

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
17164	Game meat, deer, raw	453.60	1 lb	104.15
21050	Entrees, pizza with cheese, meat, and vegetables	631.00	1 pizza (12" dia)	103.93
13155	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw	453.60	1 lb	99.93
17095	Veal, leg (top round), separable lean and fat, cooked, braised	272.00	1 lb raw yields	98.36
13208	Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	326.00	1 lb raw with refuse, yields, excluding refuse	98.35
13043	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw	453.60	1 lb	96.44
13288	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw	453.60	1 lb	96.34
13418	Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	330.00	1 lb raw with refuse, yields, excluding refuse	95.67
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	267.00	1 lb raw with refuse, yields, excluding refuse	95.11
13421	Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	330.00	1 lb raw with refuse, yields, excluding refuse	92.96
13424	Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	320.00	1 lb raw with refuse, yields, excluding refuse	91.87
05306	Poultry food products, ground turkey, cooked	330.00	yield from 1 lb raw	90.29
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	333.00	1 lb raw with refuse, yields, excluding refuse	89.21
13220	Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried	252.00	1 lb raw with refuse, yields, excluding refuse	88.38
13192	Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	323.00	1 lb raw with refuse, yields, excluding refuse	86.92
13298	Beef, ground, extra lean, cooked, broiled, medium	336.00	1 lb raw yields	85.34
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	306.00	1 lb raw with refuse, yields, excluding refuse	85.10
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	293.00	1 lb raw with refuse, yields, excluding refuse	84.94
13200	Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	290.00	1 lb raw with refuse, yields, excluding refuse	83.26
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	285.00	1 lb raw with refuse, yields, excluding refuse	83.25
13217	Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	257.00	1 lb raw with refuse, yields, excluding refuse	81.44
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	267.00	1 lb raw with refuse, yields, excluding refuse	81.09
17094	Veal, variety meats and by-products, liver, cooked, pan-fried	270.00	1 lb raw yields	80.87

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
21051	Entrees, pizza with pepperoni	567.00	1 pizza (12" dia)	80.85
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	282.00	1 lb raw with refuse, yields, excluding refuse	80.82
13290	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried	247.00	1 lb raw with refuse, yields, excluding refuse	80.23
13305	Beef, ground, lean, cooked, broiled, medium	322.00	1 lb raw yields	79.60
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	295.00	1 lb raw with refuse, yields, excluding refuse	78.82
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	244.00	1 lb raw with refuse, yields, excluding refuse	77.08
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	279.00	1 lb raw with refuse, yields, excluding refuse	76.25
13313	Beef, ground, regular, cooked, broiled, well done	272.00	1 lb raw yields	73.98
13004	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked	285.00	1 lb raw with refuse, yields, excluding refuse	73.93
13312	Beef, ground, regular, cooked, broiled, medium	304.00	1 lb raw yields	73.17
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	261.00	1 lb raw with refuse, yields, excluding refuse	72.51
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	247.00	1 lb raw with refuse, yields, excluding refuse	68.10
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	265.00	1 lb raw with refuse, yields, excluding refuse	67.71
13385	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	290.00	1 lb raw with refuse, yields, excluding refuse	67.11
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	269.00	1 lb raw with refuse, yields, excluding refuse	67.01
13101	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	293.00	1 lb raw with refuse, yields, excluding refuse	66.34
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	248.00	1 lb raw with refuse, yields, excluding refuse	65.89
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	290.00	1 lb raw with refuse, yields, excluding refuse	65.25
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	198.00	1 lb raw with refuse, yields, excluding refuse	63.87
13124	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	269.00	1 lb raw with refuse, yields, excluding refuse	63.73
13062	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select,	200.00	1 lb raw with refuse, yields,	62.12

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NDB No.	Description	Weight (g)	Household Measure	Content per Measure
13044	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	187.00	1 lb raw with refuse, yields, excluding refuse	61.75
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	218.00	1 lb raw with refuse, yields, excluding refuse	61.69
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	220.00	1 lb raw with refuse, yields, excluding refuse	61.69
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	224.00	1 lb raw with refuse, yields, excluding refuse	61.44
21049	Entrees, pizza with cheese	503.00	1 pizza (12" dia)	61.32
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	193.00	1 lb raw with refuse, yields, excluding refuse	59.95
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	191.00	1 lb raw with refuse, yields, excluding refuse	59.32
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	206.00	1 lb raw with refuse, yields, excluding refuse	59.16
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	214.00	1 lb raw with refuse, yields, excluding refuse	58.91
13060	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	187.00	1 lb raw with refuse, yields, excluding refuse	58.08
13113	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	210.00	1 lb raw with refuse, yields, excluding refuse	57.81
17112	Veal, rib, separable lean and fat, cooked, roasted	240.00	1 lb raw with refuse, yields, excluding refuse	57.50
13143	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted	210.00	1 lb raw with refuse, yields, excluding refuse	56.36
13136	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	201.00	1 lb raw with refuse, yields, excluding refuse	56.36
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	206.00	1 lb raw with refuse, yields, excluding refuse	56.14
13088	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	203.00	1 lb raw with refuse, yields, excluding refuse	55.32
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	255.00	1 lb raw with refuse, yields, excluding refuse	53.86
07057	Pepperoni, pork, beef	251.00	1 sausage (10-1/4" long x 1-3/8" dia)	52.63
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	177.00	1 lb raw with refuse, yields, excluding refuse	51.44
10140	Beef, rib, short ribs, separable lean and fat, choice, cooked, braised	225.00	1 lb raw with refuse, yields, excluding refuse	49.50

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
			excluding refuse	
13262	Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	178.00	1 raw steak with refuse, 261 g; yields excluding refuse	45.50
13445	Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	155.00	1 raw steak with refuse, 223 g; yields excluding refuse	43.52
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.00	1 cup, chopped or diced	43.43
13448	Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	150.00	1 raw steak with refuse, 223 g; yields excluding refuse	42.93
13270	Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	149.00	1 raw steak with refuse, 261 g; yields excluding refuse	42.64
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159.00	1/2 fillet	42.44
15086	Finfish, salmon, sockeye, cooked, dry heat	155.00	1/2 fillet	42.33
05186	Turkey, all classes, light meat, cooked, roasted	140.00	1 cup, chopped or diced	41.86
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.00	1 cup, chopped or diced	41.72
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	159.00	1 lb raw with refuse, yields, excluding refuse	41.59
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.00	1 cup, diced	39.70
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	140.00	1 cup, chopped or diced	39.61
05166	Turkey, all classes, meat and skin, cooked, roasted	140.00	1 cup, chopped or diced	39.34
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	127.00	1 lb raw yields	38.67
05014	Chicken, broilers or fryers, meat only, stewed	140.00	1 cup, chopped or diced	38.21
10085	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, braised	122.00	1 raw steak with refuse, 300 g; yields excluding refuse	37.93
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	140.00	1 cup, chopped or diced	37.84
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	140.00	1 cup, chopped or diced	37.84
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	135.00	1 cup, diced	37.79
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	140.00	1 cup, chopped or diced	37.60
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.00	1 lb raw with refuse, yields, excluding refuse	37.22
15034	Finfish, haddock, cooked, dry heat	150.00	1 fillet	36.36
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	140.00	1 cup, chopped or diced	36.34
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	140.00	1 cup, chopped or diced	36.32
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.00	1 cup, diced	36.22
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149.00	1 fillet	35.82
10153	Pork, cured, ham, whole, separable lean only, roasted	140.00	1 cup	35.07

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NDB No.	Description	Weight (g)	Household Measure	Content per Measure
10131	Pork, cured, canadian-style bacon, grilled	139.00	1 package (6 oz) yields	33.69
07017	Chicken roll, light meat	170.00	1 package, (net weight, 6 oz)	33.20
16112	Miso	275.00	1 cup	32.48
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195.00	1 sandwich	32.00
21082	Fast foods, taco	263.00	1 large	31.77
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.00	1 cup	31.67
01015	Cheese, cottage, 2% fat	226.00	1 cup (not packed)	31.05
01029	Cheese, mozzarella, part skim milk, low moisture	113.00	1 cup, shredded	31.04
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.00	1 cup	30.76
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.00	3 oz	30.74
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127.00	1 fillet	30.68
12154	Nuts, walnuts, black, dried	125.00	1 cup, chopped	30.44
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.00	3 oz	30.28
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.00	3 oz	30.21
10151	Pork, cured, ham, whole, separable lean and fat, roasted	140.00	1 cup	30.20
13220	Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried	85.00	3 oz	29.81
21095	Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables	228.00	1 sandwich	29.73
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	114.00	1 leg, bone removed	29.59
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.00	1 cup	29.32
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	98.00	1/2 breast, bone removed	29.20
16109	Soybeans, mature cooked, boiled, without salt	172.00	1 cup	28.62
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219.00	1 sandwich	28.19
01012	Cheese, cottage, creamed, large or small curd	225.00	1 cup (not packed, small curd)	28.10
13044	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.00	3 oz	28.07
01037	Cheese, ricotta, part skim milk	246.00	1 cup	28.02
01016	Cheese, cottage, 1% fat	226.00	1 cup (not packed)	28.00
01036	Cheese, ricotta, whole milk	246.00	1 cup	27.70

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
	ried			
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.00	3 oz	27.42
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.00	3 oz	27.35
13217	Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	26.94
15111	Finfish, swordfish, cooked, dry heat	106.00	1 piece	26.91
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.00	3 oz	26.85
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86.00	1/2 breast bone and skin removed	26.68
10085	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, braised	85.00	3 oz	26.43
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.00	3 oz	26.40
13060	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.00	3 oz	26.40
13062	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised	85.00	3 oz	26.40
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.00	3 oz	26.40
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	85.00	3 oz	26.15
07028	Ham, sliced, extra lean, (approximately 5% fat)	135.00	1 cup, diced	26.12
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218.00	1 sandwich	25.83
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.00	3 oz	25.83
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	25.81
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	95.00	1 leg, bone and skin removed	25.68
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85.00	3 oz	25.66
13208	Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	25.64
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.00	1 cup	25.56
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.00	3 oz	25.49

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85.00	3 oz	25.47
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.00	3 oz	25.42
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	85.00	3 oz	25.30
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.00	1 cup (not packed)	25.04
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85.00	3 oz	25.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.00	3 oz	24.83
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.00	3 oz	24.70
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	24.64
13418	Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.00	3 oz	24.64
21042	Fast foods, chili con carne	253.00	1 cup (8 fl oz)	24.62
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.00	3 oz	24.41
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.00	3 oz	24.40
13200	Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	24.40
13424	Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.00	3 oz	24.40
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85.00	3 oz	24.36
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.00	3 oz	24.33
13270	Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	24.33
13448	Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.00	3 oz	24.33
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.00	3 oz	24.28
21102	Fast foods, chicken fillet sandwich, plain	182.00	1 sandwich	24.12
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	89.00	1 raw chop with refuse, 151 g; yields excluding refuse	24.11
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.00	3 oz	24.06
13421	Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.00	3 oz	23.94

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
	cooked, broiled	85.00		23.87
13136	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	23.83
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.00	3 oz	23.83
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.00	3 oz	23.79
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	87.00	1 raw chop with refuse, 151 g; yields excluding refuse	23.77
07029	Ham, sliced, regular (approximately 11% fat)	135.00	1 cup, diced	23.71
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	23.64
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.00	3 oz	23.61
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	82.00	1 raw chop with refuse, 151 g; yields excluding refuse	23.54
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.00	3 oz	23.43
13113	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	23.40
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.00	3 oz	23.40
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	78.00	1 raw chop with refuse, 151 g; yields excluding refuse	23.33
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.00	3 oz	23.32
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.00	3 oz	23.23
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.00	3 oz	23.22
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	81.00	1 raw chop with refuse, 151 g; yields excluding refuse	23.18
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	23.16
13088	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.00	3 oz	23.16
13313	Beef, ground, regular, cooked, broiled, well done	85.00	3 oz	23.12
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.00	3 oz	23.03
13192	Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	22.87



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NDB No.	Description	Weight (g)	Household Measure	Content per Measure
13143	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted	85.00	3 oz	22.81
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85.00	3 oz	22.81
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	22.77
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85.00	3 oz	22.71
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85.00	3 oz	22.58
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	79.00	1 raw chop with refuse, 151 g; yields excluding refuse	22.57
21063	Fast foods, burrito, with beans and meat	231.00	2 pieces	22.48
05306	Poultry food products, ground turkey, cooked	82.00	1 patty (4 oz, raw) (yield after cooking)	22.44
01013	Cheese, cottage, creamed, with fruit	226.00	1 cup (not packed)	22.37
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	74.00	1 raw chop with refuse, 151 g; yields excluding refuse	22.34
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.00	3 oz	22.24
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	69.00	1 raw chop with refuse, 151 g; yields excluding refuse	22.20
13004	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked	85.00	3 oz	22.05
01026	Cheese, mozzarella, whole milk	112.00	1 cup, shredded	21.75
13262	Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	21.73
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.00	3 oz	21.72
13298	Beef, ground, extra lean, cooked, broiled, medium	85.00	3 oz	21.59
21121	Fast foods, roast beef sandwich, plain	139.00	1 sandwich	21.50
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.00	3 oz	21.39
10153	Pork, cured, ham, whole, separable lean only, roasted	85.00	3 oz	21.29
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	70.00	1 raw chop with refuse, 160 g; yields excluding refuse	21.27
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.00	3 oz	21.17
13295	Beef, ground, extra lean, (approximately 17% fat), raw	113.00	4 oz	21.13

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
13305	Beef, ground, lean, cooked, broiled, medium	85.00	3 oz	21.01
18142	Cake, yellow, dry mix, pudding-type	524.00	1 package (18.5 oz)	20.96
21082	Fast foods, taco	171.00	1 small	20.66
15192	Finfish, cod, Pacific, cooked, dry heat	90.00	1 fillet	20.66
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183.00	1 sandwich	20.61
13312	Beef, ground, regular, cooked, broiled, medium	85.00	3 oz	20.46
17112	Veal, rib, separable lean and fat, cooked, roasted	85.00	3 oz	20.37
13124	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85.00	3 oz	20.14
13302	Beef, ground, lean, (approximately 21% fat), raw	113.00	4 oz	19.99
13385	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.00	3 oz	19.67
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	55.00	1 raw chop with refuse, 160 g; yields excluding refuse	19.55
13101	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	19.24
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	85.00	3 oz	19.23
21005	Breakfast items, biscuit with egg and sausage	180.00	1 biscuit	19.15
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85.00	3 oz	19.13
21059	Fast foods, shrimp, breaded and fried	164.00	6-8 shrimp	18.88
08106	Cereals, CREAM OF WHEAT, instant, dry, (wheat)	178.00	1 cup	18.87
18081	Bread stuffing, bread, dry mix	170.00	1 package (6 oz)	18.70
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	85.00	3 oz	18.67
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85.00	3 oz	18.33
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.00	3 oz	18.33
12155	Nuts, walnuts, english	120.00	1 cup pieces or chips	18.28
08102	Cereals, CREAM OF WHEAT, regular, dry, (wheat)	173.00	1 cup	18.17
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106.00	6 pieces	18.02
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.00	3 oz	17.95
08104	Cereals, CREAM OF WHEAT, quick, dry, (wheat)	176.00	1 cup	17.95
08037	Cereals ready-to-eat, granola, homemade, (oats, wheat germ)	122.00	1 cup	17.93
16070	Lentils, mature seeds, cooked, boiled, without salt	198.00	1 cup	17.86
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85.00	3 oz	17.80

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
16008	Beans, baked, canned, with franks	259.00	1 cup	17.48
15148	Crustaceans, lobster, northern, cooked, moist heat	85.00	3 oz	17.43
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.00	1 cup	17.42
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	71.00	1 fillet	17.23
12120	Nuts, filberts or hazelnuts, dried, unblanched	115.00	1 cup chopped kernels	17.19
15140	Crustaceans, crab, blue, cooked, moist heat	85.00	3 oz	17.17
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	241.00	1 package (8.5 oz)	16.87
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85.00	3 oz	16.81
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137.00	1 sandwich	16.69
07089	Italian sausage, cooked, pork	83.00	1 link, 4/lb	16.62
20080	Wheat flour, whole-grain	120.00	1 cup	16.44
20083	Wheat flour, white, bread, enriched	137.00	1 cup	16.41
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.00	1 cup	16.35
16127	Tofu, raw, regular	248.00	1 cup (1/2" cubes)	16.24
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	64.00	1 raw chop with refuse, 120 g; yields excluding refuse	16.11
14347	Shake, fast food, vanilla	458.00	1 large McDonald's shake (22 fl oz)	16.03
15232	Finfish, roughy, orange, cooked, dry heat	85.00	3 oz	16.02
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113.00	1 sandwich	15.96
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.00	1 cup	15.83
15011	Finfish, catfish, channel, cooked, breaded and fried	87.00	1 fillet	15.74
14346	Shake, fast food, chocolate	458.00	1 large McDonald's shake (22 fl oz)	15.57
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.00	1 cup	15.35
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.00	1 cup	15.24
07074	Smoked link sausage, pork	68.00	1 link (4" long x 1-1/8" dia)	15.10
21061	Fast foods, burrito, with beans and cheese	186.00	2 pieces	15.07
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.00	1 cup	14.74
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.00	1 cup	14.66
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.00	1 cup	14.53
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.00	1 cup	14.43

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	52.00	1 drumstick, bone removed	14.06
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.00	1 cup	14.04
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS and WORTHINGTON FOODS,NATURAL TOUCH VEGAN BURGERS	85.00	1 patty	13.91
16103	Refried beans, canned	252.00	1 cup	13.83
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	46.00	1 raw chop with refuse, 120 g; yields excluding refuse	13.80
08090	Cereals, corn grits, white, regular, quick, enriched, dry, (corn)	156.00	1 cup	13.73
19078	Baking chocolate, unsweetened, squares	132.00	1 cup, grated	13.60
18079	Bread crumbs, dry, grated, plain	108.00	1 cup	13.50
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52.00	1 thigh, bone and skin removed	13.49
16034	Beans, kidney, red, mature seeds, canned	256.00	1 cup	13.44
16010	Beans, baked, canned, with pork and sweet sauce	253.00	1 cup	13.43
07089	Italian sausage, cooked, pork	67.00	1 link, 5/lb	13.42
20099	Macaroni, dry, enriched	105.00	1 cup	13.42
16063	Cowpeas, common (black-eyed, crowder, southern), mature seeds, cooked, boiled, without salt	172.00	1 cup	13.30
21083	Fast foods, taco salad	198.00	1.5 cups	13.23
06030	Soup, clam chowder, new england, canned, condensed, commercial	305.00	1 can (10.75 oz)	13.21
20044	Rice, white, long-grain, regular, raw, enriched	185.00	1 cup	13.19
11109	Cabbage, raw	908.00	1 medium head (about 5-3/4" dia)	13.08
16011	Beans, baked, canned, with pork and tomato sauce	253.00	1 cup	13.05
21050	Entrees, pizza with cheese, meat, and vegetables	79.00	1 slice	13.01
08120	Cereals, oats, regular and quick and instant, without fortified, dry, (oats)	81.00	1 cup	12.96
20081	Wheat flour, white, all-purpose, enriched, bleached	125.00	1 cup	12.91
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44.00	1 drumstick, bone and skin removed	12.45
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.00	1 cup	12.40
21108	Fast foods, hamburger, regular, single patty, with condiments	106.00	1 sandwich	12.32
16006	Beans, baked, canned, plain or vegetarian	254.00	1 cup	12.17
21009	Fast foods, biscuit, with sausage	124.00	1 biscuit	12.11
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50.00	1 fillet	11.94
20022	Cornmeal, degermed, enriched, yellow	128.00	1 cup	11.70

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
11112	Cabbage, red, raw	839.00	1 medium head (about 5" dia)	11.66
14347	Shake, fast food, vanilla	333.00	1 medium McDonald's shake (16 fl oz)	11.66
19120	Candies, milk chocolate	168.00	1 cup, chips	11.59
10165	Pork, cured, salt pork, raw	227.00	8 oz	11.46
14346	Shake, fast food, chocolate	333.00	1 medium McDonald's shake (16 fl oz)	11.32
10131	Pork, cured, canadian-style bacon, grilled	46.50	2 slices (6 per 6-oz pkg.)	11.27
20084	Wheat flour, white, cake, enriched	137.00	1 cup unsifted, dipped	11.23
07017	Chicken roll, light meat	56.70	2 slices	11.07
12142	Nuts, pecans, dried	119.00	1 cup, chopped	10.91
06030	Soup, clam chowder, new england, canned, condensed, commercial	251.00	1 cup (8 fl oz)	10.87
07081	Turkey roll, light meat	56.70	2 slices	10.60
07082	Turkey roll, light and dark meat	56.70	2 slices	10.29
18364	Tortillas, ready-to-bake or -fry, flour	117.00	1 tortilla (approx 12" dia)	10.18
21051	Entrees, pizza with pepperoni	71.00	1 slice	10.12
21074	Fast foods, enchilada, with cheese	163.00	1 enchilada	9.63
06019	Soup, chicken noodle, canned, condensed, commercial	298.00	1 can (10.5 oz)	9.63
11546	Tomato products, canned, paste, without salt added	262.00	1 cup	9.62
07079	Turkey breast meat	42.50	2 slices	9.56
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248.00	1 cup	9.47
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	83.00	1 bagel (4" dia)	9.38
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89.00	1 bagel (4" dia)	9.35
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	34.00	1 wing, bone removed	9.13
07075	Smoked link sausage, pork and beef	68.00	1 link (4" long x 1-1/8" dia)	9.11
13020	Beef, retail cuts, separable fat, cooked	85.00	3 oz	9.05
19155	Candies, M&M MARS, SNICKERS Bar	113.00	1 king size bar (4 oz)	9.04
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	208.00	1 cup	9.01
14347	Shake, fast food, vanilla	250.00	1 small McDonald's shake (12 fl oz)	8.75
06116	Gravy, beef, canned	233.00	1 cup	8.74

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
14346	Shake, fast food, chocolate	250.00	1 small McDonald's shake (12 fl oz)	8.50
15119	Finfish, tuna, canned, drained solids, light meat, canned in oil	28.35	1 oz	8.26
18348	Rolls, dinner, whole-wheat	94.00	1 medium submarine, hoagie roll	8.18
16098	Peanut butter, smooth style, added salt	32.00	2 tablespoons	8.07
01040	Cheese, swiss	28.35	1 slice (1 oz)	8.06
07043	Luncheon meat, beef, thin sliced	28.35	1 oz	7.97
06019	Soup, chicken noodle, canned, condensed, commercial	246.00	1 cup	7.95
11304	Peas, green, raw	145.00	1 cup	7.86
15168	Mollusks, oyster, eastern, cooked, breaded and fried	88.00	6 medium	7.72
21049	Entrees, pizza with cheese	63.00	1 slice	7.68
20110	Noodles, egg, cooked, enriched	160.00	1 cup	7.60
16127	Tofu, raw, regular	116.00	1/4 block	7.60
18003	Bagels, egg	71.00	1 bagel (3-1/2" dia)	7.53
11308	Peas, green, canned, regular pack, drained solids	170.00	1 cup	7.51
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	7.47
16389	Peanuts, all types, oil-roasted, without salt	28.35	1 oz, shelled	7.47
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	66.00	1 bagel (3-1/2" dia)	7.46
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71.00	1 bagel (3-1/2" dia)	7.46
14347	Shake, fast food, vanilla	208.00	1 milkshake (10 fl oz)	7.28
21138	Fast foods, potato, french fried in vegetable oil	169.00	1 large	7.27
19080	Candies, semisweet chocolate	173.00	1 cup, mini chips	7.27
01035	Cheese, provolone	28.35	1 slice (1 oz)	7.25
15121	Finfish, tuna, light, canned in water, drained solids	28.35	1 oz	7.23
06072	Soup, vegetable with beef broth, canned, condensed, commercial	298.00	1 can (10.5 oz)	7.21
14346	Shake, fast food, chocolate	208.00	1 milkshake (10 fl oz)	7.07
01009	Cheese, cheddar	28.35	1 slice (1 oz)	7.06
19080	Candies, semisweet chocolate	168.00	1 cup (6 oz package) chips	7.06
11372	Potatoes, scalloped, home-prepared with butter	245.00	1 cup	7.03
18005	Bagels, cinnamon-raisin	71.00	1 bagel (3-1/2" dia)	6.96
12014	Seeds, pumpkin and squash seed kernels, dried	28.35	1 oz, hulled (142 seeds)	6.96

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
		28.35		6.90
07022	Frankfurter, beef	57.00	1 frankfurter, (5 in long x 7/8 in dia, 8 per pound)	6.84
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz	6.71
11414	Potato salad	250.00	1 cup	6.70
20100	Macaroni, cooked, enriched	140.00	1 cup elbow shaped	6.68
20121	Spaghetti, cooked, enriched, without added salt	140.00	1 cup	6.68
01030	Cheese, muenster	28.35	1 slice (1 oz)	6.64
17164	Game meat, deer, raw	28.35	1 oz	6.51
11391	Potatoes, hashed brown, frozen, plain, prepared	205.00	Yield, 12 oz package	6.48
20116	Noodles, japanese, somen, dry	57.00	2 oz	6.47
07025	Frankfurter, turkey	45.00	1 frankfurter	6.43
01017	Cheese, cream	85.00	1 small package (3 oz)	6.42
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.00	1 cup (1 NLEA serving)	6.36
18364	Tortillas, ready-to-bake or -fry, flour	72.00	1 tortilla (approx 10" dia)	6.26
13155	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1 oz	6.25
01123	Egg, whole, raw, fresh	50.00	1 large	6.25
01131	Egg, whole, cooked, poached	50.00	1 large egg	6.22
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	28.35	1 oz	6.06
12061	Nuts, almonds, dried, unblanched	28.35	1 oz (24 whole kernels)	6.03
13043	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1 oz	6.03
13288	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1 oz	6.02
11461	Spinach, canned, drained solids	214.00	1 cup	6.01
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	53.00	1 bagel (3" dia)	5.99
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	90.00	1/2 cup	5.99
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	57.00	1 bagel (3" dia)	5.99
06072	Soup, vegetable with beef broth, canned, condensed, commercial	246.00	1 cup	5.95
07043	Luncheon meat, beef, thin sliced	21.00	5 slices	5.90
07024	Frankfurter, chicken	45.00	1 frankfurter	5.82
12151	Nuts, pistachio nuts, dried	28.35	1 oz (47 kernels)	5.81
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84.00	1 cup, crushed	5.80
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19.00	3 medium slices packed	5.79

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
			20/lb raw, after cooking	
21138	Fast foods, potato, french fried in vegetable oil	134.00	1 medium	5.76
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.00	1 cup	5.70
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.00	1 cup	5.64
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61.00	1 cup (1 NLEA serving)	5.61
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	34.00	1 slice	5.58
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.00	1 cup	5.49
07028	Ham, sliced, extra lean, (approximately 5% fat)	28.35	1 slice (6-1/4" x 4" x 1/16")	5.49
18041	Bread, pita, white, enriched	60.00	1 large pita (6-1/2" dia)	5.46
08243	Cereals ready-to-eat, GENERAL MILLS, CLUSTERS	55.00	1 cup (1 NLEA serving)	5.45
11252	Lettuce, iceberg (includes crisphead types), raw	539.00	1 medium head (6" dia)	5.44
11510	Sweetpotato, cooked, boiled, without skin, without salt	328.00	1 cup, mashed	5.41
07022	Frankfurter, beef	45.00	1 frankfurter (5 in long x 3/4 in dia, 10 per pound)	5.40
01019	Cheese, feta	38.00	1 wedge (1.33 oz)	5.40
11091	Broccoli, cooked, boiled, drained, without salt	180.00	1 medium stalk (7-1/2" - 8" long)	5.36
11458	Spinach, cooked, boiled, drained, without salt	180.00	1 cup	5.35
07064	Pork sausage, fresh, cooked	27.00	1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked	5.31
07081	Turkey roll, light meat	28.35	1 oz	5.30
13295	Beef, ground, extra lean, (approximately 17% fat), raw	28.35	1 oz	5.30
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160.00	1 cup	5.23
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.00	1 cup	5.23
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.00	1 cup (unprepared)	5.19
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	21.00	1 slice, NFS (.75 oz)	5.19
11015	Asparagus, canned, drained solids	242.00	1 cup	5.18
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	28.35	1 slice (6-1/4" x 4" x 1/16") (1 oz)	5.18
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55.00	1 cup (1 NLEA serving)	5.16
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	85.00	1/2 cup	5.16
18356	Sweet rolls, cinnamon, commercially prepared with raisins	83.00	1 large	5.15
07082	Turkey roll, light and dark meat	28.35	1 oz	5.14



## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213.00	1 can (6 fl oz)	5.09
07023	Frankfurter, beef and pork	45.00	1 frankfurter (5 in long x 3/4 in dia, 10 per pound)	5.08
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.00	1 cup, chopped	5.05
11514	Sweetpotato, canned, mashed	255.00	1 cup	5.05
20037	Rice, brown, long-grain, cooked	195.00	1 cup	5.03
13302	Beef, ground, lean, (approximately 21% fat), raw	28.35	1 oz	5.02
06159	Soup, tomato, canned, condensed, commercial	305.00	1 can (10.75 oz)	5.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	78.00	1 honeybun (4-1/2" x 3-1/2" oval)	4.99
07029	Ham, sliced, regular (approximately 11% fat)	28.35	1 slice (6-1/4" x 4" x 1/16")	4.98
06043	Soup, cream of mushroom, canned, condensed, commercial	305.00	1 can (10.75 oz)	4.91
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	4.90
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49.00	1 cup (1 NLEA serving)	4.89
07027	Ham, chopped, not canned	28.35	1 slice (1 oz) (4" x 4" x 3/32" thick)	4.85
06413	Soup, chicken broth, canned, prepared with equal volume water, commercial	240.00	1 cup	4.85
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51.00	1/2 cup (1 NLEA serving)	4.84
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular and bite size	51.00	1 cup, regular	4.79
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46.00	2 biscuits (1 NLEA serving)	4.78
18009	Biscuits, plain or buttermilk, commercially baked	77.00	1 large	4.77
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	4.75
07079	Turkey breast meat	21.00	1 slice (3-1/2" square; 8 per 6 oz package)	4.73
18239	Croissants, butter	57.00	1 medium croissant	4.67
01042	Cheese, pasteurized process, american, with di sodium phosphate	21.00	1 slice, NFS (.75 oz)	4.65
11674	Potatoes, baked, flesh and skin, without salt	202.00	1 potato, (2-1/3" x 4-3/4")	4.65
18375	Leavening agents, yeast, baker's, active dry	12.00	1 tablespoon	4.60
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 kernels)	4.58
19155	Candies, M&M MARS, SNICKERS Bar	57.00	1 bar (2 oz)	4.56
09037	Avocados, raw, all commercial varieties	230.00	1 cup, pureed	4.55
12167	Nuts, chestnuts, european, roasted	143.00	1 cup	4.53

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
06150	Sauce, barbecue sauce	250.00	1 cup (8 fl oz)	4.50
11090	Broccoli, raw	151.00	1 stalk	4.50
08132	Cereals, oats, instant, fortified, with raisins and spice, dry, (oats)	42.50	1 packet	4.47
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.00	1 cup	4.45
08287	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES	55.00	3/4 cup (1 NLEA serving)	4.40
15027	Finfish, fish portions and sticks, frozen, preheated	28.00	1 stick (4" x 1" x 1/2")	4.38
08062	Cereals ready-to-eat, RAISIN BRAN, RALSTON PURINA, (wheat)	56.00	1 cup	4.37
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52.00	1 muffin	4.37
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50.00	1 cup (1 NLEA serving)	4.36
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	4.34
08122	Cereals, oats, instant, fortified, plain, dry, (oats)	28.00	1 packet	4.34
08120	Cereals, oats, regular and quick and instant, without fortified, dry, (oats)	27.00	1/3 cup	4.32
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	4.32
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.00	1 cup	4.30
18364	Tortillas, ready-to-bake or -fry, flour	49.00	1 tortilla (approx 7-8" dia)	4.26
18326	Pie, pumpkin, commercially prepared	109.00	1 piece (1/6 of 8" pie)	4.25
20045	Rice, white, long-grain, regular, cooked	158.00	1 cup	4.25
06053	Soup, cream of potato, canned, condensed	305.00	1 can (10.75 oz)	4.24
12120	Nuts, filberts or hazelnuts, dried, unblanched	28.35	1 oz	4.24
08242	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT with Crunchy Nuggets	55.00	1 cup (1 NLEA serving)	4.24
11547	Tomato products, canned, puree, without salt added	250.00	1 cup	4.23
11581	Vegetables, mixed, canned, drained solids	163.00	1 cup	4.22
11512	Sweetpotato, canned, vacuum pack	255.00	1 cup, mashed	4.21
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.00	1 cup (1 NLEA serving)	4.18
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	65.00	1 honeybun (4" x 3" oval)	4.16
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.00	1/2 cup	4.12
01046	Cheese food, pasteurized process, american, without di sodium phosphate	21.00	1 slice, NFS (.75 oz)	4.12
06159	Soup, tomato, canned, condensed, commercial	251.00	1 cup	4.12
11657	Potatoes, mashed, home-prepared, whole milk added	210.00	1 cup	4.07
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 kernels)	4.07
08339	Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal	52.00	1 cup	4.06
07025	Frankfurter, turkey	28.35	1 oz	4.05

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
06043	Soup, cream of mushroom, canned, condensed, commercial	251.00	1 cup	4.04
11162	Collards, cooked, boiled, drained, without salt	190.00	1 cup, chopped	4.01
20047	Rice, white, long-grain, parboiled, cooked, enriched	175.00	1 cup	4.01
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55.00	1 cup (1 NLEA serving)	4.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210.00	1 cup	3.99
09037	Avocados, raw, all commercial varieties	201.00	1 avocado, NS as to Florida or California	3.98
19132	Candies, milk chocolate, with almonds	44.00	1 bar (1.55 oz)	3.96
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.00	1 cup	3.95
07069	Salami, cooked, beef and pork	28.35	1 oz	3.95
18274	Muffins, blueberry, commercially prepared	71.00	1 large muffin (3-1/4" dia x 2-3/4")	3.91
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry, (oats)	46.10	1 packet	3.90
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60.00	1 medium doughnut (approx 3-3/4" dia)	3.84
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71.00	1 pastry, (4-1/4" dia)	3.83
07014	Braunschweiger (a liver sausage), pork	28.35	1 oz	3.83
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	73.00	1 pancake (6" dia)	3.80
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	71.00	10 large rings (3-4" dia)	3.79
11370	Potatoes, hashed brown, home-prepared	156.00	1 cup	3.78
20113	Noodles, chinese, chow mein	45.00	1 cup	3.77
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	28.35	1 oz	3.76
18348	Rolls, dinner, whole-wheat	43.00	1 hamburger, frankfurter roll	3.74
07065	Pork and beef sausage, fresh, cooked	27.00	1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked	3.73
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60.00	1 roll (2-3/4" square)	3.72
21130	Fast foods, onion rings, breaded and fried	83.00	8-9 onion rings	3.70
11087	Beet greens, cooked, boiled, drained, without salt	144.00	1 cup, (1" pieces)	3.70
11236	Kale, frozen, cooked, boiled, drained, without salt	130.00	1 cup, chopped	3.69
19132	Candies, milk chocolate, with almonds	41.00	1 bar (1.45 oz)	3.69
07024	Frankfurter, chicken	28.35	1 oz	3.67
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30.00	1/2 cup (1 NLEA serving)	3.66

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
18350	Rolls, hamburger or hotdog, plain	43.00	1 roll	3.66
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt, (wheat, barley)	240.00	1 cup	3.60
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt, (wheat)	239.00	1 cup	3.59
07074	Smoked link sausage, pork	16.00	1 little link (2" long x 3/4" dia)	3.55
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250.00	1 cup	3.55
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	71.00	1 large doughnut (4" dia)	3.55
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	3.54
06053	Soup, cream of potato, canned, condensed	251.00	1 cup (8 fl oz)	3.49
07007	Bologna, beef	28.35	1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	3.46
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	26.00	1 slice, (6" x 3-3/4" x 1/16")	3.45
11508	Sweetpotato, cooked, baked in skin, without salt	200.00	1 cup	3.44
19034	Snacks, popcorn, air-popped	28.35	1 oz	3.40
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.00	1 cup	3.40
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt, (corn)	242.00	1 cup	3.39
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt, (corn)	242.00	1 cup	3.39
11261	Mushrooms, cooked, boiled, drained, without salt	156.00	1 cup, pieces	3.39
18279	Muffins, corn, commercially prepared	57.00	1 muffin (2-1/2" dia x 2-1/4")	3.36
07008	Bologna, beef and pork	28.35	1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	3.31
11512	Sweetpotato, canned, vacuum pack	200.00	1 cup, pieces	3.30
06164	Sauce, ready-to-serve, salsa	259.00	1 cup	3.29
12149	Nuts, pine nuts, pinyon, dried	28.35	1 oz	3.28
11549	Tomato products, canned, sauce	245.00	1 cup	3.26
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30.00	1 cup (1 NLEA serving)	3.24
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1 oz	3.20
07069	Salami, cooked, beef and pork	23.00	1 slice (4" dia x 1/8" thick) (10 per 8 oz package)	3.20
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	32.00	1 large slice	3.20
11271	Mustard greens, cooked, boiled, drained, without salt	140.00	1 cup, chopped	3.16

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
				3.16
11043	Mung beans, mature seeds, sprouted, raw	104.00	1 cup	3.16
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30.00	1 cup (1 NLEA serving)	3.16
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.00	Yield, 1/6 of 5.5 oz package	3.15
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.00	3/4 cup (1 NLEA serving)	3.15
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30.00	1 cup (1 NLEA serving)	3.14
18274	Muffins, blueberry, commercially prepared	57.00	1 muffin (2-3/4" dia x 2")	3.14
18348	Rolls, dinner, whole-wheat	36.00	1 medium (2-1/2" dia)	3.13
18081	Bread stuffing, bread, dry mix	28.35	1 oz	3.12
18029	Bread, french or vienna (includes sourdough)	35.00	1 large slice (5" x 2-1/2" x 1")	3.08
18030	Bread, french or vienna, toasted (includes sourdough)	32.00	1 large slice (5" x 2-1/2" x 1")	3.07
11363	Potatoes, baked, flesh, without salt	156.00	1 potato, (2-1/3" x 4-3/4")	3.06
19120	Candies, milk chocolate	44.00	1 bar (1.55 oz)	3.04
13020	Beef, retail cuts, separable fat, cooked	28.35	1 oz	3.02
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Bran Flakes	29.00	3/4 cup (1 NLEA serving)	3.02
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	17.70	1 piece	3.01
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30.00	3/4 cup (1 NLEA serving)	2.99
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.00	1/2 cup	2.98
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1 oz	2.98
11242	Kohlrabi, cooked, boiled, drained, without salt	165.00	1 cup, sliced	2.97
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	12.00	1 small fish (2-2/3" x 1/2" x 1/4")	2.95
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	84.00	1/2 cup hearts	2.92
19078	Baking chocolate, unsweetened, squares	28.35	1 square (1 oz)	2.92
11264	Mushrooms, canned, drained solids	156.00	1 cup	2.92
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.00	1 cup, (1" pieces)	2.90
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	53.00	1 piece (1/8 of 15 oz ring)	2.86
11283	Onions, cooked, boiled, drained, without salt	210.00	1 cup	2.86
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.00	1/2 cup	2.85
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	57.00	1 large doughnut (approx 3-1/2" dia)	2.85

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	28.35	1 oz	2.84
18214	Crackers, cheese, regular	28.00	1 single serving bag	2.83
07007	Bologna, beef	23.00	1 slice (4" dia x 1/8" thick)	2.81
11260	Mushrooms, raw	96.00	1 cup, whole	2.78
18364	Tortillas, ready-to-bake or -fry, flour	32.00	1 medium tortilla (approx 6" dia)	2.78
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30.00	1 cup (1 NLEA serving)	2.78
18076	Bread, whole-wheat, commercially prepared, toasted	25.00	1 slice	2.73
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	82.00	1/2 cup cut	2.72
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1 oz	2.72
18060	Bread, rye	32.00	1 slice	2.72
18075	Bread, whole-wheat, commercially prepared	28.00	1 slice	2.72
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water, (wheat, corn)	142.00	1 packet, prepared	2.70
11424	Pumpkin, canned, without salt	245.00	1 cup	2.70
07008	Bologna, beef and pork	23.00	1 slice (4" dia x 1/8" thick)	2.69
18375	Leavening agents, yeast, baker's, active dry	7.00	1 package	2.68
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.00	1 cup, shredded	2.68
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.00	1 cup (1 NLEA serving)	2.67
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.00	1 cup, shredded	2.65
18033	Bread, italian	30.00	1 large slice (4-1/2" x 3-1/4" x 3/4")	2.64
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.00	1/2 cup	2.60
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26.00	1 slice	2.60
12142	Nuts, pecans, dried	28.35	1 oz (20 halves)	2.60
19089	Frozen desserts, ice cream, vanilla, rich	74.00	1/2 cup (4 fl oz)	2.59
18055	Bread, reduced-calorie, wheat	28.35	1 oz	2.58
19047	Snacks, pretzels, hard, plain, salted	28.35	1 oz	2.58
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30.00	3/4 cup (1 NLEA serving)	2.57
11530	Tomatoes, red, ripe, cooked, boiled, without salt	240.00	1 cup	2.57
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77.00	kernels from 1 ear	2.56
08265	Cereals ready-to-eat, GENERAL MILLS, MULTIGRAIN CHEERIOS	30.00	1 cup (1 NLEA serving)	2.56
07064	Pork sausage, fresh, cooked	13.00	1 link (raw dimensions: 4" long x 7/8" dia), cooked	2.55

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
19035	Snacks, popcorn, oil-popped	28.35	1 oz	2.55
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	82.00	1/2 cup kernels	2.55
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.00	1 tablespoon	2.55
18041	Bread, pita, white, enriched	28.00	1 small pita (4" dia)	2.55
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136.00	1 potato, (2-1/2" dia, sphere)	2.54
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	105.00	1/2 cup	2.53
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.00	1 cup	2.52
18029	Bread, french or vienna (includes sourdough)	28.35	1 oz	2.49
18033	Bread, italian	28.35	1 oz	2.49
11234	Kale, cooked, boiled, drained, without salt	130.00	1 cup, chopped	2.47
18057	Bread, reduced-calorie, white	28.35	1 oz	2.47
18348	Rolls, dinner, whole-wheat	28.35	1 roll (1 oz)	2.47
11391	Potatoes, hashed brown, frozen, plain, prepared	78.00	1/2 cup	2.46
18069	Bread, white, commercially prepared (includes soft bread crumbs)	30.00	1 large slice	2.46
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52.00	1 toaster pastry	2.44
07014	Braunschweiger (a liver sausage), pork	18.00	1 slice (2-1/2" dia x 1/4" thick)	2.43
18070	Bread, white, commercially prepared, toasted	27.00	1 large slice	2.43
18060	Bread, rye	28.35	1 oz	2.41
18350	Rolls, hamburger or hotdog, plain	28.35	1 oz	2.41
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1 oz	2.38
18301	Pie, apple, commercially prepared, enriched flour	125.00	1 piece (1/8 of 9" dia)	2.38
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.00	1 cup	2.36
08092	Cereals, QUAKER, corn grits, instant, plain, dry	28.00	1 packet	2.36
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47.00	1 medium doughnut (3-1/4" dia)	2.35
11091	Broccoli, cooked, boiled, drained, without salt	78.00	1/2 cup, chopped	2.32
19095	Frozen desserts, ice cream, vanilla	66.00	1/2 cup (4 fl oz)	2.31
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135.00	1 potato, (2-1/2" dia, sphere)	2.31
07072	Salami, dry or hard, pork, beef	10.00	1 slice (3-1/8" dia x 1/16" thick)	2.29
18065	Bread, wheat, toasted (includes wheat berry)	22.00	1 slice	2.28

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
18064	Bread, wheat (includes wheat berry)	25.00	1 slice	2.28
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	82.00	1/2 cup	2.26
11028	Bamboo shoots, canned, drained solids	131.00	1 cup (1/8" slices)	2.25
11645	Sweetpotato, canned, syrup pack, solids and liquids	228.00	1 cup	2.23
18301	Pie, apple, commercially prepared, enriched flour	117.00	1 piece (1/6 of 8" pie)	2.22
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 kernels)	2.21
11531	Tomatoes, red, ripe, canned, whole, regular pack	240.00	1 cup	2.21
18030	Bread, french or vienna, toasted (includes sourdough)	23.00	1 medium slice	2.21
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137.00	1 packet, prepared	2.21
18029	Bread, french or vienna (includes sourdough)	25.00	1 medium slice (4-3/4" x 4" x 1/2")	2.20
18025	Bread, cracked-wheat	25.00	1 slice	2.18
07073	Sandwich spread, pork, beef	28.35	1 oz	2.17
18009	Biscuits, plain or buttermilk, commercially baked	35.00	1 biscuit	2.17
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	2.15
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30.00	1 cup (1 NLEA serving)	2.15
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	43.00	1 medium doughnut (approx 3" dia)	2.15
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.00	1 cup (1 NLEA serving)	2.15
07075	Smoked link sausage, pork and beef	16.00	1 little link (2" long x 3/4" dia)	2.14
08208	Cereals ready-to-eat, KELLOGG, TEMPTATIONS, French Vanilla Almond	30.00	3/4 cup (1 NLEA serving)	2.13
15041	Finfish, herring, Atlantic, pickled	15.00	1 piece (1-3/4" x 7/8" x 1/2")	2.13
11090	Broccoli, raw	71.00	1 cup, flowerets	2.12
12201	Seeds, sesame seed kernels, dried (decorticated)	8.00	1 tablespoon	2.11
08019	Cereals ready-to-eat, CORN CHEX, (corn)	29.00	1 cup (1 NLEA serving)	2.11
11208	Dandelion greens, cooked, boiled, drained, without salt	105.00	1 cup, chopped	2.10
18055	Bread, reduced-calorie, wheat	23.00	1 slice	2.09
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.00	1-1/4 cup (1 NLEA serving)	2.08
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	48.00	1 package (1.69 oz)	2.08
01032	Cheese, parmesan, grated	5.00	1 tablespoon	2.08
11205	Cucumber, with peel, raw	301.00	1 cucumber, (8-1/4")	2.08
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25.00	1 slice	2.05
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33.00	1 square or round waffle (4"	2.05



Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
			square)	
18360	Taco shells, baked	28.35	1 oz	2.04
11260	Mushrooms, raw	70.00	1 cup, pieces or slices	2.03
19095	Frozen desserts, ice cream, vanilla	58.00	1 individual cup (3.5 fl oz)	2.03
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.00	1 cup	2.01
18057	Bread, reduced-calorie, white	23.00	1 slice	2.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	78.00	1/2 cup	1.99
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1 oz	1.98
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.98
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.98
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	31.00	1 small doughnut (approx 3" dia)	1.98
11135	Cauliflower, raw	100.00	1 cup	1.98
11660	Tomatoes, red, ripe, cooked, stewed	101.00	1 cup	1.98
11508	Sweetpotato, cooked, baked in skin, without salt	114.00	1 medium (2" dia, 5" long, raw)	1.96
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1 oz	1.96
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.00	1-1/3 cup (1 NLEA serving)	1.96
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.00	3/4 cup (1 NLEA serving)	1.95
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31.00	1-1/4 cup (1 NLEA serving)	1.92
18286	Muffins, wheat bran, toaster-type with raisins	36.00	1 toaster muffin	1.87
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36.00	1 pancake (4" dia)	1.87
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.87
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.00	3/4 cup (1 NLEA serving)	1.86
11282	Onions, raw	160.00	1 cup, chopped	1.86
11087	Beet greens, cooked, boiled, drained, without salt	72.00	1/2 cup, 1 in pieces	1.85
11540	Tomato juice, canned, with salt added	243.00	1 cup	1.85
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.00	1 cup (1 NLEA serving)	1.84
11291	Onions, spring (includes tops and bulb), raw	100.00	1 cup, chopped	1.83
11644	Squash, winter, all varieties, cooked, baked, without salt	205.00	1 cup, cubes	1.82
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30.00	1-1/3 cup (1 NLEA serving)	1.82
08209	Cereals ready-to-eat, KELLOGG, TEMPTATIONS, Honey Roasted Pecan	30.00	1 cup (1 NLEA serving)	1.80
07065	Pork and beef sausage, fresh, cooked	13.00	1 link (raw dimensions: 4" long x 7/8" dia). cooked	1.79

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
11297	Parsley, raw	60.00	1 cup	1.78
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	125.00	1 serving	1.78
11084	Beets, canned, drained solids	195.00	1 cup, shredded	1.77
09326	Watermelon, raw	286.00	1 wedge (approx 1/16 of melon)	1.77
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60.00	4 spears	1.77
11423	Pumpkin, cooked, boiled, drained, without salt	245.00	1 cup, mashed	1.76
18033	Bread, italian	20.00	1 medium slice	1.76
18009	Biscuits, plain or buttermilk, commercially baked	28.35	1 oz	1.76
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1 oz	1.76
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27.00	3/4 cup (1 NLEA serving)	1.76
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.00	1 cup, sliced	1.74
09206	Orange juice, raw	248.00	1 cup	1.74
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30.00	3/4 cup (1 NLEA serving)	1.71
18060	Bread, rye	20.00	1 thin slice	1.70
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50.00	1 cupcake	1.70
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.00	1 cup	1.69
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30.00	3/4 cup (1 NLEA serving)	1.68
11081	Beets, cooked, boiled, drained	100.00	2 beets, (2" dia, sphere)	1.68
18279	Muffins, corn, commercially prepared	28.35	1 oz	1.67
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.67
11569	Turnip greens, cooked, boiled, drained, without salt	144.00	1 cup, chopped	1.64
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.00	1 cup, sliced	1.64
11565	Turnips, cooked, boiled, drained, without salt	230.00	1 cup, mashed	1.63
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1 oz	1.62
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1 oz	1.62
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30.00	3/4 cup (1 NLEA serving)	1.60
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50.00	10 strips	1.59
18274	Muffins, blueberry, commercially prepared	28.35	1 oz	1.56
11012	Asparagus, cooked, boiled, drained	60.00	4 spears, (1/2" base)	1.55
11056	Beans, snap, green, canned, regular pack, drained solids	135.00	1 cup	1.55
11932	Beans, snap, yellow, canned, regular pack, drained solids	135.00	1 cup	1.55
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.00	3/4 cup (1 NLEA serving)	1.55

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
18375	Leavening agents, yeast, baker's, active dry	4.00	1 teaspoon	1.53
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	28.35	1 oz	1.53
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1 oz	1.53
08017	Cereals ready-to-eat, COOKIE-CRISP, CHOCOLATE CHIP AND VANILLA, (corn with other grains)	30.00	1 cup	1.53
11529	Tomatoes, red, ripe, raw, year round average	180.00	1 cup, chopped or sliced	1.53
11578	Vegetable juice cocktail, canned	242.00	1 cup	1.52
18360	Taco shells, baked	21.00	1 large (6-1/2" dia)	1.51
11670	Peppers, hot chili, green, raw	75.00	1/2 cup chopped or diced	1.50
11819	Peppers, hot chili, red, raw	75.00	1/2 cup chopped or diced	1.50
12104	Nuts, coconut meat, raw	45.00	1 piece (2" x 2" x 1/2")	1.50
11279	Okra, cooked, boiled, drained, without salt	80.00	1/2 cup slices	1.50
11084	Beets, canned, drained solids	163.00	1 cup, whole	1.48
18363	Tortillas, ready-to-bake or -fry, corn	26.00	1 medium tortilla (approx 6" dia)	1.48
18286	Muffins, wheat bran, toaster-type with raisins	28.35	1 oz	1.47
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1 oz	1.47
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30.00	1 cup (1 NLEA serving)	1.47
09207	Orange juice, canned, unsweetened	249.00	1 cup	1.47
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.00	1/2 cup	1.46
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30.00	1 cup (1 NLEA serving)	1.44
10165	Pork, cured, salt pork, raw	28.35	1 oz	1.43
11084	Beets, canned, drained solids	157.00	1 cup, diced	1.43
18374	Leavening agents, yeast, baker's, compressed	17.00	1 cake (0.6 oz)	1.43
11081	Beets, cooked, boiled, drained	85.00	1/2 cup slices	1.43
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	28.35	1 oz	1.42
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1 oz	1.42
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253.00	1 cup	1.42
09181	Melons, cantaloupe, raw	160.00	1 cup, cubes	1.41
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.00	3/4 cup (1 NLEA serving)	1.35
18030	Bread, french or vienna, toasted (includes sourdough)	14.00	1 small slice	1.34
11282	Onions, raw	115.00	1 cup, sliced	1.33
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.00	1/2 cup	1.33

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	28.35	1 oz	1.33
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1 oz	1.33
11333	Peppers, sweet, green, raw	149.00	1 cup, chopped	1.33
11821	Peppers, sweet, red, raw	149.00	1 cup, chopped	1.33
18029	Bread, french or vienna (includes sourdough)	15.00	1 small slice (2-1/2" x 2" x 1/2")	1.32
11124	Carrots, raw	128.00	1 cup, chopped	1.32
11001	Alfalfa seeds, sprouted, raw	33.00	1 cup	1.32
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30.00	3/4 cup (1 NLEA serving)	1.31
18228	Crackers, saltines (includes oyster, soda, soup)	14.18	1/2 oz	1.30
14416	Carbonated beverage, low calorie, cola, with aspartame	1,302.00	1 extra large drink (44 fl oz)	1.30
11439	Sauerkraut, canned, solids and liquids	142.00	1 cup	1.29
09123	Grapefruit juice, canned, unsweetened	247.00	1 cup	1.28
11109	Cabbage, raw	89.00	1 cup, chopped	1.28
09191	Nectarines, raw	136.00	1 fruit (2-1/2" dia)	1.28
11283	Onions, cooked, boiled, drained, without salt	94.00	1 medium	1.28
11282	Onions, raw	110.00	1 medium (2-1/2" dia)	1.28
11124	Carrots, raw	122.00	1 cup, strips or slices	1.26
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26.00	3/4 cup (1 NLEA serving)	1.26
09200	Oranges, raw, all commercial varieties	131.00	1 fruit, (2-5/8" dia, sphere)	1.23
08106	Cereals, CREAM OF WHEAT, instant, dry, (wheat)	11.50	1 tablespoon	1.22
09040	Bananas, raw	118.00	1 medium (7" to 7-7/8" long)	1.22
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31.00	3/4 cup (1 NLEA serving)	1.21
19155	Candies, M&M MARS, SNICKERS Bar	15.00	1 fun size bar	1.20
11363	Potatoes, baked, flesh, without salt	61.00	1/2 cup	1.20
09236	Peaches, raw	170.00	1 cup, slices	1.19
07057	Pepperoni, pork, beef	5.50	1 slice (1-3/8" dia x 1/8" thick)	1.15
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31.00	1 cup (1 NLEA serving)	1.15
11206	Cucumber, peeled, raw	201.00	1 medium	1.15
11136	Cauliflower, cooked, boiled, drained, without salt	62.00	1/2 cup, (1" pieces)	1.14
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30.00	1 cup (1 NLEA serving)	1.14
18142	Cake, yellow, dry mix, pudding-type	28.35	1 oz	1.13
08106	Cereals, CREAM OF WHEAT, instant, dry, (wheat)	11.50	1 tablespoon	1.12

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
08102	Cereals, CREAM OF WHEAT, regular, dry, (wheat)	10.60	1 tablespoon	1.11
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.00	3/4 cup (1 NLEA serving)	1.11
11565	Turnips, cooked, boiled, drained, without salt	156.00	1 cup, cubes	1.11
18326	Pie, pumpkin, commercially prepared	28.35	1 oz	1.11
11091	Broccoli, cooked, boiled, drained, without salt	37.00	1 spear (about 5" long)	1.10
14003	Alcoholic beverage, beer, regular	356.00	1 can or bottle (12 fl oz)	1.07
11333	Peppers, sweet, green, raw	119.00	1 medium (approx 2-3/4" long, 2-1/2" dia)	1.06
09132	Grapes, european type (adherent skin), raw	160.00	1 cup, seedless	1.06
18229	Crackers, standard snack-type, regular	14.18	1/2 oz	1.05
11529	Tomatoes, red, ripe, raw, year round average	123.00	1 medium whole (2-3/5" dia)	1.05
11299	Parsnips, cooked, boiled, drained, without salt	78.00	1/2 cup slices	1.03
19296	Honey, strained or extracted	339.00	1 cup	1.02
06080	Soup, chicken broth or bouillon, dehydrated, dry	6.00	1 packet (6 fl oz prepared)	1.00
11112	Cabbage, red, raw	70.00	1 cup, shredded	0.97
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.00	1 cup	0.97
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14.00	1 large rectangular piece or 2 squares or 4 small rectangular pieces	0.97
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1 oz	0.96
18360	Taco shells, baked	13.30	1 medium (approx 5" dia)	0.96
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30.00	1 cup (1 NLEA serving)	0.95
14416	Carbonated beverage, low calorie, cola, with aspartame	947.00	1 large drink (32 fl oz)	0.95
09326	Watermelon, raw	152.00	1 cup, diced	0.94
11128	Carrots, canned, regular pack, drained solids	146.00	1 cup, sliced	0.93
09316	Strawberries, raw	152.00	1 cup, halves	0.93
18228	Crackers, saltines (includes oyster, soda, soup)	10.00	1 large round cracker	0.92
11659	Sweetpotato, cooked, candied	105.00	1 piece (2-1/2" x 2" dia)	0.91
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16.00	1 medium cookie (2-1/4" dia)	0.91
11945	Pickle relish, sweet	245.00	1 cup	0.91
11143	Celery, raw	120.00	1 cup, diced	0.90
19116	Candies, marshmallows	50.00	1 cup of miniatures	0.90
11937	Pickles, cucumber, dill	143.00	1 cup, chopped or diced	0.89

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
18033	Bread, italian	10.00	1 small slice (3-1/4" x 2-1/2" x 1/2")	0.88
11457	Spinach, raw	30.00	1 cup	0.86
08090	Cereals, corn grits, white, regular, quick, enriched, dry, (corn)	9.70	1 tablespoon	0.85
11125	Carrots, cooked, boiled, drained, without salt	78.00	1/2 cup slices	0.85
09298	Raisins, seedless	26.00	50 raisins	0.84
11210	Eggplant, cooked, boiled, drained, without salt	99.00	1 cup, (1" cubes)	0.82
11333	Peppers, sweet, green, raw	92.00	1 cup, sliced	0.82
11821	Peppers, sweet, red, raw	92.00	1 cup, sliced	0.82
16011	Beans, baked, canned, with pork and tomato sauce	15.80	1 tablespoon	0.82
09184	Melons, honeydew, raw	177.00	1 cup, balls	0.81
09116	Grapefruit, raw, white, all areas	118.00	1/2 fruit, (3-3/4" dia, sphere)	0.81
09111	Grapefruit, raw, pink and red and white, all areas	128.00	1/2 medium (approx 4" dia)	0.81
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250.00	1 cup	0.80
11110	Cabbage, cooked, boiled, drained, without salt	75.00	1/2 cup shredded	0.77
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76.00	1 medium fruit, without skin	0.75
11124	Carrots, raw	72.00	1 carrot, (7-1/2")	0.74
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.30	1 tablespoon	0.73
14347	Shake, fast food, vanilla	20.80	1 fl oz	0.73
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.00	1 cup, shredded or chopped	0.71
14006	Alcoholic beverage, beer, light	354.00	1 can or bottle (12 fl oz)	0.71
14346	Shake, fast food, chocolate	20.80	1 fl oz	0.71
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14.00	1 mini doughnut (1-1/2" dia) or doughnut hole	0.70
16123	Soy sauce made from soy and wheat (shoyu)	8.90	1 individual packet	0.70
11429	Radishes, raw	116.00	1 cup, slices	0.70
09236	Peaches, raw	98.00	1 medium (2-1/2" dia) (approx 4 per lb)	0.69
11206	Cucumber, peeled, raw	119.00	1 cup, sliced	0.68
06080	Soup, chicken broth or bouillon, dehydrated, dry	4.00	1 cube	0.67
14416	Carbonated beverage, low calorie, cola, with aspartame	651.00	1 medium drink (22 fl oz)	0.65
09252	Pears, raw	166.00	1 medium pear (approx 2-1/2 per lb)	0.65
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	68.00	1/2 cup, chopped	0.63

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	68.00	1/2 cup, chopped	0.63
11590	Waterchestnuts, chinese, canned, solids and liquids	70.00	1/2 cup slices	0.62
09181	Melons, cantaloupe, raw	69.00	1 medium wedge (1/8 of medium melon)	0.61
18274	Muffins, blueberry, commercially prepared	11.00	1 miniature muffin (1-1/4" dia)	0.61
19300	Jellies	300.00	1 cup	0.60
18060	Bread, rye	7.00	1 slice, snack-size	0.60
09094	Figs, dried, uncooked	19.00	1 fig	0.58
09184	Melons, honeydew, raw	125.00	1 wedge (1/8 of 5-1/4" dia melon)	0.58
11252	Lettuce, iceberg (includes crisphead types), raw	55.00	1 cup, shredded or chopped	0.56
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10.00	1 medium cookie (2-1/4" dia)	0.54
18301	Pie, apple, commercially prepared, enriched flour	28.35	1 oz	0.54
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.00	1 sprout	0.54
09218	Tangerines, (mandarin oranges), raw	84.00	1 medium (2-3/8" dia)	0.53
11260	Mushrooms, raw	18.00	1 medium	0.52
09279	Plums, raw	66.00	1 fruit (2-1/8" dia)	0.52
11125	Carrots, cooked, boiled, drained, without salt	46.00	1 carrot	0.50
09021	Apricots, raw	35.00	1 apricot	0.49
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	7.00	1 cracker (2-1/2" square)	0.48
19120	Candies, milk chocolate	7.00	1 miniature bar	0.48
11109	Cabbage, raw	33.00	1 large leaf	0.48
14416	Carbonated beverage, low calorie, cola, with aspartame	474.00	1 can or bottle (16 fl oz)	0.47
14416	Carbonated beverage, low calorie, cola, with aspartame	474.00	1 small drink (16 fl oz)	0.47
02020	Spices, garlic powder	2.80	1 teaspoon	0.47
18166	Cookies, chocolate sandwich, with creme filling, regular	10.00	1 cookie	0.47
09020	Applesauce, canned, sweetened, without salt	255.00	1 cup	0.46
09050	Blueberries, raw	68.00	50 berries	0.46
11251	Lettuce, cos or romaine, raw	28.00	1/2 cup shredded	0.45
01049	Cream, fluid, half and half	15.00	1 individual container (.5 fl oz)	0.44
16123	Soy sauce made from soy and wheat (shoyu)	5.30	1 teaspoon	0.41
09003	Apples, raw, with skin	212.00	1 large (3-1/4" dia) (approx 2	0.40

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
19280	Frozen desserts, ices, water, lime	99.00	1/2 cup (4 fl oz)	0.40
14181	Chocolate syrup, without added nutrients	18.80	1 tablespoon	0.39
16055	Carob flour	8.00	1 tablespoon	0.37
11253	Lettuce, looseleaf, raw	28.00	1/2 cup shredded	0.36
02007	Spices, celery seed	2.00	1 teaspoon	0.36
18360	Taco shells, baked	5.00	1 miniature (3" dia)	0.36
11205	Cucumber, with peel, raw	52.00	1/2 cup slices	0.36
14416	Carbonated beverage, low calorie, cola, with aspartame	355.00	1 can (12 fl oz)	0.36
18235	Crackers, whole-wheat	4.00	1 cracker	0.35
11090	Broccoli, raw	11.00	1 floweret	0.33
09266	Pineapple, raw	84.00	1 slice (3-1/2" dia x 3/4" thick)	0.33
02009	Spices, chili powder	2.60	1 teaspoon	0.32
11213	Endive, raw	25.00	1/2 cup, chopped	0.31
02028	Spices, paprika	2.10	1 teaspoon	0.31
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7.00	10 pieces	0.30
11143	Celery, raw	40.00	1 medium stalk (7-1/2" - 8" long)	0.30
01050	Cream, fluid, light, coffee or table	11.10	1 individual container	0.30
18229	Crackers, standard snack-type, regular	4.00	1 rectangular cracker	0.30
11457	Spinach, raw	10.00	1 leaf	0.29
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.28
18228	Crackers, saltines (includes oyster, soda, soup)	3.00	1 cracker	0.28
11291	Onions, spring (includes tops and bulb), raw	15.00	1 medium (4-1/8" long)	0.27
09003	Apples, raw, with skin	138.00	1 medium (2-3/4" dia) (approx 3 per lb)	0.26
11261	Mushrooms, cooked, boiled, drained, without salt	12.00	1 mushroom	0.26
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.00	1 cup (8 fl oz)	0.26
11135	Cauliflower, raw	13.00	1 floweret	0.26
02015	Spices, curry powder	2.00	1 teaspoon	0.25
14238	Cranberry-apple juice drink, bottled	245.00	1 cup (8 fl oz)	0.25
11333	Peppers, sweet, green, raw	27.00	10 strips	0.24
09003	Apples, raw, with skin	125.00	1 cup, quartered or chopped	0.24



## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
14209	Coffee, brewed, prepared with tap water	237.00	1 cup (8 fl oz)	0.24
02030	Spices, pepper, black	2.10	1 teaspoon	0.23
11935	Catsup	15.00	1 tablespoon	0.23
18229	Crackers, standard snack-type, regular	3.00	1 round cracker	0.22
14214	Coffee, instant, regular, powder	1.80	1 teaspoon, rounded	0.22
02026	Spices, onion powder	2.10	1 teaspoon	0.21
06164	Sauce, ready-to-serve, salsa	16.00	1 tablespoon	0.20
02046	Mustard, prepared, yellow	5.00	1 teaspoon	0.20
09004	Apples, raw, without skin	128.00	1 medium (2-3/4" dia) (approx 3 per lb)	0.19
11215	Garlic, raw	3.00	1 clove	0.19
11937	Pickles, cucumber, dill	30.00	1 spear	0.19
11215	Garlic, raw	2.80	1 teaspoon	0.18
14209	Coffee, brewed, prepared with tap water	178.00	6 fl oz	0.18
09302	Raspberries, raw	19.00	10 raspberries	0.17
11529	Tomatoes, red, ripe, raw, year round average	20.00	1 medium slice (1/4" thick)	0.17
11445	Seaweed, kelp, raw	10.00	1/8 cup or 2 tablespoons	0.17
06150	Sauce, barbecue sauce	9.30	1 packet	0.17
02027	Spices, oregano, ground	1.50	1 teaspoon	0.17
09087	Dates, domestic, natural and dry	8.30	1 date	0.16
11251	Lettuce, cos or romaine, raw	10.00	1 innerleaf	0.16
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.80	1 tablespoon	0.15
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.00	1 cup	0.15
04017	Salad dressing, thousand island, commercial, regular, with salt	15.60	1 tablespoon	0.14
04018	Salad dressing, mayonnaise type, regular, with salt	14.70	1 tablespoon	0.13
11253	Lettuce, looseleaf, raw	10.00	1 leaf	0.13
19116	Candies, marshmallows	7.20	1 regular	0.13
19116	Candies, marshmallows	7.00	10 miniatures	0.13
11625	Parsley, freeze-dried	0.40	1 tablespoon	0.13
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.30	1 tablespoon	0.12
11001	Alfalfa seeds, sprouted, raw	3.00	1 tablespoon	0.12
09081	Cranberry sauce, canned, sweetened	57.00	1 slice (1/2" thick, approx 8 slices per can)	0.11

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
06164	Sauce, ready-to-serve, salsa	8.90	1 packet	0.11
04114	Salad dressing, italian, commercial, regular, with salt	14.70	1 tablespoon	0.10
18214	Crackers, cheese, regular	1.00	1 cracker, (1" square)	0.10
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.50	1 medium leaf	0.10
04120	Salad dressing, french, commercial, regular, with salt	15.60	1 tablespoon	0.09
18228	Crackers, saltines (includes oyster, soda, soup)	1.00	1 oyster cracker	0.09
11935	Catsup	6.00	1 packet	0.09
02010	Spices, cinnamon, ground	2.30	1 teaspoon	0.09
11333	Peppers, sweet, green, raw	10.00	1 ring (3" dia, 1/4" thick)	0.09
11821	Peppers, sweet, red, raw	10.00	1 ring (3" dia, 1/4" thick)	0.09
09070	Cherries, sweet, raw	6.80	1 cherry	0.08
11252	Lettuce, iceberg (includes crisphead types), raw	8.00	1 medium leaf	0.08
09316	Strawberries, raw	12.00	1 medium (1-1/4" dia)	0.07
11084	Beets, canned, drained solids	8.00	1 slice	0.07
19296	Honey, strained or extracted	21.00	1 tablespoon	0.06
11945	Pickle relish, sweet	15.00	1 tablespoon	0.06
11206	Cucumber, peeled, raw	9.00	1 stick, 4" long	0.05
04027	Salad dressing, mayonnaise, imitation, soybean	15.00	1 tablespoon	0.05
18229	Crackers, standard snack-type, regular	0.60	1 bite size	0.04
01001	Butter, with salt	5.00	1 pat (1" sq, 1/3" high)	0.04
19296	Honey, strained or extracted	14.00	1 packet (0.5 oz)	0.04
11124	Carrots, raw	4.00	1 medium strip	0.04
11206	Cucumber, peeled, raw	7.00	1 slice	0.04
19300	Jellies	19.00	1 tablespoon	0.04
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.30	1 tablespoon	0.03
01002	Butter, whipped, with salt	3.80	1 pat	0.03
14238	Cranberry-apple juice drink, bottled	30.60	1 fl oz	0.03
11143	Celery, raw	4.00	1 strip (4" long)	0.03
14209	Coffee, brewed, prepared with tap water	29.60	1 fl oz	0.03
14416	Carbonated beverage, low calorie, cola, with aspartame	29.60	1 fl oz	0.03
19300	Jellies	14.00	1 packet (0.5 oz)	0.03
11429	Radishes, raw	4.50	1 medium (3/4" to 1" dia)	0.03
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15.00	1 tablespoon	0.02

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
11429	Radishes, raw	1.00	1 slice	0.01
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.60	1 teaspoon	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	2.30	1/2 teaspoon	0.00
02047	Salt, table	6.00	1 teaspoon	0.00
02048	Vinegar, cider	15.00	1 tablespoon	0.00
04002	Lard	12.80	1 tablespoon	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.80	1 tablespoon	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.60	1 tablespoon	0.00
04042	Oil, peanut, salad or cooking	13.50	1 tablespoon	0.00
04044	Oil, soybean, salad or cooking	13.60	1 tablespoon	0.00
04053	Oil, olive, salad or cooking	13.50	1 tablespoon	0.00
04135	Salad dressing, home recipe, vinegar and oil	15.60	1 tablespoon	0.00
04502	Oil, vegetable, cottonseed, salad or cooking	13.60	1 tablespoon	0.00
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.60	1 tablespoon	0.00
04510	Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)	13.60	1 tablespoon	0.00
04518	Oil, vegetable corn, salad or cooking	13.60	1 tablespoon	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.60	1 tablespoon	0.00
04582	Vegetable oil, canola	14.00	1 tablespoon	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.80	1 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42.00	1.5 fl oz jigger	0.00
14136	Carbonated beverage, ginger ale	30.50	1 fl oz	0.00
14136	Carbonated beverage, ginger ale	366.00	1 can or bottle (12 fl oz)	0.00
14136	Carbonated beverage, ginger ale	488.00	1 can or bottle (16 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	30.70	1 fl oz	0.00
14145	Carbonated beverage, lemon-lime soda	368.00	1 can or bottle (12 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	368.00	1 child/senior drink (12 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	491.00	1 can or bottle (16 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	491.00	1 small drink (16 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	675.00	1 medium drink (22 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	982.00	1 large drink (32 fl oz)	0.00
14145	Carbonated beverage, lemon-lime soda	1,351.00	1 extra large drink (44 fl oz)	0.00
14157	Carbonated beverage, root beer	30.80	1 fl oz	0.00
14157	Carbonated beverage, root beer	370.00	1 can or bottle (12 fl oz)	0.00

## Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
14157	Carbonated beverage, root beer	493.00	1 can or bottle (16 fl oz)	0.00
14242	Cranberry juice cocktail, bottled	31.60	1 fl oz	0.00
14242	Cranberry juice cocktail, bottled	253.00	1 cup (8 fl oz)	0.00
14267	Fruit punch drink, canned	31.00	1 fl oz	0.00
14267	Fruit punch drink, canned	248.00	1 cup (8 fl oz)	0.00
14355	Tea, brewed, prepared with tap water	29.60	1 fl oz	0.00
14355	Tea, brewed, prepared with tap water	178.00	1 cup (6 fl oz)	0.00
14355	Tea, brewed, prepared with tap water	237.00	1 cup (8 fl oz)	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	29.60	1 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	178.00	1 cup (6 fl oz)	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237.00	1 cup (8 fl oz)	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	474.00	1 bottle (10 fl oz)	0.00
14382	Thirst quencher drink, bottled	30.10	1 fl oz	0.00
14382	Thirst quencher drink, bottled	241.00	1 cup (8 fl oz)	0.00
14400	Carbonated beverage, cola	31.00	1 fl oz	0.00
14400	Carbonated beverage, cola	370.00	1 can or bottle (12 fl oz)	0.00
14400	Carbonated beverage, cola	492.00	1 can or bottle (16 fl oz)	0.00
14400	Carbonated beverage, cola	492.00	1 small drink (16 fl oz)	0.00
14400	Carbonated beverage, cola	676.00	1 medium drink (22 fl oz)	0.00
14400	Carbonated beverage, cola	984.00	1 large drink (32 fl oz)	0.00
14400	Carbonated beverage, cola	1,353.00	1 extra large drink (44 fl oz)	0.00
14429	Water, municipal	29.57	1 fl oz	0.00
14429	Water, municipal	64.00	3 (3/4 fl oz) ice cubes	0.00
14429	Water, municipal	237.00	1 cup (8 fl oz)	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.80	1 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42.00	1.5 fl oz jigger	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfite	2.30	1/2 teaspoon	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfite	4.60	1 teaspoon	0.00
19106	Candies, gumdrops, starch jelly pieces	3.20	1 small gumdrop (1/2" dia)	0.00
19106	Candies, gumdrops, starch jelly pieces	4.20	1 medium gumdrop (3/4" dia)	0.00
19106	Candies, gumdrops, starch jelly pieces	10.00	1 jelly ring (1-1/4" dia)	0.00
19106	Candies, gumdrops, starch jelly pieces	11.60	1 large gumdrop (1" dia)	0.00

Protein (g) Content of Selected Foods

NDB No.	Description	Weight (g)	Household Measure	Content per Measure
19107	Candies, hard	28.35	1 oz	0.00
19283	Frozen desserts, ice pops	52.00	1 bar (1.75 fl oz)	0.00
19283	Frozen desserts, ice pops	59.00	1 bar (2 fl oz)	0.00
19304	Molasses	20.00	1 tablespoon	0.00
19304	Molasses	328.00	1 cup	0.00
19334	Sugars, brown	3.00	1 teaspoon, unpacked	0.00
19334	Sugars, brown	145.00	1 cup, unpacked	0.00
19334	Sugars, brown	220.00	1 cup, packed	0.00
19335	Sugars, granulated	4.20	1 teaspoon	0.00
19335	Sugars, granulated	5.00	1 lump, 2 cubes	0.00
19335	Sugars, granulated	6.00	1 individual packet	0.00
19335	Sugars, granulated	200.00	1 cup	0.00
19336	Sugars, powdered	2.50	1 teaspoon	0.00
19336	Sugars, powdered	8.00	1 tablespoon, unsifted	0.00
19336	Sugars, powdered	120.00	1 cup, unsifted	0.00
19350	Syrups, corn, light	20.00	1 tablespoon	0.00
19350	Syrups, corn, light	328.00	1 cup	0.00
19353	Syrups, maple	20.00	1 tablespoon	0.00
19353	Syrups, maple	315.00	1 cup	0.00
19360	Syrups, table blends, pancake, with 2% maple	20.00	1 tablespoon	0.00
19360	Syrups, table blends, pancake, with 2% maple	315.00	1 cup	0.00