NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	15569
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	6582
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	2542
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	2393
11655	Carrot juice, canned	236	1 cup	2256
11424	Pumpkin, canned, without salt	245	1 cup	1906
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1403
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1342
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	1228
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1213
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1146
11461	Spinach, canned, drained solids	214	1 cup	1049
11512	Sweet potato, canned, vacuum pack	255	1 cup	1017
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	978
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	956
11581	Vegetables, mixed, canned, drained solids	163	1 cup	949
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	943
11124	Carrots, raw	110	1 cup	925
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	904
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	898
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	885
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	882
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	825
11128	Carrots, canned, regular pack, drained solids	146	1 cup	815
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	780
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	771
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	745
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	667
18327	Pie, pumpkin, prepared from recipe	155	1 piece	660
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	613
11124	Carrots, raw	72	1 carrot	606
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	552
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	549
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	535
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	521
18326	Pie, pumpkin, commercially prepared	109	1 piece	488
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	461
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	442
01164	Cheese sauce, prepared from recipe	243	1 cup	403
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	401
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	389
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	376
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	375
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	374
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	360
11658	Spinach souffle	136	1 cup	325
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	322

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	318
14347	Shake, fast food, vanilla	333	16 fl oz	303
01097	Milk, canned, evaporated, nonfat	256	1 cup	302
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	300
01036	Cheese, ricotta, whole milk	246	1 cup	295
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	290
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	285
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	271
09181	Melons, cantaloupe, raw	160	1 cup	270
01037	Cheese, ricotta, part skim milk	246	1 cup	263
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	262
22906	Chicken pot pie, frozen entree	217	1 small pie	256
11821	Peppers, sweet, red, raw	149	1 cup	234
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	230
01095	Milk, canned, condensed, sweetened	306	1 cup	226
06166	Sauce, homemade, white, medium	250	1 cup	225
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	225
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	219
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	219
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	216
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	214
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	207
11253	Lettuce, green leaf, raw	56	1 cup	207
22905	Beef stew, canned entree	232	1 cup	204
11546	Tomato products, canned, paste, without salt added	262	1 cup	199
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	199
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	197
11578	Vegetable juice cocktail, canned	242	1 cup	189
11821	Peppers, sweet, red, raw	119	1 pepper	187
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	179
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	177
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	170
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	168
09226	Papayas, raw	304	1 papaya	167
21082	Fast foods, taco	263	1 large	166
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	166
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	164
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	163
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	163
11251	Lettuce, cos or romaine, raw	56	1 cup	162
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	160
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	160
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	160
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	160
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	158
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	157
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	155
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	155

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	154
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	153
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	153
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	152
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	152
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	150
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	150
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	150
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	150
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	150
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	150
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	150
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	150
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	150
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	150
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	150
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	150
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	150
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	149
21078	Fast foods, nachos, with cheese	113	6-8 nachos	149
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	148
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	145
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	144
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	143
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	142
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	142
11457	Spinach, raw	30	1 cup	141
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	140
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	140
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	139
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	137
21023	Breakfast items, french toast with butter	135	2 slices	136
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	135
19089	Ice creams, vanilla, rich	74	1/2 cup	135
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	134
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	131
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	130
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	128
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	127
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	126
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	120
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	118
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	118
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	118
18239	Croissants, butter	57	1 croissant	117
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	117

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	117
09181	Melons, cantaloupe, raw	69	1/8 melon	117
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	116
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	116
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	116
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	115
01057	Eggnog	254	1 cup	114
18147	Cheesecake commercially prepared	80	1 piece	114
21082	Fast foods, taco	171	1 small	108
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	106
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	106
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	106
21088	Tostada with guacamole	130.5	1 tostada	104
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	104
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	101
09277	Plantains, raw	179	1 medium	100
18325	Pie, pecan, prepared from recipe	122	1 piece	100
21074	Fast foods, enchilada, with cheese	163	1 enchilada	99
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	99
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	98
01145	Butter, without salt	14.2	1 tbsp	97
01001	Butter, salted	14.2	1 tbsp	97
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	95
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	93
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	92
01007	Cheese, camembert	38	1 wedge	92
01128	Egg, whole, cooked, fried	46	1 large	91
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	90
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	90
01132	Egg, whole, cooked, scrambled	61	1 large	87
14346	Shake, fast food, chocolate	333	16 fl oz	87
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	86
01013	Cheese, cottage, creamed, with fruit	226	1 cup	86
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	86
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	86
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	86
01129	Egg, whole, cooked, hard-boiled	50	1 large	85
01031	Cheese, neufchatel	28.35	1 oz	84
01030	Cheese, muenster	28.35	1 oz	84
19088	Ice creams, vanilla, light	66	1/2 cup	84
21042	Fast foods, chili con carne	253	1 cup	83
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	83
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	83
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	82
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	81

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01123	Egg, whole, raw, fresh	58	1 extra large	81
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	81
09326	Watermelon, raw	286	1 wedge	80
11414	Potato salad, home-prepared	250	1 cup	80
09176	Mangos, raw	207	1 mango	79
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	78
01111	Milk shakes, thick vanilla	313	11 fl oz	78
19095	Ice creams, vanilla	66	1/2 cup	78
19270	Ice creams, chocolate	66	1/2 cup	78
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	77
09226	Papayas, raw	140	1 cup	77
15157	Mollusks, clam, mixed species, raw	85	3 oz	77
16120	Soy milk, fluid	245	1 cup	76
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	76
01009	Cheese, cheddar	28.35	1 oz	75
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	73
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	72
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	72
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	71
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	71
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	71
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	71
21083	Fast foods, taco salad	198	1-1/2 cups	71
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	71
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	71
01123	Egg, whole, raw, fresh	50	1 large	70
01131	Egg, whole, cooked, poached	50	1 large	70
09278	Plantains, cooked	154	1 cup	69
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	69
11960	Carrots, baby, raw	10	1 medium	69
01077	Milk, whole, 3.25% milkfat	244	1 cup	68
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	68
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	68
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	67
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	67
01035	Cheese, provolone	28.35	1 oz	67
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	67
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	66
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	65
11547	Tomato products, canned, puree, without salt added	250	1 cup	65
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	64
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	64
11159	Coleslaw, home-prepared	120	1 cup	64
01125	Egg, yolk, raw, fresh	16.6	1 large	63
09032	Apricots, dried, sulfured, uncooked	35	10 halves	63
09176	Mangos, raw	165	1 cup	63
01040	Cheese, swiss	28.35	1 oz	62
01053	Cream, fluid, heavy whipping	15	1 tbsp	62

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01123	Egg, whole, raw, fresh	44	1 medium	62
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	61
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	61
18308	Pie, cherry, commercially prepared	117	1 piece	61
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	60
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	60
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	60
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	59
21033	Fast foods, sundae, hot fudge	158	1 sundae	58
18324	Pie, pecan, commercially prepared	113	1 piece	58
18320	Pie, lemon meringue, commercially prepared	113	1 piece	58
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	57
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	57
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	57
01004	Cheese, blue	28.35	1 oz	56
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	56
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	56
11540	Tomato juice, canned, with salt added	243	1 cup	56
02028	Spices, paprika	2.1	1 tsp	55
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	55
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	55
09404	Grapefruit juice, pink, raw	247	1 cup	54
11213	Endive, raw	50	1 cup	54
01110	Milk shakes, thick chocolate	300	10.6 fl oz	54
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	54
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	54
01017	Cheese, cream	14.5	1 tbsp	53
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	52
18309	Pie, cherry, prepared from recipe	180	1 piece	52
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	52
18305	Pie, blueberry, commercially prepared	117	1 piece	51
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	51
01026	Cheese, mozzarella, whole milk	28.35	1 oz	51
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	50
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	50
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	49
15128	Fish, tuna salad	205	1 cup	49
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	49
18367	Waffles, plain, prepared from recipe	75	1 waffle	49
18134	Cake, sponge, prepared from recipe	63	1 piece	49
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	48
05277	Chicken, canned, meat only, with broth	142	5 oz	48
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	48
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	47
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	47
11457	Spinach, raw	10	l leaf	47
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	46

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	46
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	46
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	46
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	46
21015	Fast foods, danish pastry, cheese	91	1 pastry	45
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	45
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	44
01186	Cheese, cream, fat free	15.6	1 tbsp	44
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	44
15111	Fish, swordfish, cooked, dry heat	106	1 piece	43
22247	Macaroni and Cheese, canned entree	252	1 cup	43
09326	Watermelon, raw	152	1 cup	43
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	42
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	42
09246	Peaches, dried, sulfured, uncooked	39	3 halves	42
11297	Parsley, raw	10	10 sprigs	42
01052	Cream, fluid, light whipping	15	1 tbsp	42
18120	Cake, pound, commercially prepared, butter	28	1 piece	42
11549	Tomato products, canned, sauce	245	1 cup	42
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	40
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	40
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	40
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	39
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	39
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	39
11112	Cabbage, red, raw	70	1 cup	39
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	39
02009	Spices, chili powder	2.6	1 tsp	39
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	38
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	38
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	37
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	37
11253	Lettuce, green leaf, raw	10	1 leaf	37
21043	Fast foods, clams, breaded and fried	115	3/4 cup	37
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	36
21127	Fast foods, coleslaw	99	3/4 cup	36
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	36
01019	Cheese, feta	28.35	1 oz	35
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	35
21077	Fast foods, frijoles with cheese	167	1 cup	35
09250	Peaches, frozen, sliced, sweetened	250	1 cup	35
11114	Cabbage, savoy, raw	70	1 cup	35
15111	Fish, swordfish, cooked, dry heat	85	3 oz	35
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	35
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	34

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09021	Apricots, raw	35	1 apricot	34
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	34
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	33
09223	Tangerine juice, canned, sweetened	249	1 cup	32
18268	French toast, frozen, ready-to-heat	59	1 slice	32
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	32
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	32
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	31
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	31
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	30
11012	Asparagus, cooked, boiled, drained	60	4 spears	30
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	30
18279	Muffins, corn, commercially prepared	57	1 muffin	30
11015	Asparagus, canned, drained solids	72	4 spears	30
18003	Bagels, egg	89	4" bagel	29
11251	Lettuce, cos or romaine, raw	10	l leaf	29
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	29
15034	Fish, haddock, cooked, dry heat	150	1 fillet	29
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	28
19193	Puddings, rice, ready-to-eat	113.4	4 oz	28
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	28
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	23
11090	Broccoli, raw	88	1 cup	27
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	27
09236	Pish, sarune, Anance, canned in on, uraned sonds with bone Peaches, raw	170		27
09236		15	1 cup	27
	Cream, fluid, light (coffee cream or table cream)		1 tbsp	
18316	Pie, coconut custard, commercially prepared	104	1 piece	27
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	27
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	27
11333	Peppers, sweet, green, raw	149	1 cup	27
11670	Peppers, hot chili, green, raw	45	1 pepper	27
18023	Bread, cornbread, dry mix, prepared	60	1 piece	26
11143	Celery, raw	120	1 cup	26
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	26
22401	Spaghetti with meat sauce, frozen entree	283	1 package	25
21017	Fast foods, danish pastry, fruit	94	1 pastry	25
18027	Bread, egg	40	1/2" slice	25
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	25
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	25
18245	Danish pastry, cheese	71	1 danish	25
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	25
09206	Orange juice, raw	248	1 cup	25
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	24
11672	Potato pancakes	76	1 pancake	24
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	24
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	24
18003	Bagels, egg	71	3-1/2" bagel	23

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09191	Nectarines, raw	136	1 nectarine	23
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	23
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	23
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	23
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	23
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	23
09207	Orange juice, canned, unsweetened	249	1 cup	22
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	22
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	22
15077	Fish, salmon, chinook, smoked	85.05	3 oz	22
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	22
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	22
18090	Cake, boston cream pie, commercially prepared	92	1 piece	22
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	22
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	22
11819	Peppers, hot chili, red, raw	45	1 pepper	22
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	22
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	21
11333	Peppers, sweet, green, raw	119	1 pepper	21
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	21
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	21
01056	Cream, sour, cultured	12	1 tbsp	21
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	21
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	21
18280	Muffins, corn, dry mix, prepared	50	1 muffin	21
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	20
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	20
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	20
09200	Oranges, raw, all commercial varieties	180	1 cup	20
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	20
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	20
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	19
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	19
18005	Bagels, cinnamon-raisin	89	4" bagel	19
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	19
05286	Turkey and gravy, frozen	142	5-oz package	18
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	18
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	18
07024	Frankfurter, chicken	45	1 frank	18
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	17
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	17
18302	Pie, apple, prepared from recipe	155	1 piece	17
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	17
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	17
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	17
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	17
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	17
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	17
11740	Broccoli, flower clusters, raw	11	1 floweret	17
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	16
09291	Plums, dried (prunes), uncooked	42	5 prunes	16
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	16
15034	Fish, haddock, cooked, dry heat	85	3 oz	16
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	16
11943	Pimento, canned	12	1 tbsp	16
09042	Blackberries, raw	144	1 cup	16
09236	Peaches, raw	98	1 peach	16
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	15
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	15
11205	Cucumber, with peel, raw	301	1 large	15
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	15
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	15
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	15
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	15
01049	Cream, fluid, half and half	15	1 tbsp	15
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	14
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	14
09200	Oranges, raw, all commercial varieties	131	1 orange	14
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	14
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	14
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	14
07008	Bologna, beef and pork	56.7	2 slices	14
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	14
07017	Chicken roll, light meat	56.7	2 slices	14
19087	Candies, white chocolate	170	1 cup	14
19126	Candies, milk chocolate coated peanuts	40	10 pieces	14
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	13
20020	Cornmeal, whole-grain, yellow	122	1 cup	13
18133	Cake, sponge, commercially prepared	30	1 shortcake	13
18274	Muffins, blueberry, commercially prepared	57	1 muffin	13
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	13
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	13
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	12
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	12
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	12
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	12
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	12
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	12

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	12
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	12
18444	Pie, fried pies, cherry	128	1 pie	12
11641	Squash, summer, all varieties, raw	113	1 cup	11
19183	Puddings, chocolate, ready-to-eat	113	4 oz	11
01143	Egg substitute, liquid	62.75	1/4 cup	11
09279	Plums, raw	66	1 plum	11
18151	Cookies, brownies, commercially prepared	56	1 brownie	11
11206	Cucumber, peeled, raw	280	1 large	11
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	11
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	11
18139	Cake, white, prepared from recipe without frosting	74	1 piece	11
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	11
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	11
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	11
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	11
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	11
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	11
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	11
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	10
18116	Cake, gingerbread, prepared from recipe	74	1 piece	10
16008	Beans, baked, canned, with franks	259	1 cup	10
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	10
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	10
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	10
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	10
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	10
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	10
09209	Orange juice, chilled, includes from concentrate	249	1 cup	10
11090	Broccoli, raw	31	1 spear	10
20110	Noodles, egg, cooked, enriched	160	1 cup	10
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	10
11143	Celery, raw	40	1 stalk	9
21139	Fast foods, potato, mashed	80	1/3 cup	9
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	9
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	9
09206	Orange juice, raw	86	juice from 1 orange	9
21129	Fast foods, hush puppies	78	5 pieces	9
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	9
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	8
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	8
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	8
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	8
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8
07023	Frankfurter, beef and pork	45	1 frank	8
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8

Content per Measure NDB No Weight (g) Description **Common Measure** 05073 Chicken, broilers or fryers, drumstick, meat only, cooked, roasted 44 1 drumstick 8 15137 Crustaceans, crab, alaska king, cooked, moist heat 85 3 oz 8 19150 Candies, REESE'S Peanut Butter Cups 45 1 package (contains 2) 8 63 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 1 ear 8 without salt 05040 Chicken, broilers or fryers, light meat, meat only, cooked, fried 84 3 oz 8 250 09306 Raspberries, frozen, red, sweetened 1 cup 8 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 11291 8 19100 Candies, fudge, chocolate, prepared-from-recipe 17 7 1 piece 74 19097 Sherbet, orange 1/2 cup 7 19314 Pie fillings, canned, cherry 74 1/8 of 21-oz can 7 19103 Candies, fudge, vanilla, prepared-from-recipe 16 1 piece 7 Soup, beef noodle, canned, prepared with equal volume water, 06409 244 1 cup commercial 19101 Candies, fudge, chocolate, with nuts, prepared-from-recipe 19 1 piece 11529 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 7 11935 Catsup 15 1 tbsp 05292 Turkey patties, breaded, battered, fried 64 1 patty 15058 Fish, ocean perch, Atlantic, cooked, dry heat 50 1 fillet 7 21070 Fast foods, chimichanga, with beef 174 1 chimichanga 7 19424 28.35 Snacks, tortilla chips, nacho-flavor, reduced fat 1 oz 7 15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 7 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, 11196 170 1 cup 7 drained, without salt 4 oz 19201 Puddings, vanilla, ready-to-eat 113 7 Beans, snap, yellow, canned, regular pack, drained solids 11932 135 1 cup 7 04015 Salad dressing, russian dressing 15.3 1 tbsp 7 02029 Spices, parsley, dried 1.3 1 tbsp 7 Onion rings, breaded, par fried, frozen, prepared, heated in oven 11296 60 10 rings 7 11156 Chives, raw 3 1 tbsp 05090 Chicken, broilers or fryers, neck, meat only, cooked, simmered 18 1 neck 6 18319 Pie, fried pies, fruit 128 1 pie 6 70 11109 Cabbage, raw 1 cup 6 11945 Pickle relish, sweet 15 1 tbsp 6 15 19104 Candies, fudge, vanilla with nuts 1 piece 6 11677 Shallots, raw 10 1 tbsp 6 01032 Cheese, parmesan, grated 5 1 tbsp 6 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 6 11937 Pickles, cucumber, dill 65 1 pickle 6 01054 3 Cream, whipped, cream topping, pressurized 1 tbsp 6 28.35 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added 1 oz (142 seeds) 5 14 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 1 hole 5 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 5 104 11205 Cucumber, with peel, raw 5 1 cup Candies, M&M MARS, "M&M's" Peanut Chocolate Candies 20 19140 10 pieces 5 02027 Spices, oregano, dried 1.5 1 tsp 5 05064 Chicken, broilers or fryers, breast, meat only, cooked, roasted 86 1/2 breast 5 15126 Fish, tuna, white, canned in water, drained solids 85 3 oz 5 09184 Melons, honeydew, raw 170 1 cup 5 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125 5 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	5
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	5
09128	Grapefruit juice, white, raw	247	1 cup	5
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
09184	Melons, honeydew, raw	160	1/8 melon	5
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	5
11206	Cucumber, peeled, raw	119	1 cup	5
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	5
06174	Soup, stock, fish, home-prepared	233	1 cup	5
09266	Pineapple, raw, all varieties	155	1 cup	5
09055	Blueberries, frozen, sweetened	230	1 cup	5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	5
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	5
09040	Bananas, raw	150	1 cup	5
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4
09193	Olives, ripe, canned (small-extra large)	22	5 large	4
09050	Blueberries, raw	145	1 cup	4
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	4
19040	Snacks, popcorn, cheese-flavor	11	1 cup	4
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	4
09003	Apples, raw, with skin	138	1 apple	4
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	4
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	4
07073	Sandwich spread, pork, beef	15	1 tbsp	4
02045	Dill weed, fresh	1	5 sprigs	4
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	4
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	4
04133	Salad dressing, french, home recipe	14	1 tbsp	4
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	4
09040	Bananas, raw	118	1 banana	4
21119	Fast foods, hotdog, with chili	114	1 sandwich	3
19041	Snacks, pork skins, plain	28.35	1 oz	3
11081	Beets, cooked, boiled, drained	170	1 cup	3
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	3
07064	Pork Sausage, Fresh, Cooked	27	1 patty	3
09060	Carambola, (starfruit), raw	108	1 cup	3
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	3
01094	Milk, buttermilk, dried	6.5	1 tbsp	3
07064	Pork Sausage, Fresh, Cooked	26	2 links	3
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	3
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	3
18110	Cake, fruitcake, commercially prepared	43	1 piece	3
18306	Pie, blueberry, prepared from recipe	147	1 piece	3
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	l cup	3
18214	Crackers, cheese, regular	10	10 crackers	3
11935	Catsup	6	1 packet	3
19061	Snacks, trail mix, tropical	140	1 cup	3

11339Sauerkruk, eanned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09004Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 tbsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Lecks, (bulb and lower leaf-portion), cooked, boiled, drained, without alt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium1933Snacks, CHEX mix28.351 oz (about 2/3 cup)0938Avocados, raw, California28.351 oz	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09000Carambola, starfarith, raw911 fuil15140Carabcean, stab, bue, canael135Leap05200Strowberier, froore, sweetend, sliced255Leap07011Net, field, factor, smoot, site parable lean and fat, cosiect, bonid873 or07020Port, field, lang, careff, separable lean and fat, cookel, nasida813 or07000Port, field, hue, careff, separable lean and fat, cookel, nasida813 or07000Port, field, bue, careff, separable lean and fat, cookel, nasida813 or07001Port, field, bue, careff, separable lean and fat, cookel, nasida813 or07002Port, field, bue, careff, separable lean and fat, cookel, nasida813 or07014Port, field, bue, careff, separable lean and fat, cookel, nasida811 cap07015Port, field, bue, careff, separable lean and fat, cookel, nasida811 cap07016Port, field, bue, careff, separable lean and fat, cookel, nasida811 cap07017Port, field, bue, careff, separable lean and fat, cookel, nasida1 cap1 cap07118Port, field, bue, careff, separable lean and fat, cookel, nasida1 cap1 cap07119Port, field, hue, careff, separable lean and fat, cookel, nasida1 cap1 cap07110Port, field, hue, contend separable lean and fat, cookel, nasida1 cap1 cap071111Port, field, hue, contend separable lean and fat, cookel, nasida1 cap1 cap07110Port, field, hue, contend separable lean	18243	Croutons, seasoned	40	1 cup	3
15141Cruatacean, each, blac, canned1351 cap11000Alfafa scets, sponted, aw331 cap10030Stavberis, foron, sweetend, liced533 oz100311Pork, fresh, inc, centr bia (depo), bons-in, sepanble lean and fat.533 oz100102Pork, fresh, leg (ham), whole, sepanble lean and fat. cooked, roasted533 oz100103Pork, fresh, gentrab, sepanble lean and fat. cooked, roasted533 oz100104Pork, fresh, gentrab, sepanble lean and fat. cooked, roasted533 oz100105Pork, fresh, shoulder, arm picine, sepanble lean and fat. cooked, roasted533 oz100106Pork, fresh, shoulder, arm picine, sepanble lean and fat. cooked, roasted533 oz100107Pork, fresh, shoulder, arm picine, sepanble lean and fat. cooked, roasted533 oz100108Pork, fresh, shoulder, arm picine, sepanble lean and fat. cooked, roasted531 cap101101Pork, fresh, shoulder, arm picine, sepandbe lean and fat. cooked531 cap101101Pork, fresh, shoulder, arm picine, sepandbe lean and fat. cooked1 cap1 cap101101Pork, fresh, shoulder, arm picine, sepandbe lean and fat. cooked1 cap1 cap101101Pork, fresh, shoulder, arm picine, sepandbe lean and fat. cooked1 cap1 cap101101Pork, fresh, gentrab, sowethend1 Cap1 cap111111Pork, fresh, gentrab, sowethend2 fat1 cap111111Pork, fresh, gentrab, sowethend2 fat1 cap<	16112	Miso	68.75	1 cup	3
11000Alfila seeds, spouted, raw33i exp00210Strawberier, frozen, sweetened, sliced2551 exp00210Pork, fresh, log (nam), whole, separable kan only, cooked, rostal813 oz00000Pork, fresh, log (nam), whole, separable kan only, cooked, rostal813 oz00000Pork, fresh, log (nam), whole, separable kan only, cooked, rostal813 oz00000Pork, fresh, log (nam), whole, separable kan and fat, cooked, rostal813 oz00101Pork, fresh, bagetram, meine, separable kan and fat, cooked, rostal813 oz001020Pork, fresh, bagetram, meine, separable kan and fat, cooked, rostal813 oz001031Pork, fresh, bagetram, meine, separable kan and fat, cooked, rostal2511 exp001032Say, chickan moelle, devel, devel with ster2531 exp00124Parapele aune, devel with ster2511 exp00132Say, chickan moelle, devel, sterme2441 exp00143Lamp juice, cauned or bottled, unsweetened2441 exp00144Insp juice, cauned or bottled, unsweetened2401 exp00154Saud, rescal, stand, dressing, reduced fat131 exp00154Saud, renzel, stand, stand dressing, reduced fat131 exp00154Saud, renzel, stand, stand, dressing, reduced fat241 exp00154Saud, renzel, stand, stand, dressing, reduced ratins101 exp00155Campe, scannon (Dukkey, er, ovvek, stand)241 exp	09060	Carambola, (starfruit), raw	91	1 fruit	3
99930Nrawberrie, frozen, sectened, sliced2551 exp10038Pork, fresh, inc, enter loin (chops), bone, in, separable lean and fit,853 oz10010Pork, fresh, ge (man), whole, separable lean and fit, cooked, roustel853 oz10089Pork, fresh, separarib, separable lean and fit, cooked, roustel853 oz10090Pork, fresh, separarib, separable lean and fit, cooked, roustel853 oz100910Pork, fresh, shoulder, arm pictric, separable lean and fit, cooked, roustel853 oz100717Pork, fresh, shoulder, arm pictric, separable lean and fit, cooked, roustel853 oz100718Pork, fresh, shoulder, arm pictric, separable lean and fit, cooked, roustel853 oz100719Pork, fresh, shoulder, arm pictric, separable lean and fit, cooked, roustel813 oz100710Pork, fresh, shoulder, arm pictric, separable lean and fit, cooked, roustel811 cup10172Cake, snack cakes, creme-filled, chocolate with forsing901 cup118172Cake, snack cakes, creme-filled, chocolate with forsing101 cup118172Cake, snack cakes, creme-filled, unsweretend, without added ascorbic acid2441 cup118172Cake, snack cakes, creme-filled, snuth, snack cakes, creme, alia161 cup118173Lemon jutce, canned or bottled2441 cup118174Cake, snack cakes, creme-filled, includes shoney bans,2401 cup118174Cake, snack cakes, creme-filled, includes shoney bans,2401 cup <td>15141</td> <td>Crustaceans, crab, blue, canned</td> <td>135</td> <td>1 cup</td> <td>3</td>	15141	Crustaceans, crab, blue, canned	135	1 cup	3
10038Peck, farsh, line, center lein (chops), bone-in, separable lean and fit, cocked, ronsted853 or10010Pork, fresh, leg (ham), whole, separable lean and fit, cooked, roasted853 or10000Pork, fresh, geren, separable lean and fit, cooked, roasted853 or00000Applesauce, canned, sweetened, without sult2551 cup10175Pork, fresh, hackribs, separable lean and fit, cooked, roasted853 or00070Pongple, cancel, heavy symp pack, solids and liquids2511 cup06528Soep, chicken noodle, dehydrated, preparad with water252.31 cup06548Soep, chicken noodle, dehydrated, preparad with water252.31 cup07610Line juice, canned of mang juice drink, canned2461 cup07611Line juice, canned or bottled, unswetened2441 cup07612Raspberrines, raw1231 cup07613Lenon juice, canned or bottled, unswetened, without added ascorbis caid2441 cup07614Coopeaa, canned, or bottled, unswetened, without added ascorbis caid161 thep10712Candies, mit' chocolate conto drinkins101 pueces10814Chickpasa (gathanzo beans, benga gram), mature seeds, canned2401 cup10815Objektus, sext-abued, gathanzo beans, benga gram), mature seeds, canned2401 cup10816Chickpasa (gathanzo beans, benga gram), mature seeds, canned2401 cup10815Objektus, sext-abued, cordined rinkins101 cup<	11001	Alfalfa seeds, sprouted, raw	33	1 cup	3
coaked, broiledcoaked, broiled853 oz10009Pork, fresh, leg (hum), whole, sepurable lean and fat, cooked, roasted853 oz10090Appleauce, anned, sveetened, winhout sult251 cup101913Pork, fresh, bucetribs, separable lean and fat, cooked, traised853 oz101914Pork, fresh, bucetribs, separable lean and fat, cooked, traised853 oz101915Pork, fresh, bucetribs, separable lean and fat, cooked, roasted853 oz101917Pork, fresh, bucetribs, separable lean and fat, cooked, roasted853 oz101917Pork, fresh, bucetribs, separable lean and fat, cooked, roasted853 oz101917Pork, fresh, bucetribs, separable lean and fat, cooked, roasted811 cup10270Pineapple, canned, or cooked, separable lean and fat, cooked, roasted25.2.31 cup10271Cake, snack cakes, creme-filled, chocolats with frosting261 cup10312Cake, snack cakes, creme-filled, chocolats with frosting241 cup104033Salad dressing, thousand ialand dressing, reduced fat1.3.31 thop10513Lemon juice, canned or bottled, unsweetened2441 cup10514Lemon juice, canned or bottled, unsweetened, southern), mature seeds, anned2401 cup10515Lemon juice, canned or bottled, unsweetened, southern), mature seeds, anned1010 pieces10516Cookpeak, granota basa, corned, fascd, enriched (includes honey buns)601 cup10516Granpfttui, ru	09320	Strawberries, frozen, sweetened, sliced	255	1 cup	3
10009Pork, fresh, leg (hum), whole, separable lean and fat, cooked, traised853 oz10080Pork, fresh, sparenbs, separable lean and fat, cooked, traised853 oz10131Pork, fresh, backribs, separable lean and fat, cooked, roasted853 oz10075Pork, fresh, backribs, separable lean and fat, cooked, roasted853 oz10076Pork, fresh, backribs, separable lean and fat, cooked, roasted853 oz09270Pineaple, canned, heavy syrup pack, solids and liquids2541 cup06533Soup, chicken noodle, debydrated, prepared with water252.31 cup08572Cake, smack cankes, creme-filled, chocolate with frosting501 cupeake09161Lime guice, canned or bottled, unsweetened2461 cup04022Salad dressing, thousand island dressing, reduced fat15.31 basp0513Lenon juice, canned or bottled2441 cup06164Sauce, ready-to-serve, salas161 basp06164Sauce, ready-to-serve, salas161 basp119127Candies, milk chocolate coated raisins101 poleces06164Sauce, ready-to-serve, salas2401 cup118285Doughnuts, yaast-learvend, glazd, enriched (includes honey buns)601 necdrum11839Saucet, ready-to-serve, salas2401 cup11849Saucet, ready, waist, and liquids2351 bar119127Candies, milk chocolate coated raisins1161 cup11849Saucet, ready, w	10038		85	3 oz	3
10089Pork, fresh, spermbb, sepamble lean and fat, cooked, braised853 or09020Applesame, canned, sweetened, without sait2551 cup10193Pork, fresh, backribs, sepamble lean and fat, cooked, roasted853 or101970Pork, fresh, backribs, sepamble lean and fat, cooked, roasted853 or101971Pork, fresh, backribs, sepamble lean and fat, cooked, roasted2541 cup101972Pork, fresh, backribs, sepamble lean and fat, cooked, Parised2541 cup10582Soup, chicken noodle, dehydrated, prepared with water25.31 cup10511Lime juice, canned or bottled, unsweetened2461 cup10512Cake, snack cake, creme-Filted, chocileat with fusing2461 cup10513Lemon juice, canned or bottled2441 cup10514Lamon juice, canned or bottled2441 cup10515Lemon juice, canned or bottled2441 cup10515Lemon juice, canned or bottled2401 cup11564Cawpeas, canned, blackryces, crewder, southern), mature seeds, canned2401 cup116648Cambes, milk chocatae coated raisins1010 pieces118255Doughnuts, yeast-leavened, glaced, enriched (includes honey buns)601 cup11845Sanckraut, amand, solid and liquid2361 cup11845Candres, milk chocatae coated raisins101 cup11845Sanckraut, amand, solid and liquid216-1-o-z can11845Sanckraut, amand, s	10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	3
90900Applesauce, canned, sweetened, without salt2551 cup10193Pork, fresh, shoulder, am pienic, separable lean and fat, cooked, braised853 oz90270Pincapple, canned, heavy syrup pack, solid sand liquids2541 cup90270Pincapple, canned, heavy syrup pack, solid sand liquids2541 cup14141Pincapple, canned, heavy syrup pack, solid sand liquids2508 fl oz18127Cake, snack cakes, creme-filled, chocolate with forsing501 cup19161Lime juice, canned or bottled, unswetened2461 cup090202Rapberriers, raw1231 cup04023Salad dressing, thousand island dressing, reduced fat1.5.31 kbsp091153Lemon juice, canned or bottled2441 cup09153Lemon juice, canned or bottled2441 cup09154Sauce, ready-to-serve, salas1010 pieces11074Candes, milk chocolate coated raisins1010 pieces11075Candes, milk chocolate coated raisins1010 pieces11086Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup11175Sanck, rang, vinitu, all areas1181 2 grapefruit11187Sanck, rang, white, all areas1101 piece11187Sanck, rang, olidis and liquids2361 bar11187Sanck, rang, olidis and liquids216-f-a-z can11181Fast rook, handy hang, rogue can, olidis and liquids1161 bap <tr< td=""><td>10009</td><td>Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted</td><td>85</td><td>3 oz</td><td>3</td></tr<>	10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	3
10193Pord, fresh, backribs, separable lean and fat, cooked, roasted853 or10075Pord,, fresh, backribs, separable lean and fat, cooked, missied853 or09270Pineapple, canned, heavy syrup pack, solids and liquids254.041 cup06528Soup, chicken noodle, dehydrated, prepared with water252.31 cup06529Sing, chicken noodle, dehydrated, prepared with water250.0481 or18127Cake, snack cakes, creme-filled, chocolate with firsting501 cup09161Line juice, canned or bottled, unsweetend1231 cup09172Salad dressing, housand island dressing, reduced fat15.31 thsp09183Lenon juice, canned, unsweetend, without added ascorbic acid2441 cup09184Salad cressing, housand island dressing, reduced fat161 thsp09185Lenon juice, canned, robottled161 thsp10187Candies, milk chocolate coated rainins101 cup101886Congens, canned, blanckeys, crowder, southern), mature seeds, canned2401 cup11898Sauerkaut, canned, solids and liquids2461 cup11899Sauerkaut, canned, solids and liquids2461 cup11899Sauerkaut, canned, solids and liquids2451 cup11899Sauerkaut, canned, solids and liquids2451 cup11899Sauerkaut, canned, solids and liquids2451 cup11899Sauerkaut, canned, solids and liquids1601 cup11899	10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3
10075Pork, fresh, shoulder, arm picnic, separable lean and far, cooked, braised853 oz09070Pincapple, canned, heavy syrup pack, solids and liquids2541 cup06528Soup, chicken noodle, dehydrated, prepared with water252.31 cup18171Cake, snack cakes, creme-filled, choolale with frosting501 cup09161Lime juice, canned or bottled, unsweetened2461 cup09172Raspberriers, raw1231 cup09183Lemon juice, canned, unsweetened, without added acorbic acid2441 cup09184Sauce, ready-to-serve, salsa161 bbp06164Sauce, ready-to-serve, salsa1010 picces06164Cowpeas, common (blackeys, crowder, southern), mature seeds, canned, plain2401 cup10865Chickpasa (garbnazo beans, bengal gram), mature seeds, canned, plain2401 cup108664Cowpeas, common (blackeys, crowder, southern), mature seeds, canned, plain2401 cup11875Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium1188Sauce/kraut, canned, oloids and liquid2361 bar11915Snacks, granola bars, hard, plain2161 cup11916Grapefruit, raw, white, all areas1181 cup11917Sald dressing, shousand island, commercial, regular15.61 bar11918Snacks, granola bars, hard, plain2166-H-oz can11919Grape juice, fizzer concentrate, sweetened, undiluted, with added<	09020	Applesauce, canned, sweetened, without salt	255	1 cup	3
braisedbraised092700Pineapple, canned, heavy syrup pack, solids and liquids2541 cup09270Pineapple and orange juice drink, canned2508 fl oz14341Pineapple and orange juice drink, canned2508 fl oz18127Cake, snack cakes, creme-filled, chocolate with frosting2601 cup090161Line juice, canned or bottled, unsweetened2461 cup09012Rapberries, raw1231 cup09013Lenon juice, canned or bottled2441 cup00144Stuce, ready-to-serve, safsa161 thep00155Lenon juice, canned or bottled2441 cup06164Stuce, ready-to-serve, safsa161 cup06164Stuce, ready-to-serve, safsa2401 cup19127Candicperas, commol (blackeys, crowder, southern), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium11439Stucerkraut, canned, solids and liquids2361 cup11515Stack granto bans, hard, plain1101 cup11616Grapefruit, raw, white, all areas11812 granefruit11717Salud dressing, housand island, commerial, regular15.61 bar11818Cake, snack akes, creme-filled, ponge211 sandwich11817Salud dressing, housand island, commerial, regular15.61 sandwich11818Cake, snack akes, creme-filled, ponge24.51 cuke<	10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3
6528Sur, chicken noole, dehydrated, prepared with vater252.31 cup14341Pineapple and orange juic drink, canned2508 fl oz18127Cake, stack cakes, creme-filled, choclate with fosting501 cupcake09161Line juice, canned or bottled, unsweetened2461 cup09302Raspberries, raw1231 cup09013Lenon juice, canned, unsweetened2441 cup09154Lenon juice, canned, unsweetened, without aded ascorbic acid2441 cup06164Sauce, ready-to-serve, salas161 bbsp06164Sauce, ready-to-serve, salas1010 pieces16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned2401 cup16058Chickpeas (garbarzo beans, bengal gram), mature seeds, canned2401 cup16058Chickpeas (garbarzo beans, bengal gram), mature seeds, canned2401 cup16058Chickpeas (garbarzo beans, bengal gram), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)2361 cup19016Grapefruit, raw, white, all arcas1181/2 grapefruit19015Snacks, granola bars, hard, plain2361 bar19016Grape juice, fozze concentrate, sweetened, undiluted, with added2166-fl-oz can19117Fat foods, hamburger, regulard, ouble patty, with condirents2151 sa	10075		85	3 oz	3
14341Pinapple and orange juice drink, canned2508 fl oz18127Cake, snack cakes, creme-filled, chocolate with frosting501 cupcake09161Lime juice, canned or bottled, unsweetened2461 cup09202Raspborries, rww1231 cup04023Salad dressing, thousand island dressing, reduced fat15.31 thsp04024Salex, caned, unsweetened, without added ascorbic acid2441 cup04025Lemon juice, canned, unsweetened, without added ascorbic acid2441 cup04016Sauce, ready-to-serve, salsa161 thsp19127Candies, milk chocolate coated raisins1010 pieces16064Cowpeas, common (blackyces, crowder, southern), mature seeds, canned2401 cup18255Doughnuis, yeast-leavened, glazed, enriched (includes honey buns)601 medium18255Doughnuis, yeast-leavened, glazed, enriched (includes honey buns)601 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19135Snacks, granola bars, hard, plain28.351 bar09044Apples, raw, without skin1101 cup09155Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can0916Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can0917Salad dressing, thousand island, commercial, regular2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake	09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	3
18127Cake, snack cakes, creme-filled, chocolate with frosting501 cupcake09161Lime juice, canned or bottled, unsweetened2461 cup09302Raspberries, raw1231 cup04023Salad dressing, thousand island dressing, reduced fut15.31 bsp09190Applesuuce, canned, unsweetened, without added ascorbic acid2441 cup09153Lemon juice, canned or bottled2441 cup06164Sauce, ready-to-serve, salsa161 bsp19127Candies, milk chocolate coated raisins1010 pieces10604Cowpeas, common (blackcycs, crowder, southern), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey burs)601 medium11439Sauerfraut, canned, solids and liquids2361 cup19015Snacks, granola bars, hard, plain1101 cup04017Salad dressing, thousand island, commercial, regular15.61 bsp04017Salad dressing, thousand island, commercial, regular2166-fl-oz can04017Salad dressing, thousand island, commercial, regular2151 sandwich18128Cake, snack cake, creme-filed, sponge42.51 cup21111Fast foods, hamburger, regular, double party, with condiments2151 sandwich18128Cake, snack cake, creme-filed, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or oasted193 medium siles1154Tomat	06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	3
09161Line juice, canned or bottled, insweetened2461 cup09302Raspberries, raw1231 cup09013Salad dressing, thousand island dressing, reduced fat15.31 bbp09019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup09153Lenono juice, canned or bottled2441 cup06164Sauce, ready-to-serve, salsa161 bbp19127Candies, milk chocolate coated raisins1010 pieces16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup17439Sauerkraut, canned, alaid, enriched (includes honey buns)601 mcdium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 mcdium19015Snacks, granola bars, hard, plain28.351 bar19015Snacks, granola bars, hard, plain1101 cup09016Grapefruit, raw, whito, all areas1166-fl-oz can09017Carceals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT273/4 cup20111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge22.51 cad10124Pork, cured, bacon, cooched, broided, pan-fried roasted193 medium slices11149Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without1041 cup21	14341	Pineapple and orange juice drink, canned	250	8 fl oz	3
09302Raspberrier, raw123I cup04023Salad dressing, thousand island dressing, reduced fat15.3I dsp09019Applesauce, camed, unsweetened, without added ascorbic acid244I cup09153Lemon juice, canned, or bottled244I cup06164Sauce, ready-to-serve, salsa10I 0 pieces19127Candies, milk chocolate coated raisins10I 0 pieces16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned240I cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned240I cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned240I cup17199Sauerkraut, canned, solids and liquids236I medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)60I medium19115Snacks, granola bars, hard, plain28.35I bar19016Grapefruit, raw, white, all areas1181/2 grapefruit19017Salad dressing, thousand island, commercial, regular15.6I thsp09018Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can19111Fast foods, hamburger, regular, double patty, with condiments215I sandwich18128Cake, snack cakes, ereme-filled, sponge42.5I sandwich18124Pork, cured, benoic, cooked, boiled, drained, without104I cup19147Fast foods, hamburger, regular, double patty, with condiments215<	18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	3
40423Salad dressing, thousand island dressing, reduced fat15.31 thsp60019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup60153Lemon juice, canned or bottled2441 cup60164Sauce, ready-to-serve, salsa161 thsp10270Candies, milk chocolate cotted raisins1010 pieces1064Cowpeas, cornmon (blackeyes, crowder, southern), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium11439Sauerkraut, canned, solids and liquids2361 cup19116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09044Apples, raw, without skin101 cup09045Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can09116Grape juice, frozen concentrate, sweetened, undiluted, with added2151 sandwich11141Fast foods, hamburger, regular, double patty, with condiments2151 sandwich11240Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11241Leeks, chub and lower leaf-portion), cooked, drained, without1041 cup11242Pork, cured, hash and skin, without salt2021 cake11244Pork, cured, bace, reme-filed, sponge241 cup11245Tomaillots, raw341 medium11246 <t< td=""><td>09161</td><td>Lime juice, canned or bottled, unsweetened</td><td>246</td><td>1 cup</td><td>2</td></t<>	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	2
0019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup09133Lemon juice, canned or bottled2441 cup06164Sauce, ready-to-serve, salsa161 tbsp19127Candies, milk chocolate coated raisins1010 pieces16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2361 cup17139Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Saacks, grano labars, hard, plain28,351 bar09004Apples, raw, without skin1161 cup09136Grape juice, frozen concentrate, sweetened, undiluted, with added2166-fl-oz can09136Careals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT273/4 cup11149Past foods, hamburger, regular, double patty, with condiments2151 sandwich11247Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without1041 cup11347Tomatillos, raw341 medium11344Tomatillos, raw6810 cherries11345Tomatillos, raw6810 cherries11346Tomatillos, raw6810 cherries11347Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without104	09302	Raspberries, raw	123	1 cup	2
09133Lemon juic, canned or bottled2441 cup06164Sauce, ready-to-serve, salsa161 tbsp19127Candies, milk chocolate coated raisins1010 pieces18064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned arned, plain2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium19135Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19155Snacks, granola bars, hard, plain1101 cup09004Apples, raw, without skin1101 cup09015Grape griue, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can09016Grape fuice, frozen concentrate, sweetened, undiluted, with added BUTTER CRUNCH2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake19141Post coured, bacon, cooked, boiled, pan-fried or roasted193 medium slices11247Icek, flush and lower leaf-portion), cooked, boiled, drained, without salt1041 cup1954Tomatillos, raw341 medium1954Tomatillos, raw6810 cherries1954Barley, pearled, raw681 cup <td>04023</td> <td>Salad dressing, thousand island dressing, reduced fat</td> <td>15.3</td> <td>1 tbsp</td> <td>2</td>	04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2
66164Sauce, ready-to-serve, salsa161 bsp19127Candies, milk chocolate coated raisins1010 pieces16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium11439Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09004Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 tbsp08012Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fi-oz can08012Careals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH273 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake11247Leeks (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup1154Tomatillos, raw341 medium1164Potato, baked, flesh and skin, without salt2021 cup11754Loukacd, flesh and skin, without salt2021 cup1164Potato, baked, flesh and skin, without salt2001 cup <td>09019</td> <td>Applesauce, canned, unsweetened, without added ascorbic acid</td> <td>244</td> <td>1 cup</td> <td>2</td>	09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2
1917Candies, milk chocolate coated raisins1010 pieces16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium11439Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09004Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 thsp0812Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT vitamin C2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without salt101 cup11954Tomatillos, raw341 medium11974Portac, cub, bacd, flesh and skin, without salt2021 potato2005Barley, pearled, raw2021 potato2005Barley, pearled, raw81 medium11933Snacks, CHEX mix28.351 oz (about 2/3 cup)20038Aroteking flesh and skin, without salt2021 potato	09153	Lemon juice, canned or bottled	244	1 cup	2
16064Cowpea, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)2361 cup11439Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09004Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 tbsp09136Grape fuice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH213 and dures18128Cake, snack cakes, creme-filled, sponge42.51 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without1041 cup11954Tomatilos, raw341 medium09070Cherries, sweet, raw681 cup11674Potato, baked, flesh and skin, without salt2021 potato11674Potato, baked, flesh and skin, without salt2021 cup11675Barley, pearled, raw81 medium1167	06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2
canned, plaincanned, mathematical set of the set of	19127	Candies, milk chocolate coated raisins	10	10 pieces	2
18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium11439Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09044Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 thsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Lesks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup1154Tomatillos, raw341 medium10970Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)19034Avocados, raw, California28.351 oz	16064		240	1 cup	2
11439Sauerkraut, canned, solids and liquids2361 cup09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09044Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 tbsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cercals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Lesks, (bulb and lower leaf-portion), cooked, boiled, drained, without alt101 cup11354Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, paerled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium1933Snacks, CHEX mix28.351 oz (about 2/3 cup)1933Snacks, GHEX mix28.351 oz (about 2/3 cup)	16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2
09116Grapefruit, raw, white, all areas1181/2 grapefruit19015Snacks, granola bars, hard, plain28.351 bar09004Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 tbsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH'273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium1933Snacks, CHEX mix28.351 oz (about 2/3 cup)0938Avocados, raw, California28.351 oz	18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	2
19015Snacks, granola bars, hard, plain28.35I bar09004Apples, raw, without skin110I cup04017Salad dressing, thousand island, commercial, regular15.6I tbsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments215I sandwich18128Cake, snack cakes, creme-filled, sponge42.5I cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium1933Snacks, CHEX mix28.351 oz (about 2/3 cup)0938Avocados, raw, California28.351 oz	11439	Sauerkraut, canned, solids and liquids	236	1 cup	2
09004Apples, raw, without skin1101 cup04017Salad dressing, thousand island, commercial, regular15.61 tbsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium1933Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	2
NoteNoteNote04017Salad dressing, thousand island, commercial, regular15.61 tbsp09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium1033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	19015	Snacks, granola bars, hard, plain	28.35	1 bar	2
09136Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C2166-fl-oz can08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	09004	Apples, raw, without skin	110	1 cup	2
vitamin C08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH273/4 cup21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2
BUTTER CRUNCH21111Fast foods, hamburger, regular, double patty, with condiments2151 sandwich18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	09136	vitamin C	216	6-fl-oz can	2
18128Cake, snack cakes, creme-filled, sponge42.51 cake10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato2005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz		BUTTER CRUNCH		•	2
10124Pork, cured, bacon, cooked, broiled, pan-fried or roasted193 medium slices11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz					2
11247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt1041 cup11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz			42.5		2
salt11954Tomatillos, raw341 medium09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	10124	-	19	3 medium slices	2
09070Cherries, sweet, raw6810 cherries11674Potato, baked, flesh and skin, without salt2021 potato20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz		salt		*	2
11674Potato, baked, flesh and skin, without salt2021 potato20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz					2
20005Barley, pearled, raw2001 cup11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz					2
11252Lettuce, iceberg (includes crisphead types), raw81 medium19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz			202	1 potato	2
19033Snacks, CHEX mix28.351 oz (about 2/3 cup)09038Avocados, raw, California28.351 oz	20005	Barley, pearled, raw	200	1 cup	2
09038Avocados, raw, California28.351 oz				1 medium	2
				1 oz (about 2/3 cup)	2
09039 Avocados, raw, Florida 28.35 1 oz	09038	Avocados, raw, California	28.35	1 oz	2
	09039	Avocados, raw, Florida	28.35	1 oz	2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	2
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	2
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	2
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	2
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	2
11333	Peppers, sweet, green, raw	10	1 ring	2
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2
19013	Snacks, fruit leather, pieces	28.35	1 oz	2
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	2
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	2
11084	Beets, canned, drained solids	170	1 cup	2
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	2
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	2
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	2
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	2
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	2
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	2
09316	Strawberries, raw	166	1 cup	2
09252	Pears, raw	166	l pear	2
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	2
11226	Jerusalem-artichokes, raw	150	1 cup	2
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1
18170	Cookies, fig bars	16	1 cookie	1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
12167 19026	Nuts, chestnuts, european, roasted Snacks, granola bars, soft, coated, milk chocolate coating, peanut	143 28.35	1 cup 1 bar	1
18039	butter Bread, oatmeal	27	1 slice	1
11028	Bamboo shoots, canned, drained solids	131	1 cup	1
19014	Snacks, fruit leather, rolls	21	1 large	1
18040	Bread, oatmeal, toasted	25	1 slice	1
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1
19074	Candies, caramels	10.1	1 piece	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1
09081	Cranberry sauce, canned, sweetened	57	1 slice	1
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1

Content per Measure NDB No Weight (g) Description **Common Measure** 11135 Cauliflower, raw 100 1 cup 1 11081 Beets, cooked, boiled, drained 50 1 beet 1 02015 Spices, curry powder 2 1 tsp Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk 01071 4 1 tbsp 19348 Syrups, chocolate, fudge-type 19 1 tbsp 09268 Pineapple, canned, juice pack, solids and liquids 47 1 slice Snacks, popcorn, oil-popped, microwaved 19035 11 1 cup 11955 Tomatoes, sun-dried 2 1 piece 28.35 1 oz (20 halves) 12142 Nuts, pecans 28.35 19404 Snacks, granola bars, soft, uncoated, chocolate chip 1 bar 21130 Fast foods, onion rings, breaded and fried 83 8-9 rings 8 19034 Snacks, popcorn, air-popped 1 cup Frozen novelties, fruit and juice bars 77 1 bar (2.5 fl oz) 19263 09160 Lime juice, raw 38 juice of 1 lime 15 18179 Cookies, oatmeal, commercially prepared, soft-type 1 cookie 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain 08049 32 3/4 cup 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE 32 3/4 cup 10 11445 Seaweed, kelp, raw 2 tbsp 15 14196 Cocoa mix, no sugar added, powder 1/2 oz envelope 06119 Gravy, chicken, canned 59.5 1/4 cup 58.25 06116 Gravy, beef, canned 1/4 cup 09150 Lemons, raw, without peel 58 1 lemon Potatoes, baked, skin, without salt 58 1 skin 11364 3 flowerets 11136 Cauliflower, cooked, boiled, drained, without salt 54 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 13 1 hole 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with 51 1/2 cup oats, honey, and raisins 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with 50 1/2 cup 1 Raisins 09270 49 1 slice Pineapple, canned, heavy syrup pack, solids and liquids 0 09152 Lemon juice, raw 47 juice of 1 lemon 0 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most 1 tbsp 15 0 common type) 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 0 19036 Snacks, popcorn, cakes 10 1 cake 0 4.7 06168 Sauce, ready-to-serve, pepper or hot 1 tsp 0 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 0 08084 Cereals ready-to-eat, wheat germ, toasted, plain 7.119 1 tbsp 0 02046 5 Mustard, prepared, yellow 1 tsp or 1 packet 0 04022 Salad dressing, russian dressing, low calorie 16.3 1 tbsp 0 2.3 02010 Spices, cinnamon, ground 1 tsp 0 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 02030 Spices, pepper, black 2.1 1 tsp 0 04114 Salad dressing, italian dressing, commercial, regular 14.7 1 tbsp 0 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 0 12147 Nuts, pine nuts, dried 28.35 1 oz 0 19077 Baking chocolate, unsweetened, liquid 28.35 1 oz0 12120 Nuts, hazelnuts or filberts 28.35 1 oz 0 19071 Candies, carob 28.35 1 oz 0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0
16158	Hummus, commercial	14	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
11084	Beets, canned, drained solids	24	1 beet	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
19297	Jams and preserves	20	1 tbsp	0
09316	Strawberries, raw	18	1 strawberry	0
19294	Fruit butters, apple	17	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
06150	Sauce, barbecue sauce	15.75	1 tbsp	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0
11135	Cauliflower, raw	13	1 floweret	0
09316	Strawberries, raw	12	1 strawberry	0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
16055	Carob flour	8	1 tbsp	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
02007	Spices, celery seed	2	1 tsp	0
11284	Onions, dehydrated flakes	5	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
19107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
19116	Candies, marshmallows	50	1 cup	0
19107	Candies, hard	6	1 piece	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0
23598 08031	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS,	85 51	3 oz 1 cup	0
	original	~.	up	Ū

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0
20012	Bulgur, dry	140	1 cup	0
20013	Bulgur, cooked	182	1 cup	0
19350	Syrups, corn, light	20	1 tbsp	0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0
19336	Sugars, powdered	8	1 tbsp	0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0
19335	Sugars, granulated	4.2	1 tsp	0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0
02048	Vinegar, cider	15	1 tbsp	0
19334	Sugars, brown	3.2	1 tsp	0
02050	Vanilla extract	4.2	1 tsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0
19300	Jellies	19	1 tbsp	0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
06121	Gravy, mushroom, canned	59.6	1/4 cup	0
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04582	Vegetable oil, canola	14	1 tbsp	0
20006	Barley, pearled, cooked	157	1 cup	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
02047	Salt, table	6	1 tsp	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04002	Lard	12.8	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0

Content per Measure NDB No Description Weight (g) **Common Measure** 07022 Frankfurter, beef 45 1 frank 0 06125 Gravy, turkey, canned 59.6 1/4 cup 0 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared 117 1/2 cup 0 with water 19173 Gelatin desserts, dry mix, prepared with water 135 1/2 cup 0 19312 Pie fillings, apple, canned 74 1/8 of 21-oz can 0 137 1 cup 20084 Wheat flour, white, cake, enriched 0 20089 Wild rice, cooked 164 1 cup 0 19165 5.4 Cocoa, dry powder, unsweetened 1 tbsp 0 Candies, M&M MARS, STARBURST Fruit Chews 5 19156 1 piece 0 20100 Macaroni, cooked, enriched 140 1 cup 0 Wheat flour, white, all-purpose, self-rising, enriched 20082 125 1 cup 0 Spaghetti, cooked, enriched, without added salt 140 20121 1 cup 0 20081 Wheat flour, white, all-purpose, enriched, bleached 125 1 cup 0 07027 Ham, chopped, not canned 21 2 slices 0 56.7 07028 Ham, sliced, extra lean 2 slices 0 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 0 07065 Pork and beef sausage, fresh, cooked 2 links 26 0 07069 Salami, cooked, beef and pork 56.7 2 slices 0 07072 Salami, dry or hard, pork, beef 20 2 slices 0 07083 Sausage, Vienna, canned, chicken, beef, pork 16 1 sausage 0 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0 5 sticks 21024 Fast foods, french toast sticks 141 0 20113 Noodles, chinese, chow mein 45 1 cup 0 Rice, brown, long-grain, cooked 20037 195 0 1 cup 19296 Honey 21 1 tbsp 0 Frozen novelties, ice type, pop 59 19283 1 bar (2 fl oz) 0 19230 Frostings, vanilla, creamy, ready-to-eat 38 1/12 package 0 20025 Cornmeal, self-rising, degermed, enriched, yellow 138 1 cup 0 20027 Cornstarch 8.064 1 tbsp 0 20028 Couscous, dry 173 1 cup 0 20029 Couscous, cooked 157 1 cup 0 20033 Oat bran, raw 94 0 1 cup 20034 Oat bran, cooked 219 1 cup 0 20083 Wheat flour, white, bread, enriched 137 1 cup 0 Egg, white, raw, fresh 01124 33.4 1 large 0 21118 Fast foods, hotdog, plain 98 1 sandwich 0 185 20044 Rice, white, long-grain, regular, raw, enriched 1 cup 0 20045 Rice, white, long-grain, regular, cooked 158 1 cup 0 19218 Puddings, tapioca, ready-to-eat 113 4 oz 0 20046 Rice, white, long-grain, parboiled, enriched, dry 185 1 cup 0 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 0 1 cup 06432 Soup, beef broth, bouillon, consomme, prepared with equal volume 241 1 cup 0 water, commercial 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165 1 cup 0 20068 Tapioca, pearl, dry 152 0 1 cup 20080 Wheat flour, whole-grain 120 0 1 cup 19226 38 0 Frostings, chocolate, creamy, ready-to-eat 1/12 package 0 14175 Chocolate-flavor beverage mix for milk, powder, without added 2-3 heaping tsp 21.6 nutrients

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09340	Pears, asian, raw	122	1 pear	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14142	Carbonated beverage, grape soda	372	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0
14150	Carbonated beverage, orange	372	12 fl oz	0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
14181	Chocolate syrup	18.75	1 tbsp	0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
14277	Grape drink, canned	250	8 fl oz	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
18047	Bread, raisin, enriched	26	1 slice	0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
18061	Bread, rye, toasted	24	1 slice	0
18060	Bread, rye	32	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
18055	Bread, reduced-calorie, wheat	23	1 slice	0
11961	Hearts of palm, canned	33	1 piece	0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0
18041	Bread, pita, white, enriched	28	4" pita	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0

1938 Back chack, Made root, separable han only, trimmed to 1/4* fat, all 85 3 oz 1907 Eact rith, which (riths 6-12), separable han only, trimmed to 1/4* fat, all and	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1307Decf. rhy, while (rbb 6-12), segmable lean only, trimmed to 1/4" fat, all grades, cookel, rested853 or13085Becf. rhy, while (rbb 6-12), segmable lean only, trimmed to 1/4" fat, all grades, cookel, rosted803 or13080Becf. cured, corned becf, camed23.031 or13380Becf, round, bottom round, segmable lean and fat, trimmed to 1/8" fat, all grades, cookel, rosted82.351 or13870Becf, round, segmable lean and fat, trimmed to 1/8" fat, all 	13058		85	3 oz	0
1388Jeef, rhy, shop (rbb 6-12), segmable lean only, trimmed to 1/4" fut, mease, coookd, roussed888<	13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"	85	3 oz	0
18053No.al, radio-caloric, ye231 slice13348Beer, cured, dreid85 050 oz13349Beer, cured, dreid85 050 oz13369Beer, cured, dreid850 oz13878Beer, cured, dreid850 oz13878Beer, cured, dreid850 oz13878Beer, cured, dreid850 oz13979Beer, foug, toping, separable lean and fat, trimmed to 1/8" fat, all850 oz12937Seeds, santifowar seed kernels, duy trausted, with all added24.30 oz12937Lamb, domesic, ri, hysparable lean only, trimmed to 1/4" fat, choice, cocked, horide3 oz12937Lamb, domesic, rin, separable lean only, trimmed to 1/4" fat, choice, cocked, horide3 oz12937Lamb, domesic, rin, separable lean only, trimmed to 1/4" fat, choice, cocked, horide3 oz12938Beans, backet, annato850 oz12939Beans, black, nature seeds, cocked, boiled, without all1721 cup12939Beans, black, nature seeds, cocked, boiled, without all1721 cup12930Beans, kidner, red, mature seeds, cocked, boiled, without all1731 cup12931Beans, kidner, red, mature seeds, cocked, boiled, without all1741 cup12933Beans, sidner, red, mature seeds, cocked, boiled, without all1741 cup12934Beans, kidner, red, mature seeds, cocked, boiled, without all1741 cup12934Beans, kidner, red, mature seeds, cocked, boiled, without all16 <td>13085</td> <td>Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat,</td> <td>85</td> <td>3 oz</td> <td>0</td>	13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat,	85	3 oz	0
13350Beef, cured, dried28.351 oz13369Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broised853 oz13378Beef, round, eye or found, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, troubed853 oz13309Beef, op srion, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, troubed853 oz13307Linzbeans, lange, annue seeds, cannot24.101 cup17031Linzbeans, lange, annue seeds, cannot24.101 cup17034Lamb, domestic, rhy, separable lean only, trimmed to 1/4" fat, ehnice, choice, cooked, troubed3 oz17031Lamb, domestic, inn, separable lean only, trimmed to 1/4" fat, ehnice, cooked, troubed3 oz17032Lamb, domestic, inn, separable lean only, trimmed to 1/4" fat, ehnice, cooked, broibed, writer, separable lean and fat, trimmed to 1/4" fat, ehnice, cooked, broibed, writer, separable lean and fat, trimmed to 1/4" fat, ehnice, cooked, broibed, writhout sait1721 cup17034Beans, kiade, annue, separable lean and fat, trimmed to 1/4" fat, ehnice, cooked, broibed, writhout sait1771 cup17045Beans, kiade, annue, seeds, cooked, boiled, writhout sait1771 cup16035Beans, kiade, annue, seeds, cooked, boiled, writhout sait1711 cup16034Beans, kinge, mature seeds, cooked, boiled, writhout sait1711 cup16035Beans, kinge, mature seeds, cooked, boiled, writhout sait1711 cup16046Beans, kinge, mature seeds, cooked, boil	18053	•	23	1 slice	0
1380Becf. round, separable lean and fat, trimmed to 1/8" fat, all fat, all grades, cooked, braisedS3 or1387Becf. round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised83 or1390Becf. round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broaded83 or13910Becf. round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broaded83 or13931Lina beam, large, mature seeds, canned2411 cup13931Lina beam, domestic, rin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, rousted3 or17031Lina beam, domestic, rin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broaded3 or17032Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broaded3 or17034Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broaded3 or17040Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broided, without all1721 cup17041Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broided, without all1721 cup17043Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broided, without all1721 cup17044Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broided, without all1721 cup17045Beans, batch, autre secds, cooked, broided, without sall1201 cup17045	13348	Beef, cured, corned beef, canned	85.05	3 oz	0
initial grades, cooked, braised issue issue issue 13878 Ber rund, eye or nond, sey analyle lean and fat, trimmed to 1/8" fat, all 8 3 oz 13900 grades, cooked, nonside 243 1 oz 12377 Seeds, sumflower seed, kernels, day roasted, with salt added 241 1 eup 12378 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, 8 3 oz 17030 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, 8 3 oz 17027 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, 8 3 oz 17028 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broited 10 10 17029 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broited 10 10 17020 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broited 10 10 17021 Lamb, domestic, rib, apparable lean and fat, trimmed to 1/4" fat, choice, cooked, broited 10 10 17021 Lamb, domestic, rib, apparable lean and fat, trimmed to 1/4" fat, choice, cooked, broited	13350	Beef, cured, dried	28.35	1 oz	0
13378Berf, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broided583 or13390Beef, top stiplen, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broided583 or12537Seeds, sumflower seed kernels, dry roasted, with salt added28.351 or16073Lina beans, large, mature seeds, canned2410 or17031Lina beans, large, mature seeds, canned3 or17031Lina beans, large, mature seeds, canned3 or17032choice, cooked, troasted3 or17033choice, cooked, broided553 or17034choice, cooked, broided1/4" fat,81704choice, cooked, broided1/4" fat,3 or17054choice, cooked, broided1/4" fat,83 or17054Beans, backed, canned, with pork and sweet saace2531 cup17055Beans, backed, canned, with pork and sweet saace2561 cup170636Beans, kidney, red, mature seeds, cooked, broided, without salt1711 cup17056Beans, wither, wature seeds, cooked, broided, without salt1821 cup17051Beans, wither, wature seeds, cooked, broided, without salt1821 cup17051Beans, wither, wature seeds, cooked, broided, without salt1821 cup17052Beans, wither, wature seeds, cooked, broided, without salt1641 cup17053Beans, wither, wature seeds, cooked, broided, without salt1641 cup17054 <t< td=""><td>13869</td><td></td><td>85</td><td>3 oz</td><td>0</td></t<>	13869		85	3 oz	0
grades, cooked, broilednumber of the large stress of the larg	13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat,	85	3 oz	0
16073Lina beans, large, mature seeds, caned241I cup17034Lamb, domestic, rh, sparable lean only, trimmed to 1/4" fat, choice, cooked, rousselSo3 oz17031Lamb, domestic, rh, sparable lean and fat, trimmed to 1/4" fat, choice, cooked, rousselSo3 oz17027Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiledSo3 oz17034Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiledSo3 oz17040Beans, black, mature seeds, cooked, boiled, without salt1721 cup16010Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1711 cup16044Beans, kidney, red, mature seeds, cooked, boiled, without salt1821 cup16045Beans, kidney, red, mature seeds, cooked, boiled, without salt1821 cup16046Beans, kidney, red, mature seeds, cooked, boiled, without salt1821 cup16047Beans, kidney, red, mature seeds, cooked, boiled, without salt1821 cup16048Beans, kidney, red, mature seeds, cooked, boiled, without salt1821 cup16049Beans, kidney, red, mature seeds, cooked, boiled, without salt161 cup16041Brans, buitary mature seeds, cooked, boiled, without salt16 cup1 cup16042Brans, binting, mature seeds, cooked, boiled, without salt16 cup1 cup16045Brans, binting, mat	13930		85	3 oz	0
17034Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz17031Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz17027Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz17024Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz17024Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz16010Beans, skuked, canned, with pork and sweet sauce2531 cup16015Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16038Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16038Beans, kidney, red, mature seeds, cooked, boiled, without salt1711 cup16038Beans, pinto, mature seeds, cooked, boiled, without salt1821 cup16038Beans, pinto, mature seeds, cooked, boiled, without salt1821 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1821 cup16054Beans, pintor, mature seeds, cooked, boiled, without salt1821 cup16055Beans, kidney, red, mature seeds, cooked, boiled, without salt1881 cup16064Peany, pinture seeds, cooked, boiled, without salt1881 cup16076Peanuts, all types, oil-roasted, with salt28.351 oz16089Peanuts, all types, oil-roasted	12537	-	28.35	1 oz	0
cooked, roastedSociety17031Lamb, domestic, rink, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz17027Lamb, domestic, rink, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz17024Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled853 oz17024Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled, without salt1721 cup16010Beans, black, mature seeds, cooked, boiled, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16034Beans, kidney, red, mature seeds, cooked, boiled, without salt1711 cup16035Beans, kidney, red, mature seeds, cooked, boiled, without salt1711 cup16036Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16037Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16038Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16047Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16051Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16052Beans, pinto, mature seeds, cooked, boiled, without salt1961 cup16054Beans, pinto, mature seeds, cooked, boiled, without salt1961 cup16055Beans, pinto, mature seeds, cooked, boiled, without salt </td <td>16073</td> <td>Lima beans, large, mature seeds, canned</td> <td>241</td> <td>1 cup</td> <td>0</td>	16073	Lima beans, large, mature seeds, canned	241	1 cup	0
choice, cooked, roasted17027Lonb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled853 oz17024Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled853 oz16010Beans, baked, canned, with pork and sweet sauce2531 cup16015Beans, baked, mature seeds, cooked, boiled, without salt1721 cup16025Beans, kindey, red, mature seeds, cooked, boiled, without salt1771 cup16030Beans, kindey, red, mature seeds, cooked, boiled, without salt1711 cup16031Beans, navy, mature seeds, cooked, boiled, without salt1721 cup16032Beans, navy, mature seeds, cooked, boiled, without salt1711 cup16033Beans, navy, mature seeds, cooked, boiled, without salt1721 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1821 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1821 cup16044Beans, lange, mature seeds, cooked, boiled, without salt1881 cup16051Beans, lange, mature seeds, cooked, boiled, without salt1661 cup16054Peanuts, all types, cip-roasted, with salt1661 cup16054Peanuts, all types, cip-roasted, with salt28.351 oz16056Peanuts all types, cip-roasted, with salt2621 cup16057Peanut butter, snooth style, with salt1611 tbp16058Peanut butter, snooth style,	17034		85	3 oz	0
choice, cooked, broiledstank, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled3 oz16010Beans, black, canned, with pork and sweet sauce2531 cup16015Beans, black, mature seeds, cooked, boiled, without salt1721 cup16025Beans, great northern, mature seeds, cooked, boiled, without salt1771 cup16034Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16034Beans, kidney, red, mature seeds, cooked, boiled, without salt1821 cup16034Beans, nitor, mature seeds, cooked, boiled, without salt1201 cup16035Beans, nitor, mature seeds, cooked, boiled, without salt1201 cup16036Beans, nitor, mature seeds, cooked, boiled, without salt1201 cup16037Beans, pinte, mature seeds, cooked, boiled, without salt1821 cup16038Bread, pumpernickel, toasted291 slice16049Panush, dimestic, shoulder, arm, separable lean only, trimmed to 1/4833 oz16059Peanuts, all types, div-roasted, with salt161 cup16059Peanuts, all types, div-roasted, with salt2521 cup16059Peanuts, all types, div-roasted, with salt2621 cup16059Peanuts, all types, div-roasted, with salt2621 cup16059Peanuts, all types, div-roasted, with salt2633 oz16059Peanuts, all types, div-roasted, with salt2621 cup16050Systauser m	17031		85	3 oz	0
choice, cooked, broiled16010Beans, baked, canned, with pork and sweet sace2531 cup16015Beans, black, mature seeds, cooked, boiled, without salt1771 cup16033Beans, great northern, mature seeds, cooked, boiled, without salt1771 cup16034Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16038Beans, navy, mature seeds, cooked, boiled, without salt1821 cup16038Beans, navy, mature seeds, cooked, boiled, without salt1821 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1821 cup16051Beans, witter, seeds, canned2621 cup18045Bread, pumpertickel, toasted291 slice16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup17048Rat, choice, cooked, braised28.351 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16086Peanuts, all types, dir-roasted, with salt28.351 oz16097Peanuts, all types, dir-roasted, with salt28.351 oz16098Peanut butter, smooth style, with salt1721 cup1613Refried beans, eanned (includes USDA commodity)2521 cup16149Soybeans, mature cooked, toaised1661 tbsp16098Peanut butter, smooth style, with salt1721 cup16109Soybeans, mature seeds, cooked, toaised1611 tbsp16120 <td>17027</td> <td></td> <td>85</td> <td>3 oz</td> <td>0</td>	17027		85	3 oz	0
1615Beans, black, mature seeds, cooked, boiled, without salt1721 cup16025Beans, great northern, mature seeds, cooked, boiled, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16034Beans, navy, mature seeds, canned2561 cup16035Beans, nito, mature seeds, cooked, boiled, without salt1821 cup16036Beans, nito, mature seeds, cooked, boiled, without salt1711 cup16037Beans, nite, mature seeds, canned2621 cup16038Beans, nite, mature seeds, cooked, boiled, without salt1881 cup16043Beans, nite, mature seeds, cooked, boiled, without salt1881 cup16051Beans, nite, mature seeds, cooked, boiled, without salt1881 cup16052Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup16054Peak, split, mature seeds, cooked, boiled, without salt1961 cup16056Peas, split, mature seeds, cooked, boiled, without salt1961 cup16086Peanuts, all types, oil-roasted, with salt28.351 oz (approx 28)16097Peanut butter, smooth style, with salt161 thsp16098Peanut butter, smooth style, with salt161 cup16193Soybeans, mature cooked, boiled, without salt1721 cup16104Lamb, domestie, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice; cooked, roosted3 oz16105So	17024		85	3 oz	0
16025Beans, great northern, mature seeds, cooked, boiled, without salt177l cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt177l cup16034Beans, kidney, red, mature seeds, cooked, boiled, without salt182l cup16038Beans, navy, mature seeds, cooked, boiled, without salt182l cup16043Beans, pinto, mature seeds, cooked, boiled, without salt171l cup16051Beans, white, mature seeds, cooked, boiled, without salt171l cup16052Lima beans, large, mature seeds, cooked, boiled, without salt188l cup16054Beans, spinto, mature seeds, cooked, boiled, without salt188l cup16055Bread, pumpernickel, toasted29l slice16072Lima beans, large, mature seeds, cooked, boiled, without salt188l cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt196l cup16089Peanuts, all types, oil-roasted, with salt28.35l oz16090Peanuts, all types, diy-roasted, with salt161 tbsp16093Refried beans, canned (includes USDA commodity)252l cup16103Refried beans, canned (includes USDA commodity)252l cup16104Lamb, domestic, leg, whole (shark and sirioin), separable lean only, trimmed to 1/4" fat, choice, cooked, nosted853 oz16123Soy sauce made from soy and wheat (shoyu)16 <td>16010</td> <td>Beans, baked, canned, with pork and sweet sauce</td> <td>253</td> <td>1 cup</td> <td>0</td>	16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0
16033Beans, kidney, red, mature seeds, cooked, boiled, without salt177I cup16034Beans, kidney, red, mature seeds, canned256I cup16038Beans, navy, mature seeds, cooked, boiled, without salt182I cup16043Beans, pinto, mature seeds, cooked, boiled, without salt171I cup16051Beans, white, mature seeds, cooked, boiled, without salt171I cup16052Lima beans, large, mature seeds, cooked, boiled, without salt262I cup18045Bread, pumpernickel, toasted291 slice17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt196I cup16089Peanuts, all types, oil-roasted, with salt28.35I oz16090Peanuts, all types, oil-roasted, with salt262I cup16097Peanut sult ye, with salt16I thsp16098Peanut butter, chunk style, with salt16I thsp16099Peanuts, all types, diy-roasted, with salt16I thsp16090Peanut butter, smooth style, with salt16I thsp16091Soybeans, mature cooked, boiled, without salt172I cup16092Peanut butter, smooth style, with salt16I thsp16093Refried beans, canned (includes USDA commodity)252I cup16104Soybeans, mature cooked, boiled, without salt172I cup16125Soy sauce made from soy and wheat	16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0
16034Beans, kidney, red, mature seeds, canned256I cup16038Beans, navy, mature seeds, cooked, boiled, without salt182I cup16043Beans, pinto, mature seeds, cooked, boiled, without salt171I cup16051Beans, white, mature seeds, canned262I cup18045Bread, pumpernickel, toasted29I slice16072Lima beans, large, mature seeds, cooked, boiled, without salt188I cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt196I cup16086Peas, split, mature seeds, cooked, boiled, without salt28.35I oz16087Peanuts, all types, oil-roasted, with salt28.35I oz (approx 28)16098Peanuts, all types, dry-roasted, with salt16I tbsp16103Refried beans, canned (includes USDA commodity)252I cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, toasted853 oz17014Lamb, domestic, leg, whole (shouy)16I tbsp16123Soy sauce made from soy and wheat (shoyu)16I tbsp16124Tofu, sort, prepared with calcium sulfate and magnesium chloride (rigari)1/4 block16127Tofu, sort, prepared with calcium sulfate and magnesium chloride (rigari)1116209Peanuts, all types, dry-roasted, without salt28.35I oz (approx 28)161	16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0
16038Beans, navy, mattre seeds, cooked, boiled, without salt1821 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16051Beans, white, mature seeds, canned2621 cup18045Bread, pumpernickel, toasted291 slice16072Linns beans, large, mature seeds, cooked, boiled, without salt1881 cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, dry-roasted, with salt161 tbsp16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16109Soybeans, mature cocked, boiled, without salt1721 cup16103Refried beans, canned (includes USDA commodity)2521 cup1714Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted1611 tbsp16123Soysace made from soy and wheat (shoyu)161 tbsp16124Tofu, soft, prepared with calcium sulfate and magnesium chloride (rigari)1201 piece16130Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16124Tofu, soft, prepared with calcium sulfate and magnesium chloride (rigari)1 bbsp1/4 block16125	16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
16043Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup16051Beans, white, mature seeds, canned2621 cup18045Bread, pumpernickel, toasted291 slice18045Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, oil-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 cup16098Peanut butter, smooth style, with salt161 tbsp16099Soybeans, mature cooked, boiled, without salt1721 cup16109Soybeans, mature cooked, boiled, without salt1721 cup16109Soybeans, mature cooked, roasted853 oz16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1 bsp16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1 piece16300Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16470Loru, soft, prepared with calcium sulfate and magnesium chloride (nigari)1 bic	16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
16051Beans, white, mature seeds, canned2621 cup18045Bread, pumpernickel, toasted291 slice18045Bread, pumpernickel, toasted291 slice16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16080Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, oil-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 cup16109Soybeans, mature cooked, boiled, without salt1721 cup16109Soybeans, mature cooked, noastedsortasted3 oz16110Soybeans, mature cooked, noasted161 tbsp16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16470Lentils, mature seeds, cooked, boiled, without salt28.351 oz (approx 28)16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1 piece116390 <t< td=""><td>16038</td><td>Beans, navy, mature seeds, cooked, boiled, without salt</td><td>182</td><td>1 cup</td><td>0</td></t<>	16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
18045Bread, pumpernickel, toasted291 slice16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, dry-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16103Refried beans, canned (includes USDA commodity)2521 cup16104Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16124Tofu, firm, prepared with calcium sulfate and magnesium chloride (migari)191 dica16130Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (migari)1 bisp116130Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16126Tofu, soft, prepared with calcium sulfate and magnesium chloride (migari)1 bisp1161390Peanuts, all types, dry-roasted, without salt28.351	16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0
16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, dry-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 cup16098Peanut butter, smooth style, with salt161 tbsp16099Peanut butter, smooth style, with salt161 cup16103Refried beans, canned (includes USDA commodity)2521 cup16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted161 tbsp16123Soy sauce made from soy and wheat (shoyu)161 tbsp16124Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1116127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1116390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16390Pe	16051	Beans, white, mature seeds, canned	262	1 cup	0
17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"853 oz16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, dry-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 cup16103Refried beans, canned (includes USDA commodity)2521 cup16104Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16130Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16126Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1 piece1 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16300Lentils, mature seeds, cooked, boiled, without salt181 cup16312Soy sauce made from soy and wheat (shoyu)1 cup1 piece1632Refried beans, all types, dry-roasted, without salt1201 piece<	18045	Bread, pumpernickel, toasted	29	1 slice	0
fat, choice, cooked, braised16086Peas, split, mature seeds, cooked, boiled, without salt1961 cup16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, dry-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt2521 cup16103Refried beans, canned (includes USDA commodity)2521 cup16104Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1001 piece16139Peanuts, all types, dry-roasted, without salt20.01 piece16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16304Acoholic beverage, cooked, boiled, without salt181 cup16305Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
16089Peanuts, all types, oil-roasted, with salt28.351 oz16090Peanuts, all types, dry-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 cup16103Refried beans, canned (includes USDA commodity)2521 cup16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16390Peanuts, all types, dry-roasted, without salt28.351 cup16390Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	17048		85	3 oz	0
16090Peanuts, all types, dry-roasted, with salt28.351 oz (approx 28)16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16103Refried beans, canned (includes USDA commodity)2521 cup16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)111/4 block16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16390Peanuts, all types, dry-roasted, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
16097Peanut butter, chunk style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16098Peanut butter, smooth style, with salt161 tbsp16103Refried beans, canned (includes USDA commodity)2521 cup16109Soybeans, mature cooked, boiled, without salt1721 cup16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1/4 block1/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
16098Peanut butter, smooth style, with salt161 tbsp16098Refried beans, canned (includes USDA commodity)2521 cup16109Soybeans, mature cooked, boiled, without salt1721 cup16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16103Refried beans, canned (includes USDA commodity)2521 cup16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16109Soybeans, mature cooked, boiled, without salt1721 cup17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
17014Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted853 oz16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0
trimmed to 1/4" fat, choice, cooked, roasted16123Soy sauce made from soy and wheat (shoyu)161 tbsp16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	17014		85	3 oz	0
(nigari)Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
(nigari)28.351 oz (approx 28)16390Peanuts, all types, dry-roasted, without salt28.351 oz (approx 28)16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16126		81	1/4 block	0
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16127		120	1 piece	0
14550Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof421.5 fl oz	16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0
18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup	14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
	18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0
18033	Bread, italian	20	1 slice	0
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
18025	Bread, cracked-wheat	25	1 slice	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0
18044	Bread, pumpernickel	32	1 slice	0
14429	Water, municipal	237	8 fl oz	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
09294	Prune juice, canned	256	1 cup	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
09298	Raisins, seedless	14	1 packet	0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
09340	Pears, asian, raw	275	1 pear	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
7012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
8364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
0131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0
0151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0
0153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0
0185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0
8363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
8360	Taco shells, baked	13.3	1 medium	0
8358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0
8064	Bread, wheat (includes wheat berry)	25	1 slice	0
9298	Raisins, seedless	145	1 cup	0
9011	Apples, dried, sulfured, uncooked	32	5 rings	0
9080	Candies, semisweet chocolate	168	1 cup	0
9078	Baking chocolate, unsweetened, squares	28.35	1 square	0
8143	Cereals, WHEATENA, cooked with water	243	1 cup	0
8147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
8156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
8157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
8243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
9069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
3261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	l cup	0
9051	Snacks, rice cakes, brown rice, plain	9	l cake	0
8271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
9047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
8456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0
8319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	0
9002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0
9016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
9087	Dates, deglet noor	41.5	5 dates	0
9087	Dates, deglet noor	178	1 cup	0
9094	Figs, dried, uncooked	38	2 figs	0
9121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
9123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0
9124	Grapefruit juice, white, canned, sweetened	250	1 cup	0
9126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0
9135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0
9137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0
9031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
9022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0
8342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	0
9045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
1436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
1363	Potatoes, baked, flesh, without salt	156	1 potato	0
1365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0
1367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0
1367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0

Content per Measure NDB No Description Weight (g) **Common Measure** 11370 156 0 Potatoes, hashed brown, home-prepared 1 cup 18177 Cookies, molasses 15 1 cookie, medium 0 18177 Cookies molasses 32 1 cookie, large (3-1/2" to 4" 0 14 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 2 squares 0 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 0 1 cup 11391 Potatoes, hashed brown, frozen, plain, prepared 29 1 patty 0 11399 Potato puffs, frozen, oven-heated 79 10 puffs 0 11403 Potatoes, french fried, all types, salt added in processing, frozen, 50 10 strips 0 home-prepared, oven heated 18353 Rolls, hard (includes kaiser) 57 1 roll 0 11429 Radishes, raw 4.5 1 radish 0 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 0 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, 10 1 cookie 0 enriched 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0 Turnips, cooked, boiled, drained, without salt 156 11565 1 cup 0 18088 Cake, angelfood, dry mix, prepared 50 1 piece 0 18086 Cake, angelfood, commercially prepared 28 0 1 piece 18079 Bread crumbs, dry, grated, plain 28.35 1 oz0 11590 Waterchestnuts, chinese, canned, solids and liquids 140 1 cup 0 Bread, whole-wheat, commercially prepared, toasted 25 18076 1 slice 0 28 1 slice 18075 Bread, whole-wheat, commercially prepared 0 18070 Bread, white, commercially prepared, toasted 22 1 slice 0 18069 Bread, white, commercially prepared (includes soft bread crumbs) 25 1 slice 0 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with 234 1 cup 0 water, without salt 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0 18217 Crackers, matzo, plain 28.35 1 matzo 0 18336 Pie crust, standard-type, prepared from recipe, baked 180 1 pie shell 0 18335 Pie crust, standard-type, frozen, ready-to-bake, baked 126 1 pie shell 0 18310 Pie, chocolate creme, commercially prepared 113 0 1 piece 57 18283 Muffins, oat bran 1 muffin 0 18259 English muffins, plain, toasted, enriched, with calcium propionate 52 1 muffin 0 (includes sourdough) 18258 English muffins, plain, enriched, with ca prop (includes sourdough) 57 1 muffin 0 Cauliflower, frozen, cooked, boiled, drained, without salt 180 11138 1 cup 0 18235 Crackers, whole-wheat 16 4 crackers 0 8 4 crackers 18232 Crackers, wheat, regular 0 18229 Crackers, standard snack-type, regular 12 4 crackers 0 11215 Garlic, raw 3 1 clove 0 12 18228 Crackers, saltines (includes oyster, soda, soup) 4 crackers 0 11299 Parsnips, cooked, boiled, drained, without salt 156 1 cup 0 18220 Crackers, melba toast, plain 20 0 4 pieces 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 18215 0 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 0 70 11260 Mushrooms, raw 1 cup 0 11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 0 11264 Mushrooms, canned, drained solids 156 1 cup 0 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0 11269 Mushrooms, shiitake, cooked, without salt 145 0 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
11282	Onions, raw	160	1 cup	0
11282	Onions, raw	14	1 slice	0
11282	Onions, raw	110	1 whole	0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0
18226	Crackers, rye, wafers, plain	11	1 wafer	0