
| 13160 | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85.00 | 3 oz | 14.37 |
| 13160 | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 282.00 | 1 lb raw with refuse, yields, excluding refuse | 47.66 |
| 13168 | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85.00 | 3 oz | 6.97 |
| 13168 | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 244.00 | 1 lb raw with refuse, yields, excluding refuse | 20.01 |
| 13176 | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 10.84 |
| 13176 | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 333.00 | 1 lb raw with refuse, yields, excluding refuse | 42.46 |
| 13418 | Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.00 | 3 oz | 4.00 |
| 13418 | Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 330.00 | 1 lb raw with refuse, yields, excluding refuse | 15.51 |
| 13184 | Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 4.17 |
| 13184 | Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 293.00 | 1 lb raw with refuse, yields, | 14.36 |

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| 13156 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.00 | 3 oz | 6.21 |
| 13156 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 285.00 | 1 lb raw with refuse, yields, excluding refuse | 20.83 |
| 13155 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1 oz | 1.39 |
| 13155 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw | 453.60 | 1 lb | 22.18 |
| 13421 | Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.00 | 3 oz | 6.66 |
| 13421 | Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 330.00 | 1 lb raw with refuse, yields, excluding refuse | 25.84 |
| 13192 | Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 11.25 |
| 13192 | Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 323.00 | 1 lb raw with refuse, yields, excluding refuse | 42.77 |
| 13424 | Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.00 | 3 oz | 5.02 |
| 13424 | Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 320.00 | 1 lb raw with refuse, yields, excluding refuse | 18.88 |
| 13200 | Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85.00 | 3 oz | 5.87 |
| 13200 | Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 290.00 | 1 lb raw with refuse, yields, excluding refuse | 20.01 |
| 13428 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.00 | 3 oz | 5.36 |
| 13428 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 267.00 | 1 lb raw with refuse, yields, excluding refuse | 16.85 |
| 13208 | Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 8.18 |
| 13208 | Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 326.00 | 1 lb raw with refuse, yields, excluding refuse | 31.36 |
| 13217 | Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 4.17 |
| 13217 | Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 257.00 | 1 lb raw with refuse, yields, excluding refuse | 12.59 |
| 13220 | Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried | 85.00 | 3 oz | 7.29 |
| 13220 | Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried | 252.00 | 1 lb raw with refuse, yields, excluding refuse | 21.62 |

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| 13445 | Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.00 | 3 oz | 8.72 |
| 13445 | Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 155.00 | 1 raw steak with refuse, 223 g; yields excluding refuse | 15.90 |
| 13262 | Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 16.80 |
| 13262 | Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 178.00 | 1 raw steak with refuse, 261 g; yields excluding refuse | 35.17 |
| 13448 | Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.00 | 3 oz | 7.14 |
| 13448 | Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 150.00 | 1 raw steak with refuse, 223 g; yields excluding refuse | 12.60 |
| 13270 | Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 7.99 |
| 13270 | Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 149.00 | 1 raw steak with refuse, 261 g; yields excluding refuse | 14.01 |
| 13278 | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 13.10 |
| 13278 | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 306.00 | 1 lb raw with refuse, yields, excluding refuse | 47.15 |
| 13287 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 85.00 | 3 oz | 6.12 |
| 13287 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 267.00 | 1 lb raw with refuse, yields, excluding refuse | 19.22 |
| 13290 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried | 85.00 | 3 oz | 9.32 |
| 13290 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried | 247.00 | 1 lb raw with refuse, yields, excluding refuse | 27.10 |
| 13288 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1 oz | 1.42 |
| 13288 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw | 453.60 | 1 lb | 22.68 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 85.00 | 3 oz | 6.80 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 295.00 | 1 lb raw with refuse, yields, excluding refuse | 23.60 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 72.00 | 1/2 cup, 1 in pieces | 0.14 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 144.00 | 1 cup, (1" pieces) | 0.29 |
| 11084 | Beets, canned, drained solids | 8.00 | 1 slice | 0.01 |
| 11084 | Beets, canned, drained solids | 157.00 | 1 cup, diced | 0.22 |

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| | | 163.00 | | 0.23 |
| 11084 | Beets, canned, drained solids | 170.00 | 1 cup, slices | 0.24 |
| 11084 | Beets, canned, drained solids | 195.00 | 1 cup, shredded | 0.27 |
| 11081 | Beets, cooked, boiled, drained | 85.00 | 1/2 cup slices | 0.15 |
| 11081 | Beets, cooked, boiled, drained | 100.00 | 2 beets, (2" dia, sphere) | 0.18 |
| 18009 | Biscuits, plain or buttermilk, commercially baked | 28.35 | 1 oz | 4.68 |
| 18009 | Biscuits, plain or buttermilk, commercially baked | 35.00 | 1 biscuit | 5.78 |
| 18009 | Biscuits, plain or buttermilk, commercially baked | 51.00 | 1 medium | 8.42 |
| 18009 | Biscuits, plain or buttermilk, commercially baked | 77.00 | 1 large | 12.71 |
| 09050 | Blueberries, raw | 68.00 | 50 berries | 0.26 |
| 07007 | Bologna, beef | 23.00 | 1 slice (4" dia x 1/8" thick) | 6.56 |
| 07007 | Bologna, beef | 28.35 | 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz) | 8.08 |
| 07008 | Bologna, beef and pork | 23.00 | 1 slice (4" dia x 1/8" thick) | 6.50 |
| 07008 | Bologna, beef and pork | 28.35 | 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz) | 8.01 |
| 07014 | Braunschweiger (a liver sausage), pork | 18.00 | 1 slice (2-1/2" dia x 1/4" thick) | 5.78 |
| 07014 | Braunschweiger (a liver sausage), pork | 28.35 | 1 oz | 9.10 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1 oz | 1.53 |
| 18079 | Bread crumbs, dry, grated, plain | 108.00 | 1 cup | 5.83 |
| 18081 | Bread stuffing, bread, dry mix | 28.35 | 1 oz | 0.96 |
| 18081 | Bread stuffing, bread, dry mix | 170.00 | 1 package (6 oz) | 5.78 |
| 18022 | Bread, cornbread, dry mix, enriched (includes corn muffin mix) | 28.35 | 1 oz | 3.46 |
| 18022 | Bread, cornbread, dry mix, enriched (includes corn muffin mix) | 241.00 | 1 package (8.5 oz) | 29.40 |
| 18025 | Bread, cracked-wheat | 25.00 | 1 slice | 0.98 |
| 18029 | Bread, french or vienna (includes sourdough) | 15.00 | 1 small slice (2-1/2" x 2" x 1/2") | 0.45 |
| 18029 | Bread, french or vienna (includes sourdough) | 25.00 | 1 medium slice (4-3/4" x 4" x 1/2") | 0.75 |
| 18029 | Bread, french or vienna (includes sourdough) | 28.35 | 1 oz | 0.85 |
| 18029 | Bread, french or vienna (includes sourdough) | 35.00 | 1 large slice (5" x 2-1/2" x 1") | 1.05 |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 14.00 | 1 small slice | 0.46 |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 28.35 | 1 medium slice | 0.78 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 28.35 | 1 oz | 0.94 |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 32.00 | 1 large slice (5" x 2-1/2" x 1") | 1.06 |
| 18033 | Bread, italian | 10.00 | 1 small slice (3-1/4" x 2-1/2" x 1/2") | 0.35 |
| 18033 | Bread, italian | 20.00 | 1 medium slice | 0.70 |
| 18033 | Bread, italian | 28.35 | 1 oz | 0.99 |
| 18033 | Bread, italian | 30.00 | 1 large slice (4-1/2" x 3-1/4" x 3/4") | 1.05 |
| 18035 | Bread, mixed-grain (includes whole-grain, 7-grain) | 26.00 | 1 slice | 0.99 |
| 18035 | Bread, mixed-grain (includes whole-grain, 7-grain) | 28.35 | 1 oz | 1.08 |
| 18035 | Bread, mixed-grain (includes whole-grain, 7-grain) | 32.00 | 1 large slice | 1.22 |
| 18041 | Bread, pita, white, enriched | 28.00 | 1 small pita (4" dia) | 0.34 |
| 18041 | Bread, pita, white, enriched | 60.00 | 1 large pita (6-1/2" dia) | 0.72 |
| 18055 | Bread, reduced-calorie, wheat | 23.00 | 1 slice | 0.53 |
| 18055 | Bread, reduced-calorie, wheat | 28.35 | 1 oz | 0.65 |
| 18057 | Bread, reduced-calorie, white | 23.00 | 1 slice | 0.58 |
| 18057 | Bread, reduced-calorie, white | 28.35 | 1 oz | 0.71 |
| 18060 | Bread, rye | 7.00 | 1 slice, snack-size | 0.23 |
| 18060 | Bread, rye | 20.00 | 1 thin slice | 0.66 |
| 18060 | Bread, rye | 28.35 | 1 oz | 0.94 |
| 18060 | Bread, rye | 32.00 | 1 slice | 1.06 |
| 18064 | Bread, wheat (includes wheat berry) | 25.00 | 1 slice | 1.03 |
| 18065 | Bread, wheat, toasted (includes wheat berry) | 23.00 | 1 slice | 1.01 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 25.00 | 1 slice | 0.90 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 30.00 | 1 large slice | 1.08 |
| 18070 | Bread, white, commercially prepared, toasted | 27.00 | 1 large slice | 1.08 |
| 18075 | Bread, whole-wheat, commercially prepared | 28.00 | 1 slice | 1.18 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 25.00 | 1 slice | 1.20 |
| 21005 | Breakfast items, biscuit with egg and sausage | 180.00 | 1 biscuit | 38.70 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 37.00 | 1 spear (about 5" long) | 0.13 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 78.00 | 1/2 cup, chopped | 0.27 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 180.00 | 1 medium stalk (7-1/2" - 8" long) | 0.63 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|----------------------------------|---------------------|
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184.00 | 1 cup | 0.22 |
| 11095 | Broccoli, frozen, spears, cooked, boiled, drained, without salt | 92.00 | 1/2 cup | 0.10 |
| 11090 | Broccoli, raw | 11.00 | 1 floweret | 0.04 |
| 11090 | Broccoli, raw | 71.00 | 1 cup, flowerets | 0.25 |
| 11090 | Broccoli, raw | 151.00 | 1 stalk | 0.53 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 21.00 | 1 sprout | 0.11 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 78.00 | 1/2 cup | 0.40 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155.00 | 1 cup | 0.60 |
| 01002 | Butter, whipped, with salt | 3.80 | 1 pat | 3.08 |
| 01001 | Butter, with salt | 5.00 | 1 pat (1" sq, 1/3" high) | 4.06 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170.00 | 1 cup, shredded | 0.27 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 75.00 | 1/2 cup shredded | 0.32 |
| 11109 | Cabbage, raw | 33.00 | 1 large leaf | 0.09 |
| 11109 | Cabbage, raw | 89.00 | 1 cup, chopped | 0.24 |
| 11109 | Cabbage, raw | 908.00 | 1 medium head (about 5-3/4" dia) | 2.45 |
| 11112 | Cabbage, red, raw | 70.00 | 1 cup, shredded | 0.18 |
| 11112 | Cabbage, red, raw | 839.00 | 1 medium head (about 5" dia) | 2.18 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 28.35 | 1 oz | 4.11 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 50.00 | 1 cupcake | 7.25 |
| 18142 | Cake, yellow, dry mix, pudding-type | 28.35 | 1 oz | 2.78 |
| 18142 | Cake, yellow, dry mix, pudding-type | 524.00 | 1 package (18.5 oz) | 51.35 |
| 19141 | Candies, M&M MARS, "M&M's" Plain Chocolate Candies | 7.00 | 10 pieces | 1.48 |
| 19141 | Candies, M&M MARS, "M&M's" Plain Chocolate Candies | 48.00 | 1 package (1.69 oz) | 10.14 |
| 19141 | Candies, M&M MARS, "M&M's" Plain Chocolate Candies | 208.00 | 1 cup | 43.95 |
| 19155 | Candies, M&M MARS, SNICKERS Bar | 15.00 | 1 fun size bar | 3.69 |
| 19155 | Candies, M&M MARS, SNICKERS Bar | 57.00 | 1 bar (2 oz) | 14.01 |
| 19155 | Candies, M&M MARS, SNICKERS Bar | 113.00 | 1 king size bar (4 oz) | 27.78 |
| 19106 | Candies, gumdrops, starch jelly pieces | 3.20 | 1 small gumdrop (1/2" dia) | 0.00 |
| 19106 | Candies, gumdrops, starch jelly pieces | 4.20 | 1 medium gumdrop (3/4" dia) | 0.00 |
| 19106 | Candies, gumdrops, starch jelly pieces | 10.00 | 1 jelly ring (1-1/4" dia) | 0.00 |
| 19106 | Candies, gumdrops, starch jelly pieces | 11.60 | 1 large gumdrop (1" dia) | 0.00 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|---------------------------------|---------------------|
| 19106 | Candies, gumdrops, starch jelly pieces | 182.00 | 1 cup, gumdrops | 0.00 |
| 19107 | Candies, hard | 28.35 | 1 oz | 0.06 |
| 19116 | Candies, marshmallows | 7.00 | 10 miniatures | 0.01 |
| 19116 | Candies, marshmallows | 7.20 | 1 regular | 0.01 |
| 19116 | Candies, marshmallows | 50.00 | 1 cup of miniatures | 0.10 |
| 19120 | Candies, milk chocolate | 7.00 | 1 miniature bar | 2.15 |
| 19120 | Candies, milk chocolate | 44.00 | 1 bar (1.55 oz) | 13.51 |
| 19120 | Candies, milk chocolate | 168.00 | 1 cup, chips | 51.58 |
| 19132 | Candies, milk chocolate, with almonds | 41.00 | 1 bar (1.45 oz) | 14.10 |
| 19132 | Candies, milk chocolate, with almonds | 44.00 | 1 bar (1.55 oz) | 15.14 |
| 19080 | Candies, semisweet chocolate | 168.00 | 1 cup (6 oz package) chips | 50.40 |
| 19080 | Candies, semisweet chocolate | 173.00 | 1 cup, mini chips | 51.90 |
| 14400 | Carbonated beverage, cola | 31.00 | 1 fl oz | 0.00 |
| 14400 | Carbonated beverage, cola | 370.00 | 1 can or bottle (12 fl oz) | 0.00 |
| 14400 | Carbonated beverage, cola | 492.00 | 1 can or bottle (16 fl oz) | 0.00 |
| 14400 | Carbonated beverage, cola | 492.00 | 1 small drink (16 fl oz) | 0.00 |
| 14400 | Carbonated beverage, cola | 676.00 | 1 medium drink (22 fl oz) | 0.00 |
| 14400 | Carbonated beverage, cola | 984.00 | 1 large drink (32 fl oz) | 0.00 |
| 14400 | Carbonated beverage, cola | 1,353.00 | 1 extra large drink (44 fl oz) | 0.00 |
| 14136 | Carbonated beverage, ginger ale | 30.50 | 1 fl oz | 0.00 |
| 14136 | Carbonated beverage, ginger ale | 366.00 | 1 can or bottle (12 fl oz) | 0.00 |
| 14136 | Carbonated beverage, ginger ale | 488.00 | 1 can or bottle (16 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 30.70 | 1 fl oz | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 368.00 | 1 can or bottle (12 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 368.00 | 1 child/senior drink (12 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 491.00 | 1 can or bottle (16 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 491.00 | 1 small drink (16 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 675.00 | 1 medium drink (22 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 982.00 | 1 large drink (32 fl oz) | 0.00 |
| 14145 | Carbonated beverage, lemon-lime soda | 1,351.00 | 1 extra large drink (44 fl oz) | 0.00 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 29.60 | 1 fl oz | 0.00 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 355.00 | 1 can (12 fl oz) | 0.00 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 474.00 | 1 can or bottle (16 fl oz) | 0.00 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|-----------------------------------|---------------------|
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 474.00 | 1 small drink (16 fl oz) | 0.00 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 651.00 | 1 medium drink (22 fl oz) | 0.00 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 947.00 | 1 large drink (32 fl oz) | 0.00 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame | 1,302.00 | 1 extra large drink (44 fl oz) | 0.00 |
| 14157 | Carbonated beverage, root beer | 30.80 | 1 fl oz | 0.00 |
| 14157 | Carbonated beverage, root beer | 370.00 | 1 can or bottle (12 fl oz) | 0.00 |
| 14157 | Carbonated beverage, root beer | 493.00 | 1 can or bottle (16 fl oz) | 0.00 |
| 16055 | Carob flour | 8.00 | 1 tablespoon | 0.05 |
| 11128 | Carrots, canned, regular pack, drained solids | 146.00 | 1 cup, sliced | 0.28 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 46.00 | 1 carrot | 0.08 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 78.00 | 1/2 cup slices | 0.14 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146.00 | 1 cup, sliced | 0.16 |
| 11124 | Carrots, raw | 4.00 | 1 medium strip | 0.01 |
| 11124 | Carrots, raw | 72.00 | 1 carrot, (7-1/2") | 0.14 |
| 11124 | Carrots, raw | 122.00 | 1 cup, strips or slices | 0.23 |
| 11124 | Carrots, raw | 128.00 | 1 cup, chopped | 0.24 |
| 11935 | Catsup | 6.00 | 1 packet | 0.02 |
| 11935 | Catsup | 15.00 | 1 tablespoon | 0.05 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 62.00 | 1/2 cup, (1" pieces) | 0.28 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180.00 | 1 cup, (1" pieces) | 0.40 |
| 11135 | Cauliflower, raw | 13.00 | 1 floweret | 0.03 |
| 11135 | Cauliflower, raw | 100.00 | 1 cup | 0.21 |
| 11143 | Celery, raw | 4.00 | 1 strip (4" long) | 0.01 |
| 11143 | Celery, raw | 40.00 | 1 medium stalk (7-1/2" - 8" long) | 0.06 |
| 11143 | Celery, raw | 120.00 | 1 cup, diced | 0.17 |
| 08017 | Cereals ready-to-eat, COOKIE-CRISP, CHOCOLATE CHIP AND VANILLA, (corn with other grains) | 30.00 | 1 cup | 1.08 |
| 08019 | Cereals ready-to-eat, CORN CHEX, (corn) | 29.00 | 1 cup (1 NLEA serving) | 0.35 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 30.00 | 1 cup (1 NLEA serving) | 0.93 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30.00 | 3/4 cup (1 NLEA serving) | 1.63 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55.00 | 1 cup (1 NLEA serving) | 2.84 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 30.00 | 3/4 cup (1 NLEA serving) | 1.16 |
| 08012 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 30.00 | 1 cup (1 NLEA serving) | 1.77 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|----------------------------|---------------------|
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 30.00 | 3/4 cup (1 NLEA serving) | 3.04 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, CLUSTERS | 55.00 | 1 cup (1 NLEA serving) | 3.48 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 30.00 | 1 cup (1 NLEA serving) | 0.90 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 30.00 | 3/4 cup (1 NLEA serving) | 1.08 |
| 08266 | Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES | 30.00 | 3/4 cup (1 NLEA serving) | 0.29 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 30.00 | 1 cup (1 NLEA serving) | 1.24 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30.00 | 1-1/3 cup (1 NLEA serving) | 0.62 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 30.00 | 1 cup (1 NLEA serving) | 1.08 |
| 08265 | Cereals ready-to-eat, GENERAL MILLS, MULTIGRAIN CHEERIOS | 30.00 | 1 cup (1 NLEA serving) | 1.09 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 55.00 | 1 cup (1 NLEA serving) | 4.40 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS | 30.00 | 3/4 cup (1 NLEA serving) | 3.20 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 31.00 | 1-1/4 cup (1 NLEA serving) | 0.16 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, TOTAL | 30.00 | 3/4 cup (1 NLEA serving) | 0.70 |
| 08246 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes | 30.00 | 1-1/3 cup (1 NLEA serving) | 0.48 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 55.00 | 1 cup (1 NLEA serving) | 1.01 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 30.00 | 1 cup (1 NLEA serving) | 1.71 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 30.00 | 1 cup (1 NLEA serving) | 0.68 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS,regular and bite size | 51.00 | 1 cup, regular | 0.82 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33.00 | 1-1/4 cup (1 NLEA serving) | 0.36 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN | 30.00 | 1/2 cup (1 NLEA serving) | 0.93 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 30.00 | 1 cup (1 NLEA serving) | 0.39 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31.00 | 3/4 cup (1 NLEA serving) | 0.81 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 31.00 | 1 cup (1 NLEA serving) | 0.18 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29.00 | 1 cup (1 NLEA serving) | 0.29 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Bran Flakes | 29.00 | 3/4 cup (1 NLEA serving) | 0.64 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28.00 | 1 cup (1 NLEA serving) | 0.20 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 30.00 | 1 cup (1 NLEA serving) | 0.87 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 31.00 | 3/4 cup (1 NLEA serving) | 0.16 |
| 08242 | Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT with Crunchy Nuggets | 55.00 | 1 cup (1 NLEA serving) | 1.49 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30.00 | 1 cup (1 NLEA serving) | 0.39 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 61.00 | 1 cup (1 NLEA serving) | 1.46 |
| 08287 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES | 55.00 | 3/4 cup (1 NLEA serving) | 1.54 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|-----------------------------|---------------------|
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30.00 | 3/4 cup (1 NLEA serving) | 1.59 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS | 27.00 | 3/4 cup (1 NLEA serving) | 0.54 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31.00 | 1 cup (1 NLEA serving) | 0.28 |
| 08208 | Cereals ready-to-eat, KELLOGG, TEMPTATIONS, French Vanilla Almond | 30.00 | 3/4 cup (1 NLEA serving) | 1.65 |
| 08209 | Cereals ready-to-eat, KELLOGG, TEMPTATIONS, Honey Roasted Pecan | 30.00 | 1 cup (1 NLEA serving) | 2.25 |
| 08339 | Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal | 52.00 | 1 cup | 0.99 |
| 08340 | Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal | 46.00 | 2 biscuits (1 NLEA serving) | 0.55 |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 27.00 | 3/4 cup (1 NLEA serving) | 1.37 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES | 26.00 | 3/4 cup (1 NLEA serving) | 1.28 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27.00 | 3/4 cup (1 NLEA serving) | 2.32 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins | 51.00 | 1/2 cup (1 NLEA serving) | 7.28 |
| 08210 | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE | 50.00 | 1 cup (1 NLEA serving) | 1.74 |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 32.00 | 3/4 cup (1 NLEA serving) | 1.28 |
| 08219 | Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut | 49.00 | 1 cup (1 NLEA serving) | 2.71 |
| 08062 | Cereals ready-to-eat, RAISIN BRAN, RALSTON PURINA, (wheat) | 56.00 | 1 cup | 0.28 |
| 08037 | Cereals ready-to-eat, granola, homemade, (oats, wheat germ) | 122.00 | 1 cup | 30.01 |
| 08106 | Cereals, CREAM OF WHEAT, instant, dry, (wheat) | 11.50 | 1 tablespoon | 0.16 |
| 08106 | Cereals, CREAM OF WHEAT, instant, dry, (wheat) | 178.00 | 1 cup | 2.49 |
| 08109 | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water, (wheat, corn) | 142.00 | 1 packet, prepared | 0.28 |
| 08105 | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt, (wheat) | 239.00 | 1 cup | 0.48 |
| 08104 | Cereals, CREAM OF WHEAT, quick, dry, (wheat) | 11.00 | 1 tablespoon | 0.14 |
| 08104 | Cereals, CREAM OF WHEAT, quick, dry, (wheat) | 176.00 | 1 cup | 2.29 |
| 08102 | Cereals, CREAM OF WHEAT, regular, dry, (wheat) | 10.60 | 1 tablespoon | 0.16 |
| 08102 | Cereals, CREAM OF WHEAT, regular, dry, (wheat) | 173.00 | 1 cup | 2.60 |
| 08117 | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt, (wheat, barley) | 240.00 | 1 cup | 0.24 |
| 08092 | Cereals, QUAKER, corn grits, instant, plain, dry | 28.00 | 1 packet | 0.27 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared with water | 137.00 | 1 packet, prepared | 0.26 |
| 08091 | Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt, (corn) | 242.00 | 1 cup | 0.48 |
| 08090 | Cereals, corn grits, white, regular, quick, enriched, dry, (corn) | 9.70 | 1 tablespoon | 0.12 |
| 08090 | Cereals, corn grits, white, regular, quick, enriched, dry, (corn) | 150.00 | 1 cup | 1.07 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--------------------------------|---------------------|
| 08164 | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt, (corn) | 242.00 | 1 cup | 0.48 |
| 08122 | Cereals, oats, instant, fortified, plain, dry, (oats) | 28.00 | 1 packet | 1.71 |
| 08128 | Cereals, oats, instant, fortified, with cinnamon and spice, dry, (oats) | 46.10 | 1 packet | 2.09 |
| 08132 | Cereals, oats, instant, fortified, with raisins and spice, dry, (oats) | 42.50 | 1 packet | 1.79 |
| 08120 | Cereals, oats, regular and quick and instant, without fortified, dry, (oats) | 27.00 | 1/3 cup | 1.70 |
| 08120 | Cereals, oats, regular and quick and instant, without fortified, dry, (oats) | 81.00 | 1 cup | 5.10 |
| 01046 | Cheese food, pasteurized process, american, without di sodium phosphate | 21.00 | 1 slice, NFS (.75 oz) | 5.17 |
| 01048 | Cheese spread, pasteurized process, american, without di sodium phosphate | 34.00 | 1 slice | 7.22 |
| 01009 | Cheese, cheddar | 28.35 | 1 slice (1 oz) | 9.40 |
| 01016 | Cheese, cottage, 1% fat | 226.00 | 1 cup (not packed) | 2.31 |
| 01015 | Cheese, cottage, 2% fat | 226.00 | 1 cup (not packed) | 4.36 |
| 01012 | Cheese, cottage, creamed, large or small curd | 225.00 | 1 cup (not packed, small curd) | 10.15 |
| 01013 | Cheese, cottage, creamed, with fruit | 226.00 | 1 cup (not packed) | 7.68 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145.00 | 1 cup (not packed) | 0.61 |
| 01017 | Cheese, cream | 85.00 | 1 small package (3 oz) | 29.64 |
| 01019 | Cheese, feta | 38.00 | 1 wedge (1.33 oz) | 8.09 |
| 01029 | Cheese, mozzarella, part skim milk, low moisture | 113.00 | 1 cup, shredded | 19.35 |
| 01026 | Cheese, mozzarella, whole milk | 112.00 | 1 cup, shredded | 24.19 |
| 01030 | Cheese, muenster | 28.35 | 1 slice (1 oz) | 8.52 |
| 01032 | Cheese, parmesan, grated | 5.00 | 1 tablespoon | 1.50 |
| 01042 | Cheese, pasteurized process, american, with di sodium phosphate | 21.00 | 1 slice, NFS (.75 oz) | 6.56 |
| 01044 | Cheese, pasteurized process, swiss, with di sodium phosphate | 21.00 | 1 slice, NFS (.75 oz) | 5.25 |
| 01035 | Cheese, provolone | 28.35 | 1 slice (1 oz) | 7.55 |
| 01037 | Cheese, ricotta, part skim milk | 246.00 | 1 cup | 19.46 |
| 01036 | Cheese, ricotta, whole milk | 246.00 | 1 cup | 31.93 |
| 01040 | Cheese, swiss | 28.35 | 1 slice (1 oz) | 7.78 |
| 09070 | Cherries, sweet, raw | 6.80 | 1 cherry | 0.07 |
| 07017 | Chicken roll, light meat | 56.70 | 2 slices | 4.18 |
| 07017 | Chicken roll, light meat | 170.00 | 1 package, (net weight, 6 oz) | 12.55 |
| 05060 | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | 98.00 | 1/2 breast, bone removed | 7.62 |
| 05060 | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | 140.00 | 1 cup, chopped or diced | 10.89 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|------------------------------------|---------------------|
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 86.00 | 1/2 breast bone and skin removed | 3.07 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 140.00 | 1 cup, chopped or diced | 5.00 |
| 05069 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | 52.00 | 1 drumstick, bone removed | 5.80 |
| 05069 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | 140.00 | 1 cup, chopped or diced | 15.61 |
| 05073 | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | 44.00 | 1 drumstick, bone and skin removed | 2.49 |
| 05073 | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | 140.00 | 1 cup, chopped or diced | 7.92 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 114.00 | 1 leg, bone removed | 15.34 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 140.00 | 1 cup, chopped or diced | 18.84 |
| 05082 | Chicken, broilers or fryers, leg, meat only, cooked, roasted | 95.00 | 1 leg, bone and skin removed | 8.01 |
| 05082 | Chicken, broilers or fryers, leg, meat only, cooked, roasted | 140.00 | 1 cup, chopped or diced | 11.80 |
| 05014 | Chicken, broilers or fryers, meat only, stewed | 140.00 | 1 cup, chopped or diced | 9.39 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 52.00 | 1 thigh, bone and skin removed | 5.66 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 140.00 | 1 cup, chopped or diced | 15.23 |
| 05103 | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | 34.00 | 1 wing, bone removed | 6.62 |
| 05103 | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | 140.00 | 1 cup, chopped or diced | 27.24 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164.00 | 1 cup | 4.25 |
| 14181 | Chocolate syrup, without added nutrients | 18.80 | 1 tablespoon | 0.21 |
| 14209 | Coffee, brewed, prepared with tap water | 29.60 | 1 fl oz | 0.00 |
| 14209 | Coffee, brewed, prepared with tap water | 178.00 | 6 fl oz | 0.00 |
| 14209 | Coffee, brewed, prepared with tap water | 237.00 | 1 cup (8 fl oz) | 0.00 |
| 14214 | Coffee, instant, regular, powder | 1.80 | 1 teaspoon, rounded | 0.01 |
| 11162 | Collards, cooked, boiled, drained, without salt | 190.00 | 1 cup, chopped | 0.68 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170.00 | 1 cup, chopped | 0.70 |
| 18159 | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched | 10.00 | 1 medium cookie (2-1/4" dia) | 2.26 |
| 18159 | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched | 28.35 | 1 oz | 6.41 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 16.00 | 1 medium cookie (2-1/4" dia) | 4.53 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 28.35 | 1 oz | 8.02 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 10.00 | 1 cookie | 2.06 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 28.35 | 1 oz | 5.84 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|--|---------------------|
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 14.00 | 1 large rectangular piece or 2 squares or 4 small rectangular pieces | 1.41 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 28.35 | 1 oz | 2.86 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 84.00 | 1 cup, crushed | 8.48 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256.00 | 1 cup | 1.08 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 105.00 | 1/2 cup | 0.53 |
| 11172 | Corn, sweet, yellow, canned, whole kernel, drained solids | 164.00 | 1 cup | 1.64 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 77.00 | kernels from 1 ear | 0.99 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 82.00 | 1/2 cup cut | 1.05 |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 82.00 | 1/2 cup | 0.35 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 82.00 | 1/2 cup kernels | 0.61 |
| 20022 | Cornmeal, degermed, enriched, yellow | 138.00 | 1 cup | 2.28 |
| 11192 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 165.00 | 1 cup | 0.63 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170.00 | 1 cup | 1.12 |
| 16063 | Cowpeas, common (black-eyed, crowder, southern), mature seeds, cooked, boiled, without salt | 172.00 | 1 cup | 0.91 |
| 18214 | Crackers, cheese, regular | 1.00 | 1 cracker, (1" square) | 0.25 |
| 18214 | Crackers, cheese, regular | 28.00 | 1 single serving bag | 7.08 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 1.00 | 1 oyster cracker | 0.12 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 3.00 | 1 cracker | 0.35 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 10.00 | 1 large round cracker | 1.18 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 14.18 | 1/2 oz | 1.67 |
| 18229 | Crackers, standard snack-type, regular | 0.60 | 1 bite size | 0.15 |
| 18229 | Crackers, standard snack-type, regular | 3.00 | 1 round cracker | 0.76 |
| 18229 | Crackers, standard snack-type, regular | 4.00 | 1 rectangular cracker | 1.01 |
| 18229 | Crackers, standard snack-type, regular | 14.18 | 1/2 oz | 3.59 |
| 18235 | Crackers, whole-wheat | 4.00 | 1 cracker | 0.69 |
| 14242 | Cranberry juice cocktail, bottled | 31.60 | 1 fl oz | 0.03 |
| 14242 | Cranberry juice cocktail, bottled | 253.00 | 1 cup (8 fl oz) | 0.25 |
| 09081 | Cranberry sauce, canned, sweetened | 57.00 | 1 slice (1/2" thick, approx 8 slices per can) | 0.09 |
| 14238 | Cranberry-apple juice drink, bottled | 30.60 | 1 fl oz | 0.00 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|---|---------------------|
| 14238 | Cranberry-apple juice drink, bottled | 245.00 | 1 cup (8 fl oz) | 0.00 |
| 01049 | Cream, fluid, half and half | 15.00 | 1 individual container (.5 fl oz) | 1.73 |
| 01050 | Cream, fluid, light, coffee or table | 11.10 | 1 individual container | 2.14 |
| 18239 | Croissants, butter | 57.00 | 1 medium croissant | 11.97 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 85.00 | 3 oz | 1.50 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 85.00 | 3 oz | 0.50 |
| 11206 | Cucumber, peeled, raw | 7.00 | 1 slice | 0.01 |
| 11206 | Cucumber, peeled, raw | 9.00 | 1 stick, 4" long | 0.01 |
| 11206 | Cucumber, peeled, raw | 119.00 | 1 cup, sliced | 0.19 |
| 11206 | Cucumber, peeled, raw | 201.00 | 1 medium | 0.32 |
| 11205 | Cucumber, with peel, raw | 52.00 | 1/2 cup slices | 0.07 |
| 11205 | Cucumber, with peel, raw | 301.00 | 1 cucumber, (8-1/4") | 0.39 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105.00 | 1 cup, chopped | 0.63 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 28.35 | 1 oz | 5.24 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 53.00 | 1 piece (1/8 of 15 oz ring) | 9.81 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71.00 | 1 pastry, (4-1/4" dia) | 13.14 |
| 09087 | Dates, domestic, natural and dry | 8.30 | 1 date | 0.04 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 14.00 | 1 mini doughnut (1-1/2" dia) or doughnut hole | 3.21 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 28.35 | 1 oz | 6.49 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 47.00 | 1 medium doughnut (3-1/4" dia) | 10.76 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 71.00 | 1 large doughnut (4" dia) | 16.26 |
| 18249 | Doughnuts, cake-type, plain, chocolate-coated or frosted | 28.35 | 1 oz | 8.79 |
| 18249 | Doughnuts, cake-type, plain, chocolate-coated or frosted | 43.00 | 1 medium doughnut (approx 3" dia) | 13.33 |
| 18249 | Doughnuts, cake-type, plain, chocolate-coated or frosted | 57.00 | 1 large doughnut (approx 3-1/2" dia) | 17.67 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 31.00 | 1 small doughnut (approx 3" dia) | 7.07 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 60.00 | 1 medium doughnut (approx 3-3/4" dia) | 13.68 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|-----------------------------------|---------------------|
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 65.00 | 1 honeybun (4" x 3" oval) | 14.82 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 78.00 | 1 honeybun (4-1/2" x 3-1/2" oval) | 17.78 |
| 01131 | Egg, whole, cooked, poached | 50.00 | 1 large egg | 4.99 |
| 01123 | Egg, whole, raw, fresh | 50.00 | 1 large | 5.01 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99.00 | 1 cup, (1" cubes) | 0.23 |
| 11213 | Endive, raw | 25.00 | 1/2 cup, chopped | 0.05 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 28.35 | 1 oz | 0.57 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52.00 | 1 muffin | 1.04 |
| 21049 | Entrees, pizza with cheese | 63.00 | 1 slice | 3.21 |
| 21049 | Entrees, pizza with cheese | 503.00 | 1 pizza (12" dia) | 25.65 |
| 21050 | Entrees, pizza with cheese, meat, and vegetables | 79.00 | 1 slice | 5.36 |
| 21050 | Entrees, pizza with cheese, meat, and vegetables | 631.00 | 1 pizza (12" dia) | 42.84 |
| 21051 | Entrees, pizza with pepperoni | 71.00 | 1 slice | 6.96 |
| 21051 | Entrees, pizza with pepperoni | 567.00 | 1 pizza (12" dia) | 55.57 |
| 21009 | Fast foods, biscuit, with sausage | 124.00 | 1 biscuit | 31.78 |
| 21061 | Fast foods, burrito, with beans and cheese | 186.00 | 2 pieces | 11.70 |
| 21063 | Fast foods, burrito, with beans and meat | 231.00 | 2 pieces | 17.81 |
| 21098 | Fast foods, cheeseburger, large, single patty, with condiments and vegetables | 219.00 | 1 sandwich | 32.94 |
| 21095 | Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables | 228.00 | 1 sandwich | 35.27 |
| 21090 | Fast foods, cheeseburger, regular, single patty, with condiments | 113.00 | 1 sandwich | 14.15 |
| 21102 | Fast foods, chicken fillet sandwich, plain | 182.00 | 1 sandwich | 29.45 |
| 21037 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 17.70 | 1 piece | 3.44 |
| 21037 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 106.00 | 6 pieces | 20.61 |
| 21042 | Fast foods, chili con carne | 253.00 | 1 cup (8 fl oz) | 8.27 |
| 21074 | Fast foods, enchilada, with cheese | 163.00 | 1 enchilada | 18.84 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 137.00 | 1 sandwich | 12.59 |
| 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 183.00 | 1 sandwich | 28.60 |
| 21108 | Fast foods, hamburger, regular, single patty, with condiments | 106.00 | 1 sandwich | 9.77 |
| 21130 | Fast foods, onion rings, breaded and fried | 83.00 | 8-9 onion rings | 15.51 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 134.00 | 1 medium | 24.70 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|--|---------------------|
| | | 169.00 | | 31.15 |
| 21121 | Fast foods, roast beef sandwich, plain | 139.00 | 1 sandwich | 13.76 |
| 21059 | Fast foods, shrimp, breaded and fried | 164.00 | 6-8 shrimp | 24.90 |
| 21082 | Fast foods, taco | 171.00 | 1 small | 20.55 |
| 21082 | Fast foods, taco | 263.00 | 1 large | 31.61 |
| 21083 | Fast foods, taco salad | 198.00 | 1.5 cups | 14.77 |
| 09094 | Figs, dried, uncooked | 19.00 | 1 fig | 0.22 |
| 15011 | Finfish, catfish, channel, cooked, breaded and fried | 87.00 | 1 fillet | 11.60 |
| 15192 | Finfish, cod, Pacific, cooked, dry heat | 90.00 | 1 fillet | 0.73 |
| 15027 | Finfish, fish portions and sticks, frozen, preheated | 28.00 | 1 stick (4" x 1" x 1/2") | 3.42 |
| 15029 | Finfish, flatfish (flounder and sole species), cooked, dry heat | 127.00 | 1 fillet | 1.94 |
| 15034 | Finfish, haddock, cooked, dry heat | 150.00 | 1 fillet | 1.40 |
| 15037 | Finfish, halibut, Atlantic and Pacific, cooked, dry heat | 159.00 | 1/2 fillet | 4.67 |
| 15041 | Finfish, herring, Atlantic, pickled | 15.00 | 1 piece (1-3/4" x 7/8" x 1/2") | 2.70 |
| 15058 | Finfish, ocean perch, Atlantic, cooked, dry heat | 50.00 | 1 fillet | 1.05 |
| 15067 | Finfish, pollock, walleye, cooked, dry heat | 60.00 | 1 fillet | 0.67 |
| 15071 | Finfish, rockfish, Pacific, mixed species, cooked, dry heat | 149.00 | 1 fillet | 2.99 |
| 15232 | Finfish, roughy, orange, cooked, dry heat | 85.00 | 3 oz | 0.77 |
| 15084 | Finfish, salmon, pink, canned, solids with bone and liquid | 85.00 | 3 oz | 5.14 |
| 15086 | Finfish, salmon, sockeye, cooked, dry heat | 155.00 | 1/2 fillet | 17.00 |
| 15088 | Finfish, sardine, Atlantic, canned in oil, drained solids with bone | 12.00 | 1 small fish (2-2/3" x 1/2" x 1/4") | 1.37 |
| 15111 | Finfish, swordfish, cooked, dry heat | 106.00 | 1 piece | 5.45 |
| 15241 | Finfish, trout, rainbow, farmed, cooked, dry heat | 71.00 | 1 fillet | 5.11 |
| 15119 | Finfish, tuna, canned, drained solids, light meat, canned in oil | 28.35 | 1 oz | 2.33 |
| 15121 | Finfish, tuna, light, canned in water, drained solids | 28.35 | 1 oz | 0.23 |
| 15221 | Finfish, tuna, yellowfin, fresh, cooked, dry heat | 85.00 | 3 oz | 1.04 |
| 07022 | Frankfurter, beef | 45.00 | 1 frankfurter (5 in long x 3/4 in dia, 10 per pound) | 12.83 |
| 07022 | Frankfurter, beef | 57.00 | 1 frankfurter, (5 in long x 7/8 in dia, 8 per pound) | 16.25 |
| 07023 | Frankfurter, beef and pork | 45.00 | 1 frankfurter (5 in long x 3/4 in dia, 10 per pound) | 13.12 |
| 07024 | Frankfurter, chicken | 28.35 | 1 oz | 5.52 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| 07024 | Frankfurter, chicken | 45.00 | 1 frankfurter | 8.77 |
| 07025 | Frankfurter, turkey | 28.35 | 1 oz | 5.02 |
| 07025 | Frankfurter, turkey | 45.00 | 1 frankfurter | 7.97 |
| 19095 | Frozen desserts, ice cream, vanilla | 58.00 | 1 individual cup (3.5 fl oz) | 6.38 |
| 19095 | Frozen desserts, ice cream, vanilla | 66.00 | 1/2 cup (4 fl oz) | 7.26 |
| 19089 | Frozen desserts, ice cream, vanilla, rich | 74.00 | 1/2 cup (4 fl oz) | 11.99 |
| 19283 | Frozen desserts, ice pops | 52.00 | 1 bar (1.75 fl oz) | 0.00 |
| 19283 | Frozen desserts, ice pops | 59.00 | 1 bar (2 fl oz) | 0.00 |
| 19280 | Frozen desserts, ices, water, lime | 99.00 | 1/2 cup (4 fl oz) | 0.00 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248.00 | 1 cup | 0.17 |
| 14267 | Fruit punch drink, canned | 31.00 | 1 fl oz | 0.00 |
| 14267 | Fruit punch drink, canned | 248.00 | 1 cup (8 fl oz) | 0.00 |
| 17164 | Game meat, deer, raw | 28.35 | 1 oz | 0.69 |
| 17164 | Game meat, deer, raw | 453.60 | 1 lb | 10.98 |
| 11215 | Garlic, raw | 2.80 | 1 teaspoon | 0.01 |
| 11215 | Garlic, raw | 3.00 | 1 clove | 0.02 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added vitamin C | 253.00 | 1 cup | 0.20 |
| 09123 | Grapefruit juice, canned, unsweetened | 247.00 | 1 cup | 0.25 |
| 09111 | Grapefruit, raw, pink and red and white, all areas | 128.00 | 1/2 medium (approx 4" dia) | 0.13 |
| 09116 | Grapefruit, raw, white, all areas | 118.00 | 1/2 fruit, (3-3/4" dia, sphere) | 0.12 |
| 09132 | Grapes, european type (adherent skin), raw | 160.00 | 1 cup, seedless | 0.93 |
| 06116 | Gravy, beef, canned | 233.00 | 1 cup | 5.50 |
| 07027 | Ham, chopped, not canned | 28.35 | 1 slice (1 oz) (4" x 4" x 3/32" thick) | 4.89 |
| 07028 | Ham, sliced, extra lean, (approximately 5% fat) | 28.35 | 1 slice (6-1/4" x 4" x 1/16") | 1.41 |
| 07028 | Ham, sliced, extra lean, (approximately 5% fat) | 135.00 | 1 cup, diced | 6.70 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 28.35 | 1 slice (6-1/4" x 4" x 1/16") | 3.00 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 135.00 | 1 cup, diced | 14.27 |
| 19296 | Honey, strained or extracted | 14.00 | 1 packet (0.5 oz) | 0.00 |
| 19296 | Honey, strained or extracted | 21.00 | 1 tablespoon | 0.00 |
| 19296 | Honey, strained or extracted | 339.00 | 1 cup | 0.00 |
| 07089 | Italian sausage, cooked, pork | 67.00 | 1 link, 5/lb | 17.22 |
| 07089 | Italian sausage, cooked, pork | 22.00 | 1 link, 4/lb | 21.22 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| 19300 | Jellies | 14.00 | 1 packet (0.5 oz) | 0.00 |
| 19300 | Jellies | 19.00 | 1 tablespoon | 0.01 |
| 19300 | Jellies | 300.00 | 1 cup | 0.09 |
| 11234 | Kale, cooked, boiled, drained, without salt | 130.00 | 1 cup, chopped | 0.52 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130.00 | 1 cup, chopped | 0.64 |
| 07037 | Kielbasa, kolbassy, pork, beef, nonfat dry milk added | 26.00 | 1 slice, (6" x 3-3/4" x 1/16") | 7.06 |
| 07037 | Kielbasa, kolbassy, pork, beef, nonfat dry milk added | 28.35 | 1 oz | 7.70 |
| 09148 | Kiwi fruit, (chinese gooseberries), fresh, raw | 76.00 | 1 medium fruit, without skin | 0.33 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165.00 | 1 cup, sliced | 0.18 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.00 | 3 oz | 14.01 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 265.00 | 1 lb raw with refuse, yields, excluding refuse | 43.67 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.00 | 3 oz | 6.58 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 218.00 | 1 lb raw with refuse, yields, excluding refuse | 16.87 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 64.00 | 1 raw chop with refuse, 120 g; yields excluding refuse | 14.77 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.00 | 3 oz | 19.62 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 46.00 | 1 raw chop with refuse, 120 g; yields excluding refuse | 4.48 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.00 | 3 oz | 8.27 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.00 | 3 oz | 25.35 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 255.00 | 1 lb raw with refuse, yields, excluding refuse | 76.04 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.00 | 3 oz | 11.31 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 159.00 | 1 lb raw with refuse, yields, excluding refuse | 21.16 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 70.00 | 1 raw chop with refuse, 160 g; yields excluding refuse | 16.80 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.00 | 3 oz | 20.40 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 55.00 | 1 raw chop with refuse, 160 g; yields excluding refuse | 7.74 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.00 | 3 oz | 11.97 |
| 04002 | Lard | 12.80 | 1 tablespoon | 12.80 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 2.30 | 1/2 teaspoon | 0.00 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 4.60 | 1 teaspoon | 0.00 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 2.30 | 1/2 teaspoon | 0.00 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 4.60 | 1 teaspoon | 0.00 |
| 18375 | Leavening agents, yeast, baker's, active dry | 4.00 | 1 teaspoon | 0.18 |
| 18375 | Leavening agents, yeast, baker's, active dry | 7.00 | 1 package | 0.32 |
| 18375 | Leavening agents, yeast, baker's, active dry | 12.00 | 1 tablespoon | 0.55 |
| 18374 | Leavening agents, yeast, baker's, compressed | 17.00 | 1 cake (0.6 oz) | 0.32 |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198.00 | 1 cup | 0.75 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 7.50 | 1 medium leaf | 0.02 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 55.00 | 1 cup, shredded or chopped | 0.12 |
| 11251 | Lettuce, cos or romaine, raw | 10.00 | 1 innerleaf | 0.02 |
| 11251 | Lettuce, cos or romaine, raw | 28.00 | 1/2 cup shredded | 0.06 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 8.00 | 1 medium leaf | 0.02 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 55.00 | 1 cup, shredded or chopped | 0.10 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 539.00 | 1 medium head (6" dia) | 1.02 |
| 11253 | Lettuce, looseleaf, raw | 10.00 | 1 leaf | 0.03 |
| 11253 | Lettuce, looseleaf, raw | 28.00 | 1/2 cup shredded | 0.08 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 90.00 | 1/2 cup | 0.27 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 85.00 | 1/2 cup | 0.29 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188.00 | 1 cup | 0.71 |
| 07043 | Luncheon meat, beef, thin sliced | 21.00 | 5 slices | 0.81 |
| 07043 | Luncheon meat, beef, thin sliced | 28.35 | 1 oz | 1.09 |
| 20100 | Macaroni, cooked, enriched | 140.00 | 1 cup elbow shaped | 0.94 |
| 20099 | Macaroni, dry, enriched | 105.00 | 1 cup | 1.66 |
| 09181 | Melons, cantaloupe, raw | 69.00 | 1 medium wedge (1/8 of medium melon) | 0.19 |
| 09181 | Melons, cantaloupe, raw | 160.00 | 1 cup, cubes | 0.45 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|--------------------------------------|---------------------|
| | | 125.00 | melon) | 0.13 |
| 09184 | Melons, honeydew, raw | 177.00 | 1 cup, balls | 0.18 |
| 16112 | Miso | 275.00 | 1 cup | 16.69 |
| 19304 | Molasses | 20.00 | 1 tablespoon | 0.02 |
| 19304 | Molasses | 328.00 | 1 cup | 0.33 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 88.00 | 6 medium | 11.07 |
| 18274 | Muffins, blueberry, commercially prepared | 11.00 | 1 miniature muffin (1-1/4" dia) | 0.72 |
| 18274 | Muffins, blueberry, commercially prepared | 28.35 | 1 oz | 1.84 |
| 18274 | Muffins, blueberry, commercially prepared | 57.00 | 1 muffin (2-3/4" dia x 2") | 3.71 |
| 18274 | Muffins, blueberry, commercially prepared | 71.00 | 1 large muffin (3-1/4" dia x 2-3/4") | 4.62 |
| 18279 | Muffins, corn, commercially prepared | 28.35 | 1 oz | 2.38 |
| 18279 | Muffins, corn, commercially prepared | 57.00 | 1 muffin (2-1/2" dia x 2-1/4") | 4.79 |
| 18286 | Muffins, wheat bran, toaster-type with raisins | 28.35 | 1 oz | 2.49 |
| 18286 | Muffins, wheat bran, toaster-type with raisins | 36.00 | 1 toaster muffin | 3.17 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124.00 | 1 cup | 0.11 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 104.00 | 1 cup | 0.19 |
| 11264 | Mushrooms, canned, drained solids | 156.00 | 1 cup | 0.45 |
| 11261 | Mushrooms, cooked, boiled, drained, without salt | 12.00 | 1 mushroom | 0.06 |
| 11261 | Mushrooms, cooked, boiled, drained, without salt | 156.00 | 1 cup, pieces | 0.73 |
| 11260 | Mushrooms, raw | 18.00 | 1 medium | 0.06 |
| 11260 | Mushrooms, raw | 70.00 | 1 cup, pieces or slices | 0.23 |
| 11260 | Mushrooms, raw | 96.00 | 1 cup, whole | 0.32 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 140.00 | 1 cup, chopped | 0.34 |
| 02046 | Mustard, prepared, yellow | 5.00 | 1 teaspoon | 0.16 |
| 09191 | Nectarines, raw | 136.00 | 1 fruit (2-1/2" dia) | 0.63 |
| 20113 | Noodles, chinese, chow mein | 45.00 | 1 cup | 13.84 |
| 20110 | Noodles, egg, cooked, enriched | 160.00 | 1 cup | 2.35 |
| 20116 | Noodles, japanese, somen, dry | 57.00 | 2 oz | 0.46 |
| 12061 | Nuts, almonds, dried, unblanched | 28.35 | 1 oz (24 whole kernels) | 14.36 |
| 12078 | Nuts, brazilnuts, dried, unblanched | 28.35 | 1 oz (6-8 kernels) | 18.77 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 28.35 | 1 oz | 13.14 |
| 12585 | Nuts, cashew nuts, oil roasted, with salt added | 28.35 | 1 oz (18 kernels) | 13.07 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|---------------------------|---------------------|
| 12167 | Nuts, chestnuts, european, roasted | 143.00 | 1 cup | 3.15 |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93.00 | 1 cup, shredded | 33.01 |
| 12104 | Nuts, coconut meat, raw | 45.00 | 1 piece (2" x 2" x 1/2") | 15.07 |
| 12120 | Nuts, filberts or hazelnuts, dried, unblanched | 28.35 | 1 oz | 17.22 |
| 12120 | Nuts, filberts or hazelnuts, dried, unblanched | 115.00 | 1 cup chopped kernels | 69.86 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 28.35 | 1 oz (10-12 kernels) | 21.57 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 28.35 | 1 oz | 14.59 |
| 12637 | Nuts, mixed nuts, oil roasted, with peanuts, with salt added | 28.35 | 1 oz | 15.97 |
| 12142 | Nuts, pecans, dried | 28.35 | 1 oz (20 halves) | 20.40 |
| 12142 | Nuts, pecans, dried | 119.00 | 1 cup, chopped | 85.64 |
| 12149 | Nuts, pine nuts, pinyon, dried | 28.35 | 1 oz | 17.29 |
| 12151 | Nuts, pistachio nuts, dried | 28.35 | 1 oz (47 kernels) | 12.24 |
| 12154 | Nuts, walnuts, black, dried | 28.35 | 1 oz | 16.04 |
| 12154 | Nuts, walnuts, black, dried | 125.00 | 1 cup, chopped | 70.73 |
| 12155 | Nuts, walnuts, english | 28.35 | 1 oz (14 halves) | 18.49 |
| 12155 | Nuts, walnuts, english | 120.00 | 1 cup pieces or chips | 78.25 |
| 04053 | Oil, olive, salad or cooking | 13.50 | 1 tablespoon | 13.50 |
| 04042 | Oil, peanut, salad or cooking | 13.50 | 1 tablespoon | 13.50 |
| 04044 | Oil, soybean, salad or cooking | 13.60 | 1 tablespoon | 13.60 |
| 04034 | Oil, soybean, salad or cooking, (hydrogenated) | 13.60 | 1 tablespoon | 13.60 |
| 04543 | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed | 13.60 | 1 tablespoon | 13.60 |
| 04518 | Oil, vegetable corn, salad or cooking | 13.60 | 1 tablespoon | 13.60 |
| 04510 | Oil, vegetable safflower, salad or cooking, linoleic, (over 70%) | 13.60 | 1 tablespoon | 13.60 |
| 04502 | Oil, vegetable, cottonseed, salad or cooking | 13.60 | 1 tablespoon | 13.60 |
| 04506 | Oil, vegetable, sunflower, linoleic, (60% and over) | 13.60 | 1 tablespoon | 13.60 |
| 11279 | Okra, cooked, boiled, drained, without salt | 80.00 | 1/2 cup slices | 0.14 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 71.00 | 10 large rings (3-4" dia) | 18.96 |
| 11283 | Onions, cooked, boiled, drained, without salt | 94.00 | 1 medium | 0.18 |
| 11283 | Onions, cooked, boiled, drained, without salt | 210.00 | 1 cup | 0.40 |
| 11282 | Onions, raw | 110.00 | 1 medium (2-1/2" dia) | 0.18 |
| 11282 | Onions, raw | 115.00 | 1 cup, sliced | 0.18 |
| 11282 | Onions, raw | 160.00 | 1 cup, chopped | 0.26 |
| 11291 | Onions, spring (includes tops and bulb), raw | 15.00 | 1 medium (4-1/8" long) | 0.03 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| 11291 | Onions, spring (includes tops and bulb), raw | 100.00 | 1 cup, chopped | 0.19 |
| 09207 | Orange juice, canned, unsweetened | 249.00 | 1 cup | 0.35 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249.00 | 1 cup | 0.15 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 213.00 | 1 can (6 fl oz) | 0.45 |
| 09206 | Orange juice, raw | 248.00 | 1 cup | 0.50 |
| 09200 | Oranges, raw, all commercial varieties | 131.00 | 1 fruit, (2-5/8" dia, sphere) | 0.16 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 28.35 | 1 oz | 0.94 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 36.00 | 1 pancake (4" dia) | 1.19 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 73.00 | 1 pancake (6" dia) | 2.41 |
| 11625 | Parsley, freeze-dried | 0.40 | 1 tablespoon | 0.02 |
| 11297 | Parsley, raw | 60.00 | 1 cup | 0.47 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 78.00 | 1/2 cup slices | 0.23 |
| 09236 | Peaches, raw | 98.00 | 1 medium (2-1/2" dia) (approx 4 per lb) | 0.09 |
| 09236 | Peaches, raw | 170.00 | 1 cup, slices | 0.15 |
| 16098 | Peanut butter, smooth style, added salt | 32.00 | 2 tablespoons | 16.33 |
| 16090 | Peanuts, all types, dry-roasted, with salt | 28.35 | 1 oz | 14.08 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 28.35 | 1 oz | 13.98 |
| 16389 | Peanuts, all types, oil-roasted, without salt | 28.35 | 1 oz, shelled | 13.98 |
| 09252 | Pears, raw | 166.00 | 1 medium pear (approx 2-1/2 per lb) | 0.66 |
| 11301 | Peas, edible-podded, cooked, boiled, drained, without salt | 160.00 | 1 cup | 0.37 |
| 11308 | Peas, green, canned, regular pack, drained solids | 170.00 | 1 cup | 0.60 |
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 80.00 | 1/2 cup | 0.22 |
| 11304 | Peas, green, raw | 145.00 | 1 cup | 0.58 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196.00 | 1 cup | 0.76 |
| 07057 | Pepperoni, pork, beef | 5.50 | 1 slice (1-3/8" dia x 1/8" thick) | 2.42 |
| 07057 | Pepperoni, pork, beef | 251.00 | 1 sausage (10-1/4" long x 1- 3/8" dia) | 110.36 |
| 11670 | Peppers, hot chili, green, raw | 75.00 | 1/2 cup chopped or diced | 0.15 |
| 11819 | Peppers, hot chili, red, raw | 75.00 | 1/2 cup chopped or diced | 0.15 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 68.00 | 1/2 cup, chopped | 0.14 |
| 11333 | Peppers, sweet, green, raw | 10.00 | 1 ring (3" dia, 1/4" thick) | 0.02 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|---|---------------------|
| 11333 | Peppers, sweet, green, raw | 27.00 | 10 strips | 0.05 |
| 11333 | Peppers, sweet, green, raw | 92.00 | 1 cup, sliced | 0.17 |
| 11333 | Peppers, sweet, green, raw | 119.00 | 1 medium (approx 2-3/4" long, 2-1/2" dia) | 0.23 |
| 11333 | Peppers, sweet, green, raw | 149.00 | 1 cup, chopped | 0.28 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 68.00 | 1/2 cup, chopped | 0.14 |
| 11821 | Peppers, sweet, red, raw | 10.00 | 1 ring (3" dia, 1/4" thick) | 0.02 |
| 11821 | Peppers, sweet, red, raw | 92.00 | 1 cup, sliced | 0.17 |
| 11821 | Peppers, sweet, red, raw | 149.00 | 1 cup, chopped | 0.28 |
| 11945 | Pickle relish, sweet | 15.00 | 1 tablespoon | 0.07 |
| 11945 | Pickle relish, sweet | 245.00 | 1 cup | 1.15 |
| 11937 | Pickles, cucumber, dill | 30.00 | 1 spear | 0.06 |
| 11937 | Pickles, cucumber, dill | 143.00 | 1 cup, chopped or diced | 0.27 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 28.35 | 1 oz | 3.12 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 117.00 | 1 piece (1/6 of 8" pie) | 12.87 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 125.00 | 1 piece (1/8 of 9" dia) | 13.75 |
| 18326 | Pie, pumpkin, commercially prepared | 28.35 | 1 oz | 2.69 |
| 18326 | Pie, pumpkin, commercially prepared | 109.00 | 1 piece (1/6 of 8" pie) | 10.36 |
| 09273 | Pineapple juice, canned, unsweetened, without added ascorbic acid | 250.00 | 1 cup | 0.20 |
| 09266 | Pineapple, raw | 84.00 | 1 slice (3-1/2" dia x 3/4" thick) | 0.36 |
| 09279 | Plums, raw | 66.00 | 1 fruit (2-1/8" dia) | 0.41 |
| 07064 | Pork sausage, fresh, cooked | 13.00 | 1 link (raw dimensions: 4" long x 7/8" dia), cooked | 4.05 |
| 07064 | Pork sausage, fresh, cooked | 27.00 | 1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked | 8.41 |
| 07065 | Pork and beef sausage, fresh, cooked | 13.00 | 1 link (raw dimensions: 4" long x 7/8" dia), cooked | 4.71 |
| 07065 | Pork and beef sausage, fresh, cooked | 27.00 | 1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked | 9.79 |
| 10124 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted | 19.00 | 3 medium slices packed 20/lb raw, after cooking | 9.36 |
| 10124 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted | 127.00 | 1 lb raw yields | 62.53 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| | | 46.50 | | 3.92 |
| 10131 | Pork, cured, canadian-style bacon, grilled | 139.00 | 1 package (6 oz) yields | 11.73 |
| 10183 | Pork, cured, ham, boneless, extra lean and regular, roasted | 85.00 | 3 oz | 6.51 |
| 10183 | Pork, cured, ham, boneless, extra lean and regular, roasted | 140.00 | 1 cup | 10.72 |
| 10182 | Pork, cured, ham, boneless, extra lean and regular, unheated | 28.35 | 1 slice (6-1/4" x 4" x 1/16") (1 oz) | 2.38 |
| 10182 | Pork, cured, ham, boneless, extra lean and regular, unheated | 140.00 | 1 cup | 11.75 |
| 10136 | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted | 85.00 | 3 oz | 7.67 |
| 10136 | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted | 140.00 | 1 cup | 12.63 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 85.00 | 3 oz | 7.17 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 140.00 | 1 cup | 11.80 |
| 10151 | Pork, cured, ham, whole, separable lean and fat, roasted | 85.00 | 3 oz | 14.25 |
| 10151 | Pork, cured, ham, whole, separable lean and fat, roasted | 140.00 | 1 cup | 23.48 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 85.00 | 3 oz | 4.68 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 140.00 | 1 cup | 7.70 |
| 10165 | Pork, cured, salt pork, raw | 28.35 | 1 oz | 22.82 |
| 10165 | Pork, cured, salt pork, raw | 227.00 | 8 oz | 182.74 |
| 10188 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 85.00 | 3 oz | 14.60 |
| 10188 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 247.00 | 1 lb raw with refuse, yields, excluding refuse | 42.43 |
| 10227 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked | 85.00 | 3 oz | 12.55 |
| 10227 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked | 261.00 | 1 lb raw with refuse, yields, excluding refuse | 38.52 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 85.00 | 3 oz | 14.97 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 135.00 | 1 cup, diced | 23.77 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 85.00 | 3 oz | 8.02 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 135.00 | 1 cup, diced | 12.74 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 82.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 10.71 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85.00 | 3 oz | 11.10 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 78.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 12.92 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| | pan-fried | | | 14.08 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 74.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 5.97 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 85.00 | 3 oz | 6.86 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 69.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 7.22 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 85.00 | 3 oz | 8.90 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 85.00 | 3 oz | 12.99 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 224.00 | 1 lb raw with refuse, yields, excluding refuse | 34.23 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85.00 | 3 oz | 9.49 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 206.00 | 1 lb raw with refuse, yields, excluding refuse | 22.99 |
| 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 85.00 | 3 oz | 11.83 |
| 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 87.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 12.11 |
| 10023 | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted | 85.00 | 3 oz | 12.45 |
| 10023 | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted | 89.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 13.04 |
| 10026 | Pork, fresh, loin, whole, separable lean only, cooked, broiled | 79.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 7.74 |
| 10026 | Pork, fresh, loin, whole, separable lean only, cooked, broiled | 85.00 | 3 oz | 8.33 |
| 10027 | Pork, fresh, loin, whole, separable lean only, cooked, roasted | 81.00 | 1 raw chop with refuse, 151 g; yields excluding refuse | 7.80 |
| 10027 | Pork, fresh, loin, whole, separable lean only, cooked, roasted | 85.00 | 3 oz | 8.19 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85.00 | 3 oz | 19.74 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 135.00 | 1 cup, diced | 31.35 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85.00 | 3 oz | 10.38 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 198.00 | 1 lb raw with refuse, yields, excluding refuse | 24.18 |
| 10085 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, braised | 85.00 | 3 oz | 13.22 |
| 10085 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, | 122.00 | 1 raw steak with refuse, 300 | 18.97 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| | braised | | g; yields excluding refuse | |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85.00 | 3 oz | 25.76 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 177.00 | 1 lb raw with refuse, yields, excluding refuse | 53.63 |
| 11414 | Potato salad | 250.00 | 1 cup | 20.50 |
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 137.00 | Yield, 1/6 of 5.5 oz package | 5.64 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 245.00 | 1 cup | 18.60 |
| 11674 | Potatoes, baked, flesh and skin, without salt | 202.00 | 1 potato, (2-1/3" x 4-3/4") | 0.20 |
| 11363 | Potatoes, baked, flesh, without salt | 61.00 | 1/2 cup | 0.06 |
| 11363 | Potatoes, baked, flesh, without salt | 156.00 | 1 potato, (2-1/3" x 4-3/4") | 0.16 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 78.00 | 1/2 cup | 0.08 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 136.00 | 1 potato, (2-1/2" dia, sphere) | 0.14 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 78.00 | 1/2 cup | 0.08 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 135.00 | 1 potato, (2-1/2" dia, sphere) | 0.14 |
| 11403 | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt | 50.00 | 10 strips | 3.78 |
| 11391 | Potatoes, hashed brown, frozen, plain, prepared | 78.00 | 1/2 cup | 8.97 |
| 11391 | Potatoes, hashed brown, frozen, plain, prepared | 205.00 | Yield, 12 oz package | 23.58 |
| 11370 | Potatoes, hashed brown, home-prepared | 156.00 | 1 cup | 21.70 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add | 210.00 | 1 cup | 11.76 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 210.00 | 1 cup | 1.24 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210.00 | 1 cup | 8.88 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245.00 | 1 cup (unprepared) | 10.54 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245.00 | 1 cup | 9.02 |
| 05306 | Poultry food products, ground turkey, cooked | 82.00 | 1 patty (4 oz, raw) (yield after cooking) | 10.78 |
| 05306 | Poultry food products, ground turkey, cooked | 330.00 | yield from 1 lb raw | 43.40 |
| 11424 | Pumpkin, canned, without salt | 245.00 | 1 cup | 0.69 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245.00 | 1 cup, mashed | 0.17 |
| 11429 | Radishes, raw | 1.00 | 1 slice | 0.01 |
| 11429 | Radishes, raw | 4.50 | 1 medium (3/4" to 1" dia) | 0.02 |
| 11429 | Radishes, raw | 116.00 | 1 cup, slices | 0.63 |
| 09298 | Raisins, seedless | 26.00 | 50 raisins | 0.12 |
| 09302 | Raspberries, raw | 19.00 | 10 raspberries | 0.10 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|---|---------------------|
| 16103 | Refried beans, canned | 252.00 | 1 cup | 3.18 |
| 20037 | Rice, brown, long-grain, cooked | 195.00 | 1 cup | 1.76 |
| 20047 | Rice, white, long-grain, parboiled, cooked, enriched | 175.00 | 1 cup | 0.47 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165.00 | 1 cup | 0.26 |
| 20045 | Rice, white, long-grain, regular, cooked | 158.00 | 1 cup | 0.44 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185.00 | 1 cup | 1.22 |
| 18348 | Rolls, dinner, whole-wheat | 28.35 | 1 roll (1 oz) | 1.33 |
| 18348 | Rolls, dinner, whole-wheat | 36.00 | 1 medium (2-1/2" dia) | 1.69 |
| 18348 | Rolls, dinner, whole-wheat | 43.00 | 1 hamburger, frankfurter roll | 2.02 |
| 18348 | Rolls, dinner, whole-wheat | 94.00 | 1 medium submarine, hoagie roll | 4.42 |
| 18350 | Rolls, hamburger or hotdog, plain | 28.35 | 1 oz | 1.45 |
| 18350 | Rolls, hamburger or hotdog, plain | 43.00 | 1 roll | 2.19 |
| 04539 | Salad dressing, blue or roquefort cheese, commercial, regular, with salt | 15.30 | 1 tablespoon | 8.00 |
| 04120 | Salad dressing, french, commercial, regular, with salt | 15.60 | 1 tablespoon | 6.40 |
| 04020 | Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt | 16.30 | 1 tablespoon | 0.95 |
| 04135 | Salad dressing, home recipe, vinegar and oil | 15.60 | 1 tablespoon | 7.82 |
| 04021 | Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt | 15.00 | 1 tablespoon | 1.47 |
| 04114 | Salad dressing, italian, commercial, regular, with salt | 14.70 | 1 tablespoon | 7.10 |
| 04018 | Salad dressing, mayonnaise type, regular, with salt | 14.70 | 1 tablespoon | 4.91 |
| 04027 | Salad dressing, mayonnaise, imitation, soybean | 15.00 | 1 tablespoon | 2.88 |
| 04025 | Salad dressing, mayonnaise, soybean oil, with salt | 13.80 | 1 tablespoon | 10.96 |
| 04017 | Salad dressing, thousand island, commercial, regular, with salt | 15.60 | 1 tablespoon | 5.57 |
| 04023 | Salad dressing, thousand island, diet, low calorieorie, 10 calories per teaspoon, with salt | 15.30 | 1 tablespoon | 1.64 |
| 07072 | Salami, dry or hard, pork, beef | 10.00 | 1 slice (3-1/8" dia x 1/16" thick) | 3.44 |
| 07069 | Salami, cooked, beef and pork | 23.00 | 1 slice (4" dia x 1/8" thick) (10 per 8 oz package) | 4.63 |
| 07069 | Salami, cooked, beef and pork | 28.35 | 1 oz | 5.70 |
| 02047 | Salt, table | 6.00 | 1 teaspoon | 0.00 |
| 07073 | Sandwich spread, pork, beef | 28.35 | 1 oz | 4.92 |
| 21097 | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments | 195.00 | 1 sandwich | 36.76 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|--------------------------------------|---------------------|
| | and vegetables | | | |
| 06150 | Sauce, barbecue sauce | 9.30 | 1 packet | 0.17 |
| 06150 | Sauce, barbecue sauce | 250.00 | 1 cup (8 fl oz) | 4.50 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 125.00 | 1 serving | 2.58 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 250.00 | 1 cup | 5.15 |
| 06164 | Sauce, ready-to-serve, salsa | 8.90 | 1 packet | 0.02 |
| 06164 | Sauce, ready-to-serve, salsa | 16.00 | 1 tablespoon | 0.04 |
| 06164 | Sauce, ready-to-serve, salsa | 259.00 | 1 cup | 0.62 |
| 11439 | Sauerkraut, canned, solids and liquids | 142.00 | 1 cup | 0.20 |
| 11445 | Seaweed, kelp, raw | 10.00 | 1/8 cup or 2 tablespoons | 0.06 |
| 12014 | Seeds, pumpkin and squash seed kernels, dried | 28.35 | 1 oz, hulled (142 seeds) | 13.00 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15.00 | 1 tablespoon | 8.06 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 8.00 | 1 tablespoon | 4.38 |
| 12538 | Seeds, sunflower seed kernels, oil roasted, with salt added | 28.35 | 1 oz | 16.29 |
| 14346 | Shake, fast food, chocolate | 20.80 | 1 fl oz | 0.77 |
| 14346 | Shake, fast food, chocolate | 208.00 | 1 milkshake (10 fl oz) | 7.70 |
| 14346 | Shake, fast food, chocolate | 250.00 | 1 small McDonald's shake (12 fl oz) | 9.25 |
| 14346 | Shake, fast food, chocolate | 333.00 | 1 medium McDonald's shake (16 fl oz) | 12.32 |
| 14346 | Shake, fast food, chocolate | 458.00 | 1 large McDonald's shake (22 fl oz) | 16.95 |
| 14347 | Shake, fast food, vanilla | 20.80 | 1 fl oz | 0.62 |
| 14347 | Shake, fast food, vanilla | 208.00 | 1 milkshake (10 fl oz) | 6.24 |
| 14347 | Shake, fast food, vanilla | 250.00 | 1 small McDonald's shake (12 fl oz) | 7.50 |
| 14347 | Shake, fast food, vanilla | 333.00 | 1 medium McDonald's shake (16 fl oz) | 9.99 |
| 14347 | Shake, fast food, vanilla | 458.00 | 1 large McDonald's shake (22 fl oz) | 13.74 |
| 04031 | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated) | 12.80 | 1 tablespoon | 12.80 |
| 07074 | Smoked link sausage, pork | 16.00 | 1 little link (2" long x 3/4" dia) | 5.07 |
| 07074 | Smoked link sausage, pork | 68.00 | 1 link (4" long x 1-1/8" dia) | 21.56 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|-------------------------------|---------------------|
| | | | dia) | 4.85 |
| 07075 | Smoked link sausage, pork and beef | 68.00 | 1 link (4" long x 1-1/8" dia) | 20.62 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 28.35 | 1 oz | 9.47 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1 oz | 9.75 |
| 19013 | Snacks, fruit leather, pieces | 28.35 | 1 oz | 2.04 |
| 19034 | Snacks, popcorn, air-popped | 28.35 | 1 oz | 1.19 |
| 19035 | Snacks, popcorn, oil-popped | 28.35 | 1 oz | 7.97 |
| 19410 | Snacks, potato chips, made from dried potatoes, plain | 28.35 | 1 oz | 10.89 |
| 19411 | Snacks, potato chips, plain, salted | 28.35 | 1 oz | 9.81 |
| 19047 | Snacks, pretzels, hard, plain, salted | 28.35 | 1 oz | 0.99 |
| 19056 | Snacks, tortilla chips, plain | 28.35 | 1 oz | 7.43 |
| 06080 | Soup, chicken broth or bouillon, dehydrated, dry | 4.00 | 1 cube | 0.56 |
| 06080 | Soup, chicken broth or bouillon, dehydrated, dry | 6.00 | 1 packet (6 fl oz prepared) | 0.83 |
| 06413 | Soup, chicken broth, canned, prepared with equal volume water, commercial | 240.00 | 1 cup | 1.37 |
| 06019 | Soup, chicken noodle, canned, condensed, commercial | 246.00 | 1 cup | 4.55 |
| 06019 | Soup, chicken noodle, canned, condensed, commercial | 298.00 | 1 can (10.5 oz) | 5.51 |
| 06030 | Soup, clam chowder, new england, canned, condensed, commercial | 251.00 | 1 cup (8 fl oz) | 5.02 |
| 06030 | Soup, clam chowder, new england, canned, condensed, commercial | 305.00 | 1 can (10.75 oz) | 6.10 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial | 248.00 | 1 cup | 6.60 |
| 06043 | Soup, cream of mushroom, canned, condensed, commercial | 251.00 | 1 cup | 19.00 |
| 06043 | Soup, cream of mushroom, canned, condensed, commercial | 305.00 | 1 can (10.75 oz) | 23.09 |
| 06053 | Soup, cream of potato, canned, condensed | 251.00 | 1 cup (8 fl oz) | 4.72 |
| 06053 | Soup, cream of potato, canned, condensed | 305.00 | 1 can (10.75 oz) | 5.73 |
| 06159 | Soup, tomato, canned, condensed, commercial | 251.00 | 1 cup | 3.84 |
| 06159 | Soup, tomato, canned, condensed, commercial | 305.00 | 1 can (10.75 oz) | 4.67 |
| 06072 | Soup, vegetable with beef broth, canned, condensed, commercial | 246.00 | 1 cup | 3.84 |
| 06072 | Soup, vegetable with beef broth, canned, condensed, commercial | 298.00 | 1 can (10.5 oz) | 4.65 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 5.30 | 1 teaspoon | 0.00 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 8.90 | 1 individual packet | 0.00 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172.00 | 1 cup | 15.43 |
| 20121 | Spaghetti, cooked, enriched, without added salt | 140.00 | 1 cup | 0.94 |
| 02007 | Spices, celery seed | 2.00 | 1 teaspoon | 0.51 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|------------------------|---------------------|
| 02010 | Spices, cinnamon, ground | 2.30 | 1 teaspoon | 0.07 |
| 02015 | Spices, curry powder | 2.00 | 1 teaspoon | 0.28 |
| 02020 | Spices, garlic powder | 2.80 | 1 teaspoon | 0.02 |
| 02026 | Spices, onion powder | 2.10 | 1 teaspoon | 0.02 |
| 02027 | Spices, oregano, ground | 1.50 | 1 teaspoon | 0.15 |
| 02028 | Spices, paprika | 2.10 | 1 teaspoon | 0.27 |
| 02030 | Spices, pepper, black | 2.10 | 1 teaspoon | 0.07 |
| 11461 | Spinach, canned, drained solids | 214.00 | 1 cup | 1.07 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180.00 | 1 cup | 0.47 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 95.00 | 1/2 cup | 0.20 |
| 11457 | Spinach, raw | 10.00 | 1 leaf | 0.04 |
| 11457 | Spinach, raw | 30.00 | 1 cup | 0.11 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180.00 | 1 cup, sliced | 0.56 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205.00 | 1 cup, cubes | 1.29 |
| 09316 | Strawberries, raw | 12.00 | 1 medium (1-1/4" dia) | 0.04 |
| 09316 | Strawberries, raw | 152.00 | 1 cup, halves | 0.56 |
| 19334 | Sugars, brown | 3.00 | 1 teaspoon, unpacked | 0.00 |
| 19334 | Sugars, brown | 145.00 | 1 cup, unpacked | 0.00 |
| 19334 | Sugars, brown | 220.00 | 1 cup, packed | 0.00 |
| 19335 | Sugars, granulated | 4.20 | 1 teaspoon | 0.00 |
| 19335 | Sugars, granulated | 5.00 | 1 lump, 2 cubes | 0.00 |
| 19335 | Sugars, granulated | 6.00 | 1 individual packet | 0.00 |
| 19335 | Sugars, granulated | 200.00 | 1 cup | 0.00 |
| 19336 | Sugars, powdered | 2.50 | 1 teaspoon | 0.00 |
| 19336 | Sugars, powdered | 8.00 | 1 tablespoon, unsifted | 0.01 |
| 19336 | Sugars, powdered | 120.00 | 1 cup, unsifted | 0.12 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 28.35 | 1 oz | 4.65 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 60.00 | 1 roll (2-3/4" square) | 9.84 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 83.00 | 1 large | 13.61 |
| 11514 | Sweetpotato, canned, mashed | 255.00 | 1 cup | 0.51 |
| 11645 | Sweetpotato, canned, syrup pack, solids and liquids | 228.00 | 1 cup | 0.46 |
| 11512 | Sweetpotato, canned, vacuum pack | 200.00 | 1 cup, pieces | 0.40 |
| 11512 | Sweetpotato, canned, vacuum pack | 255.00 | 1 cup, mashed | 0.51 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|---|------------|---------------------------------|---------------------|
| 11508 | Sweetpotato, cooked, baked in skin, without salt | 114.00 | 1 medium (2" dia, 5" long, raw) | 0.13 |
| 11508 | Sweetpotato, cooked, baked in skin, without salt | 200.00 | 1 cup | 0.22 |
| 11510 | Sweetpotato, cooked, boiled, without skin, without salt | 328.00 | 1 cup, mashed | 0.98 |
| 11659 | Sweetpotato, cooked, candied | 105.00 | 1 piece (2-1/2" x 2" dia) | 3.41 |
| 19350 | Syrups, corn, light | 20.00 | 1 tablespoon | 0.00 |
| 19350 | Syrups, corn, light | 328.00 | 1 cup | 0.00 |
| 19353 | Syrups, maple | 20.00 | 1 tablespoon | 0.04 |
| 19353 | Syrups, maple | 315.00 | 1 cup | 0.63 |
| 19360 | Syrups, table blends, pancake, with 2% maple | 20.00 | 1 tablespoon | 0.02 |
| 19360 | Syrups, table blends, pancake, with 2% maple | 315.00 | 1 cup | 0.32 |
| 18360 | Taco shells, baked | 5.00 | 1 miniature (3" dia) | 1.13 |
| 18360 | Taco shells, baked | 13.30 | 1 medium (approx 5" dia) | 3.01 |
| 18360 | Taco shells, baked | 21.00 | 1 large (6-1/2" dia) | 4.75 |
| 18360 | Taco shells, baked | 28.35 | 1 oz | 6.41 |
| 09218 | Tangerines, (mandarin oranges), raw | 84.00 | 1 medium (2-3/8" dia) | 0.16 |
| 14355 | Tea, brewed, prepared with tap water | 29.60 | 1 fl oz | 0.00 |
| 14355 | Tea, brewed, prepared with tap water | 178.00 | 1 cup (6 fl oz) | 0.00 |
| 14355 | Tea, brewed, prepared with tap water | 237.00 | 1 cup (8 fl oz) | 0.00 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 29.60 | 1 fl oz | 0.00 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 178.00 | 1 cup (6 fl oz) | 0.00 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 237.00 | 1 cup (8 fl oz) | 0.00 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 474.00 | 1 bottle (10 fl oz) | 0.00 |
| 14371 | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259.00 | 1 cup (8 fl oz) | 0.00 |
| 14382 | Thirst quencher drink, bottled | 30.10 | 1 fl oz | 0.00 |
| 14382 | Thirst quencher drink, bottled | 241.00 | 1 cup (8 fl oz) | 0.00 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 28.35 | 1 oz | 2.89 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 52.00 | 1 toaster pastry | 5.30 |
| 16127 | Tofu, raw, regular | 116.00 | 1/4 block | 4.28 |
| 16127 | Tofu, raw, regular | 248.00 | 1 cup (1/2" cubes) | 9.15 |
| 11540 | Tomato juice, canned, with salt added | 243.00 | 1 cup | 0.15 |
| 11546 | Tomato products, canned, paste, without salt added | 262.00 | 1 cup | 1.44 |
| 11547 | Tomato products, canned, puree, without salt added | 250.00 | 1 cup | 0.40 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--|---------------------|
| 11549 | Tomato products, canned, sauce | 245.00 | 1 cup | 0.42 |
| 11531 | Tomatoes, red, ripe, canned, whole, regular pack | 240.00 | 1 cup | 0.31 |
| 11530 | Tomatoes, red, ripe, cooked, boiled, without salt | 240.00 | 1 cup | 0.98 |
| 11660 | Tomatoes, red, ripe, cooked, stewed | 101.00 | 1 cup | 2.71 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 20.00 | 1 medium slice (1/4" thick) | 0.07 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 123.00 | 1 medium whole (2-3/5" dia) | 0.41 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 180.00 | 1 cup, chopped or sliced | 0.59 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 26.00 | 1 medium tortilla (approx 6" dia) | 0.65 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 28.35 | 1 oz | 0.71 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 32.00 | 1 medium tortilla (approx 6" dia) | 2.27 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 49.00 | 1 tortilla (approx 7-8" dia) | 3.48 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 72.00 | 1 tortilla (approx 10" dia) | 5.11 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 117.00 | 1 tortilla (approx 12" dia) | 8.31 |
| 07079 | Turkey breast meat | 21.00 | 1 slice (3-1/2" square; 8 per 6 oz package) | 0.33 |
| 07079 | Turkey breast meat | 42.50 | 2 slices | 0.67 |
| 07082 | Turkey roll, light and dark meat | 28.35 | 1 oz | 1.98 |
| 07082 | Turkey roll, light and dark meat | 56.70 | 2 slices | 3.96 |
| 07081 | Turkey roll, light meat | 28.35 | 1 oz | 2.05 |
| 07081 | Turkey roll, light meat | 56.70 | 2 slices | 4.09 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 140.00 | 1 cup, chopped or diced | 4.51 |
| 05166 | Turkey, all classes, meat and skin, cooked, roasted | 140.00 | 1 cup, chopped or diced | 13.62 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144.00 | 1 cup, chopped | 0.33 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164.00 | 1 cup | 0.69 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156.00 | 1 cup, cubes | 0.12 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 230.00 | 1 cup, mashed | 0.18 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85.00 | 3 oz | 5.38 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 272.00 | 1 lb raw yields | 17.22 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 85.00 | 3 oz | 11.87 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 240.00 | 1 lb raw with refuse, yields, excluding refuse | 33.50 |
| 17204 | Veal, variety meats and by-products, liver, cooked, pan-fried | 85.00 | 3 oz | 9.67 |

Fat (g) Content of Selected Foods

| NDB No. | Description | Weight (g) | Household Measure | Content per Measure |
|---------|--|------------|--------------------------------------|---------------------|
| 17204 | Veal, variety meats and by-products, liver, cooked, pan-fried | 272.00 | 1 lb raw yields | 30.95 |
| 11578 | Vegetable juice cocktail, canned | 242.00 | 1 cup | 0.22 |
| 04582 | Vegetable oil, canola | 14.00 | 1 tablespoon | 14.00 |
| 11581 | Vegetables, mixed, canned, drained solids | 163.00 | 1 cup | 0.41 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 91.00 | 1/2 cup | 0.14 |
| 02048 | Vinegar, cider | 15.00 | 1 tablespoon | 0.00 |
| 22121 | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS and WORTHINGTON FOODS,NATURAL TOUCH VEGAN BURGERS | 85.00 | 1 patty | 0.54 |
| 18403 | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk) | 33.00 | 1 square or round waffle (4" square) | 2.71 |
| 14429 | Water, municipal | 29.57 | 1 fl oz | 0.00 |
| 14429 | Water, municipal | 64.00 | 3 (3/4 fl oz) ice cubes | 0.00 |
| 14429 | Water, municipal | 237.00 | 1 cup (8 fl oz) | 0.00 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 70.00 | 1/2 cup slices | 0.04 |
| 09326 | Watermelon, raw | 152.00 | 1 cup, diced | 0.65 |
| 09326 | Watermelon, raw | 286.00 | 1 wedge (approx 1/16 of melon) | 1.23 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125.00 | 1 cup | 1.23 |
| 20083 | Wheat flour, white, bread, enriched | 137.00 | 1 cup | 2.27 |
| 20084 | Wheat flour, white, cake, enriched | 137.00 | 1 cup unsifted, dipped | 1.18 |
| 20080 | Wheat flour, whole-grain | 120.00 | 1 cup | 2.24 |