NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	74
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	96
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
4550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
4017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
4536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
4057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
4096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	131
4106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	73
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
)9016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	250
09011	Apples, dried, sulfured, uncooked	32	5 rings	144
09003	Apples, raw, with skin	138	1 apple	148
09004	Apples, raw, without skin	110	1 cup	99
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	191
9019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	181
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
9027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
9024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
9032	Apricots, dried, sulfured, uncooked	35	10 halves	407
09021	Apricots, raw	35	1 apricot	91
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	343
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	480
11015	Asparagus, canned, drained solids	72	4 spears	124
1012	Asparagus, cooked, boiled, drained	60	4 spears	134
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	310
1019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103
09038	Avocados, raw, California	28.35	1 oz	144
)9039	Avocados, raw, Florida	28.35	1 oz	100
18005	Bagels, cinnamon-raisin	89	4" bagel	132
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
18003	Bagels, egg	71	3-1/2" bagel	48
18003	Bagels, egg	89	4" bagel	61
8001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	53
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	67
9077	Baking chocolate, unsweetened, liquid	28.35	1 oz	331
9078	Baking chocolate, unsweetened, squares	28.35	1 square	235
1028	Bamboo shoots, canned, drained solids	131	1 cup	105
9040	Bananas, raw	150	1 cup	537
9040	Bananas, raw	118	1 banana	422
20006	Barley, pearled, cooked	157	1 cup	146
20005	Barley, pearled, raw	200	1 cup	560

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	569
16008	Beans, baked, canned, with franks	259	1 cup	609
6010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	653
6011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	746
6015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	611
6025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692
6034	Beans, kidney, red, mature seeds, canned	256	1 cup	655
6033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	708
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	746
1056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	150
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	183
1061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	215
1932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147
1724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	374
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170
16051	Beans, white, mature seeds, canned	262	1 cup	1189
22402	Beef Macaroni, frozen entree	240	1 package	365
22905	Beef stew, canned entree	232	1 cup	404
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	196
13348	Beef, cured, corned beef, canned	85.05	3 oz	116
13350	Beef, cured, dried	28.35	1 oz	67
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	246
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	258
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	270
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	226
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	240
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	193
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	205
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	286
23610 13327	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85 85	3 oz 3 oz	320 298
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1309
11084	Beets, canned, drained solids	24	1 beet	36
1084	Beets, canned, drained solids	170	1 cup	252
1081	Beets, cooked, boiled, drained	170	1 cup	519
1081	Beets, cooked, boiled, drained	50	1 beet	153
8016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	73
8016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122
8015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	48
8013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	39
9042	Blackberries, raw	144	1 cup	233
9055	Blueberries, frozen, sweetened	230	1 cup	138
)9050	Blueberries, raw	145	1 cup	112

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07008	Bologna, beef and pork	56.7	2 slices	179
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
18023	Bread, cornbread, dry mix, prepared	60	1 piece	77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
18025	Bread, cracked-wheat	25	1 slice	44
18027	Bread, egg	40	1/2" slice	46
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	32
18033	Bread, italian	20	1 slice	22
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	60
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	60
18039	Bread, oatmeal	27	1 slice	38
18040	Bread, oatmeal, toasted	25	1 slice	39
18041	Bread, pita, white, enriched	28	4" pita	34
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
18044	Bread, pumpernickel	32	1 slice	67
18045	Bread, pumpernickel, toasted	29	1 slice	66
18047	Bread, raisin, enriched	26	1 slice	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18053	Bread, reduced-calorie, rye	23	1 slice	23
18055	Bread, reduced-calorie, wheat	23	1 slice	28
18057	Bread, reduced-calorie, white	23	1 slice	17
18060	Bread, rye	32	1 slice	53
18061	Bread, rye, toasted	24	1 slice	44
18064	Bread, wheat	25	1 slice	46
18065	Bread, wheat, toasted	23	1 slice	51
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	25
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	45
18070	Bread, white, commercially prepared, toasted	22	1 slice	29
18075	Bread, whole-wheat, commercially prepared	28	1 slice	69
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	82
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
11090	Broccoli, raw	88	1 cup	278
11090	Broccoli, raw	31	1 spear	98
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	450
20011	Buckwheat flour, whole-groat	120	1 cup	692
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
20013	Bulgur, cooked	182	1 cup	124
20012	Bulgur, dry	140	1 cup	574
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	294
11109	Cabbage, raw	70	1 cup	119
11112	Cabbage, red, raw	70	1 cup	170
11114	Cabbage, savoy, raw	70	1 cup	161
18086	Cake, angelfood, commercially prepared	28	1 piece	26
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	88
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	30
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
18134	Cake, sponge, prepared from recipe	63	1 piece	89
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
19074	Candies, caramels	10.1	1 piece	22
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
19071	Candies, carob, unsweetened	28.35	1 oz	179
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	23
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	35
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
19107	Candies, hard	6	1 piece	0
19107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	10
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97
19116	Candies, marshmallows	50	1 cup	3
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	18
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	69
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	22
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	76
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	184
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	164

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19126	Candies, milk chocolate coated peanuts	40	10 pieces	201
19127	Candies, milk chocolate coated raisins	10	10 pieces	51
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	193
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	15
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	134
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	154
19080	Candies, semisweet chocolate	168	1 cup	613
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	42
19087	Candies, white chocolate	170	1 cup	486
09060	Carambola, (starfruit), raw	91	1 fruit	121
09060	Carambola, (starfruit), raw	108	1 cup	144
14121	Carbonated beverage, club soda	355	12 fl oz	7
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	7
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	7
14150	Carbonated beverage, orange	372	12 fl oz	7
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	4
14157	Carbonated beverage, root beer	370	12 fl oz	4
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	4
16055	Carob flour	8	1 tbsp	66
11655	Carrot juice, canned	236	1 cup	689
11960	Carrots, baby, raw	10	1 medium	24
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	367
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	280
11124	Carrots, raw	72	1 carrot	230
11124	Carrots, raw	110	1 cup	352
11935	Catsup	15	1 tbsp	57
11935	Catsup	6	1 packet	23
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	77
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250
11135	Cauliflower, raw	13	1 floweret	39
11135	Cauliflower, raw	100	1 cup	303
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	107
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426
11143	Celery, raw	120	1 cup	312
11143	Celery, raw	40	1 stalk	104
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	150
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	40
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	183
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	46

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	60
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	45
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	60
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	123
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	35
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	135
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	56
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	55
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	200
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	65
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	52
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	310
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	33
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	114
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	105
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	90
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	171
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	306
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	32
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	61
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	22
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	26
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	33
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	33
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	23
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	190
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	41
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	346
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	37
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	23
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	61
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	180
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	50
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	49
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	64
08220 08218	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with	50 51	1/2 cup	206 247
08218	cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	1/2 cup 3/4 cup	83
)8210)8049	•	32	3/4 cup 3/4 cup	85 91
08049 08219	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal,	32 49	3/4 cup 1 cup	91 111
08156	Honey Nut Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	173
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	43
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	54
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	108
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	164
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	107
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	109
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82
01164	Cheese sauce, prepared from recipe	243	1 cup	345
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	69
01004	Cheese, blue	28.35	1 oz	73
01007	Cheese, camembert	38	1 wedge	71
01009	Cheese, cheddar	28.35	1 oz	28
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	218
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	190
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	199
01017	Cheese, cream	14.5	1 tbsp	20
01186	Cheese, cream, fat free	15.6	1 tbsp	43
01019	Cheese, feta	28.35	1 oz	18
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	19
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	27
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
01030	Cheese, muenster	28.35	1 oz	38
01031	Cheese, neufchatel	28.35	1 oz	43
01032	Cheese, parmesan, grated	5	1 tbsp	6
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	48
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	61
01035	Cheese, provolone	28.35	1 oz	39
01037	Cheese, ricotta, part skim milk	246	1 cup	308
01036	Cheese, ricotta, whole milk	246	1 cup	258
01040	Cheese, swiss	28.35	1 oz	22
18147	Cheesecake commercially prepared	80	1 piece	72
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09070	Cherries, sweet, raw	68	10 cherries	151
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	269
07017	Chicken roll, light meat	56.7	2 slices	249
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	325
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	124
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
05277	Chicken, canned, meat only, with broth	142	5 oz	196
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
22904	Chili con carne with beans, canned entree	222	1 cup	608
11156	Chives, raw	3	1 tbsp	9
14181	Chocolate syrup	18.75	1 tbsp	42
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	128
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405
14192	Cocoa mix, powder	28.35	3 heaping tsp	202
14194	Cocoa mix, powder, prepared with water	206	1 serving	204
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	405
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11159	Coleslaw, home-prepared	120	1 cup	217
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
18151	Cookies, brownies, commercially prepared	56	1 brownie	83
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	15
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	22
18170	Cookies, fig bars	16	1 cookie	33
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
18177	Cookies, molasses	15	1 cookie, medium	52
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	111
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	192
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	163
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	382
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	210
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
20020	Cornmeal, whole-grain, yellow	122	1 cup	350
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	91
20028	Couscous, dry	173	1 cup	287
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	690
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	638
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	413
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478
18214	Crackers, cheese, regular	10	10 crackers	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15
18217	Crackers, matzo, plain	28.35	1 matzo	32
18220	Crackers, melba toast, plain	20	4 pieces	40
18226	Crackers, rye, wafers, plain	11	1 wafer	54
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	19
18229	Crackers, standard snack-type, regular	12	4 crackers	13
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
18232	Crackers, wheat, regular	8	4 crackers	15

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18235	Crackers, whole-wheat	16	4 crackers	48
14242	Cranberry juice cocktail, bottled	253	8 fl oz	35
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
01069	Cream substitute, powdered	2	1 tsp	16
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01052	Cream, fluid, light whipping	15	1 tbsp	15
01056	Cream, sour, cultured	12	1 tbsp	17
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	67
18243	Croutons, seasoned	40	1 cup	72
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
15141	Crustaceans, crab, blue, canned	135	1 cup	505
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	68
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
11206	Cucumber, peeled, raw	280	1 large	381
11206	Cucumber, peeled, raw	119	1 cup	162
11205	Cucumber, with peel, raw	104	1 cup	153
11205	Cucumber, with peel, raw	301	1 large	442
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
18245	Danish pastry, cheese	71	1 danish	70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
09087	Dates, deglet noor	178	1 cup	1168
09087	Dates, deglet noor	41.5	5 dates	272
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	53
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	16
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	13
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	60
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	117
01143	Egg substitute, liquid	62.75	1/4 cup	207
01124	Egg, white, raw, fresh	33.4	1 large	54
01128	Egg, whole, cooked, fried	46	1 large	68
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
01131	Egg, whole, cooked, poached	50	1 large	67

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01132	Egg, whole, cooked, scrambled	61	1 large	84
01123	Egg, whole, raw, fresh	50	1 large	67
01123	Egg, whole, raw, fresh	58	1 extra large	78
01123	Egg, whole, raw, fresh	44	1 medium	59
01125	Egg, yolk, raw, fresh	16.6	1 large	18
01057	Eggnog	254	1 cup	419
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
11213	Endive, raw	50	1 cup	157
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	62
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	67
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	182
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	268
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	304
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	335
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	335
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	464
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	460
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	208
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	194
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	277
21042	Fast foods, chili con carne	253	1 cup	691
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
21127	Fast foods, coleslaw	99	3/4 cup	177
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	208
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21024	Fast foods, french toast sticks	141	5 sticks	157
21023	Fast foods, french toast with butter	135	2 slices	177
21077	Fast foods, frijoles with cheese	167	1 cup	605
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	570
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	527
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	480
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	194
21118	Fast foods, hotdog, plain	98	1 sandwich	143
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
21129	Fast foods, hush puppies	78	5 pieces	188

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	169
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	737
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	468
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	930
21139	Fast foods, potato, mashed	80	1/3 cup	235
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	256
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21082	Fast foods, taco	171	1 small	474
21082	Fast foods, taco	263	1 large	729
21083	Fast foods, taco salad	198	1-1/2 cups	416
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
09094	Figs, dried, uncooked	38	2 figs	258
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	439
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	60
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	123
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	437
15034	Fish, haddock, cooked, dry heat	150	1 fillet	599
15034	Fish, haddock, cooked, dry heat	85	3 oz	339
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	916
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	490
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	298
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	232
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	329
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442
15071	· ·		1 fillet	442 775
	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149		
15232	Fish, roughy, orange, cooked, dry heat	85 85 05	3 oz	154
15077	Fish, salmon, chinook, smoked	85.05	3 oz	149
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	319
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
15111	Fish, swordfish, cooked, dry heat	106	1 piece	391
15111	Fish, swordfish, cooked, dry heat	85	3 oz	314

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	375
15128	Fish, tuna salad	205	1 cup	365
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	484
07022	Frankfurter, beef	45	1 frank	70
07023	Frankfurter, beef and pork	45	1 frank	75
07024	Frankfurter, chicken	45	1 frank	91
18268	French toast, frozen, ready-to-heat	59	1 slice	79
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	13
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	41
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	7
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	9
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	188
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152
19294	Fruit butters, apple	17	1 tbsp	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	77
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	328
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	123
35142	Frybread, made with lard (Navajo)	90	5" bread	69
11215	Garlic, raw	3	1 clove	12
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1
14277	Grape drink, canned	250	8 fl oz	30
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	53
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	160
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	263
09404	Grapefruit juice, pink, raw	247	1 cup	400
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	378
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	336
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
09128	Grapefruit juice, white, raw	247	1 cup	400
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	96
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	306
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	47

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	65
06121	Gravy, mushroom, canned	59.6	1/4 cup	63
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	65
07027	Ham, chopped, not canned	21	2 slices	67
07028	Ham, sliced, extra lean	56.7	2 slices	368
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
11961	Hearts of palm, canned	33	1 piece	58
19296	Honey	21	1 tbsp	11
02055	Horseradish, prepared	5	1 tsp	12
16158	Hummus, commercial	14	1 tbsp	32
19270	Ice creams, chocolate	66	1/2 cup	164
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152
19095	Ice creams, vanilla	66	1/2 cup	131
19088	Ice creams, vanilla, light	66	1/2 cup	137
19089	Ice creams, vanilla, rich	74	1/2 cup	116
19297	Jams and preserves	20	1 tbsp	15
19300	Jellies	19	1 tbsp	10
11226	Jerusalem-artichokes, raw	150	1 cup	644
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	237
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	l tsp	1
18370	Leavening agents, baking powder, double-acting, straight phosphate Leavening agents, baking powder, low-sodium	4.6	1 tsp	0
18371		5	1 tsp	505
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	495
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90
09153	Lemon juice, canned or bottled	244	1 cup	249
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16

without salt vithout salt 11038 Lima beans, immature seeds, forzen, fordhook, cooked, boiled, 170 l cup 517 16073 Lima beans, large, mature seeds, caned 241 l cup 553 16072 Lima beans, large, mature seeds, cooked, boiled, without salt 188 l cup 955 09161 Lime juice, canned or bottled, unsweetened 15.4 l tbsp 12 09160 Lime juice, raw 38 juice of l lime 44 22247 Macaroni and Cheese, canned entree 252 l cup 62 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 251 14316 Walted drink mix, chocolate, with added nutrients, powder, prepared 265 l cup 230 14309 Malted drink mix, natural, with added nutrients, powder, prepared 21 4.5 heaping tsp 124 14309 Malted drink mix, natural, with added nutrients, powder, prepared 21 21 51 21 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 l cup	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14290Lenonade, law calorie, with asymme, powder, prepared with water2781 oz214297Lenonade, flavor drink, powder, prepared with water26681 foz314290Lernors, raw, withou pel581 lenon6816070Lernits, mattre seeds, conder, biolici, without salt1981 cup73311250Lettree, butterhed includes boston and bib types), raw1631 head38811251Lettree, coor romaine, raw101 leaf25311252Lettree, coor romaine, raw561 cup10911253Lettree, coor romaine, raw561 cup70311254Lettree, coor romaine, raw531 head76011252Lettree, coor romaine, raw531 head76011252Lettree, icoberg (includes crisphand types), raw531 head76011252Lettree, icoberg (includes crisphand types), raw531 cup73711363Linne, icoberg (includes crisphand types), raw531 cup73711374Linne bans, larg, mattrue seeds, concel, boiled, drained,101 cup5311607Linne bans, larg, mattrue seeds, concel, boiled, drained,2411 cup5311618Linne juice, canned or botted, unswetened1541 cup5311614Linne juice, canned or botted, unswetened2421 cup5311614Linne juice, named or botted, unswetened2511 cup5311614Linne juice, name	09152	Lemon juice, raw	47	juice of 1 lemon	58
14297Lemonak-flavor drink, powder, prepared with water2668 fl oz309150Lemonak, raw, without peel581 kenon6800070Lartice, nutrik, manue seck, schold, holid, without salt1681 kenon73111250Lettuce, butterhead (includes botton and bibb types), raw1631 head38811251Lettuce, butterhead (includes botton and bibb types), raw1631 head38111251Lettuce, otor orromaine, raw561 cup10911252Lettuce, green leaf, raw561 cup10911252Lettuce, icberg (includes criphead types), raw81 medium11111251Lettuce, icberg (includes criphead types), raw531 cup7811252Lettuce, icberg (includes criphead types), raw531 cup7811254Lettuce, icberg (includes criphead types), raw531 cup7811254Linue, icberg, includes criphead types), raw531 cup7811275Linue beans, ingre, matter seeds, forcen, fordhouk, cooked, boiled, drained,181 cup5311076Linne beans, ingre, matter seeds, conned2461 cup21211077Linne beans, lange, matter seeds, conned, boiled, nutrient, powder, prepared221 cup22111078Linne beans, lange, matter seeds, conned, boiled, nutrient, powder211 cup22111079Linne beans, lange, matter seeds, conned, boiled, nutrient, powder221 cup2211	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	37
99150 Lemons, raw, without performance of the second of the	14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	2
16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 731 11250 Lettuce, buttched (includes botton and bib types), raw 7.5 1 medlum leaf 188 11251 Lettuce, cost or romaine, raw 10 1 leaf 255 11251 Lettuce, cost or romaine, raw 10 1 leaf 199 11252 Lettuce, cost or romaine, raw 56 1 cup 199 11252 Lettuce, cost or consine, raw 56 1 cup 199 11252 Lettuce, iceberg (includes criphead types), raw 57 1 cup 78 11252 Lettuce, iceberg (includes criphead types), raw 55 1 cup 78 11040 Lima beans, immature seeds, forzen, forthook, cooked, boiled, drained. 180 1 cup 53 11033 Lima beans, immature seeds, conned 241 1 cup 53 106072 Lima beans, immature seeds, conned, boiled, without salt 188 1 cup 62 10611 Line piace, canned or bottled, unsweetened 15.4 1 dup 62 10716 Line piace, canned or bottled, unsweetened 15.4 1 cup <t< td=""><td>14297</td><td>Lemonade-flavor drink, powder, prepared with water</td><td>266</td><td>8 fl oz</td><td>3</td></t<>	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	3
11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf1811250Lettuce, butterhead (includes boston and bibb types), raw1631 head38811251Lettuce, cos or romaine, raw101 leaf1911251Lettuce, cos or romaine, raw561 cup10911252Lettuce, green leaf, raw561 cup10911252Lettuce, iceberg (includes crisphead types), raw531 head76011252Lettuce, iceberg (includes crisphead types), raw551 cup78111040Lina beans, inmanture seeds, frozen, hoty, cooked, boiled, drained,1801 cup78111033Lina beans, inmanture seeds, frozen, fordhook, cooked, boiled, drained,1881 cup53316072Lina beans, ingre, mature seeds, coaked, boiled, without salt1881 cup53416073Lina beans, ingre, mature seeds, coaked, boiled, without salt1881 cup25416074Line juice, canned or botted, unsweetend15.41 tbsp2651715Lina beans, ingre, mature seeds, coaked, boiled, without salt188j cup2731724Macroni, cooked, with added nutrients, powder, prepared2651 cup2651735Halted drink mix, hutural, with added nutrients, powder, prepared2651 cup27317414Malted drink mix, hutural, with added nutrients, powder, prepared with2651 cup2731745Malted drink mix, hutural, with added nutrients, powd	09150	Lemons, raw, without peel	58	1 lemon	80
11250 Lettuce, oor or maine, raw 163 1 head 388 11251 Lettuce, oor or maine, raw 10 1 leaf 318 11251 Lettuce, oor or maine, raw 10 1 leaf 19 11253 Lettuce, or or maine, raw 10 1 leaf 19 11253 Lettuce, icoberg (includes crisphead types), raw 56 1 cup 760 11252 Lettuce, icoberg (includes crisphead types), raw 57 1 cup 78 11252 Lettuce, icoberg (includes crisphead types), raw 55 1 cup 760 11252 Lettuce, icoberg (includes crisphead types), raw 55 1 cup 780 11263 Littuce, icoberg (includes crisphead types), raw 55 1 cup 780 11270 Littuce, icoberg (includes crisphead types), raw 55 1 cup 780 11283 Littuce, icoberg (includes crisphead types), raw 55 1 cup 780 11284 Littuce, icoberg (includes crisphead types), raw 10 1 cup 590 11297 Littuce, icoberg (includes crisphead types), raw 10 1 cup 590 590	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
11251 Lettuce, cos or romaine, raw 10 1 leaf 25 11251 Lettuce, green leaf, raw 56 1 cup 199 11252 Lettuce, icelerg (includes crisphead types), raw 8 1 medium 111 11252 Lettuce, icelerg (includes crisphead types), raw 55 1 cup 780 11252 Lettuce, icelerg (includes crisphead types), raw 55 1 cup 781 11040 Lina beans, immature seeds, forzen, baby, cooked, boiled, drained, 180 1 cup 533 11073 Lina beans, large, mature seeds, cooked, boiled, drained, 180 1 cup 533 106073 Lina beans, large, mature seeds, cooked, boiled, without sat 188 1 cup 533 10616 Line juice, cunned or bottled, unsweetned 246 1 cup 233 10616 Line juice, naw 38 juice of linite 44 1416 Maled drain, mix, chocolate, with added nutrients, powder 21 3 heaping top 251 20100 Macaroni, cooked, enriched 140 1 cup 53 1416 Maled drain, mix, natural, with added nutrients, powder 21 <	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	18
11251Lettuce, cros nor nomaine, naw56I cup13811253Lettuce, green kaf, naw10I kaf d1911254Lettuce, keeperg (includes crisphead types), naw8I medium1111252Lettuce, keeperg (includes crisphead types), naw539I head76011252Lettuce, keeperg (includes crisphead types), naw55I cup7811040Linns beans, immature seeds, finzen, haby, cooked, boiled, drained, without salt180I cup74011073Linns beans, immature seeds, conked, boiled, drained, without salt188I cup95511040Linns beans, large, nature seeds, conked, boiled, without salt188I cup95511041Linne beans, large, nature seeds, conked, boiled, without salt188I cup95511041Linne juice, canned or bottled, unsweetened246I cup24111041Linne juice, canned or bottled, unsweetened15.41 thsp1211041Linne juice, canned or bottled, unsweetened246I cup25111151Malted drink mix, chocolate, with added nutrients, powder211 cup26111151Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup27311141Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup27311141Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup27311141Malted drink mix, natural, wit	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	388
11233Lettuce, green leaf, raw101 leaf1911234Lettuce, green leaf, raw561 cup10111235Lettuce, icoberg (includes crisphead types), raw5391 head76011232Lettuce, icoberg (includes crisphead types), raw551 cup781133Linas beans, inmature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup7811040Linas beans, inmature seeds, frozen, fordhook, cooked, boiled, urinde, without salt1701 cup531073Lina beans, large, mature seeds, cook oblid, without salt1881 cup5810741Line bans, large, mature seeds, cook oblid, without salt1881 cup6810762Lina beans, large, mature seeds, cook oblid, without salt1881 cup6810761Line juice, canned or botted, unsweetened2461 cup6810760Line juice, canned or botted, unsweetened2521 cup22110700Macaroni, cooked, enriched1401 cup6211815Malted drink mix, chocolate, with added nutrients, powder214 5 heaping tsp21414316Malted drink mix, natural, with addel nutrients, powder, prepared2651 cup2571076Mangor, raw2071 mago23309176Mangarine, megnine-like vegetable oil spread, 60% fat, tub481 tup1<6	11251	Lettuce, cos or romaine, raw	10	1 leaf	25
Intrage Integration 100 11252 Lettuce, icoberg (includes criphead types), raw 8 I medium 111 11252 Lettuce, icoberg (includes criphead types), raw 539 1 head 760 11252 Lettuce, icoberg (includes criphead types), raw 55 1 cup 740 11040 Lima beans, immature seeds, frozen, haby, cooked, boiled, drained, ils0 1 cup 740 11038 Lima beans, large, mature seeds, cooked, boiled, without salt 188 1 cup 530 16072 Lima beans, large, mature seeds, cooked, boiled, without salt 188 1 cup 955 09161 Lime juice, canned or bottled, unsweetened 246 1 cup 242 Macaroni, cooked, coriched 140 1 cup 262 0100 Macaroni, cooked, coriched 140 1 cup 273 14315 Malted drink mix, chocolate, with added nutrients, powder, prepared with whole mix 265 1 cup 274 14400 Malted drink mix, natural, with added nutrients, powder, prepared with whole mix 145 1 dup 265 14430 <td>11251</td> <td>Lettuce, cos or romaine, raw</td> <td>56</td> <td>1 cup</td> <td>138</td>	11251	Lettuce, cos or romaine, raw	56	1 cup	138
11252Lettuce, iceberg (includes crisphead types), raw81 medium1111252Lettuce, iceberg (includes crisphead types), raw531 cup7811400Lina beans, immatures seeds, rozen, baby, cooked, boiled, drained, without sait1801 cup74011838Lina beans, immatures seeds, frozen, fordhook, cooked, boiled, drained, without sait1701 cup51716073Lina beans, large, mature seeds, cooked, boiled, without sait1881 cup95516072Line beans, large, mature seeds, cooked, boiled, without sait1881 cup95519161Line juice, canned or botted, unsweetened2461 cup18422247Macaroni and Cheese, canned entree2521 cup21220100Macaroni, cooked, with added nutrients, powder213 heaping tsp25114315Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup23014310Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2071 mango23314311Malted drink mix, natural, with added nutrients, powder, prepared with utagraine, regular, tups, cups, with sait added14.21 thep414411Mangos, raw2071 mango23323514314Mangarine, magraine, like wegetable oil spread, 60% fat, tub4.81 tsp114411Margarine, regular, tups, composite, 80% fat, with sait14.21 thep21452Margarine, regular, tups, composite,	11253	Lettuce, green leaf, raw	10	1 leaf	19
11252Lettuce, icoberg (includes crisphead types), raw5391 head76011252Lettuce, icoberg (includes crisphead types), raw551 cup7811040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained,1801 cup7811038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained,1801 cup53011037Lima beans, large, mature seeds, caned2411 cup53016072Lima beans, large, mature seeds, caned2461 cup18809161Lime juice, canned or bottled, unsweetened2461 cup12209160Lime juice, canned or bottled, unsweetened15.41 tbsp1220100Macaroni and Cheese, canned entree2521 cup22114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp25114316Malted drink mix, chocolate, with added nutrients, powder214 beaping tsp25314310Malted drink mix, natural, with added nutrients, powder, prepared with with whole milk2551 cup53009176Mangos, raw2071 mango23204613Margarine, regular, tub, conposite, 50% fat, tub4.81 tsp104114Margarine, regular, tub, conposite, 50% fat, tub4.81 tsp104614Margarine, regular, tub, conposite, 50% fat, tub4.81 tsp304613Margarine, regular, tub, conposite, 50% fat, tub4.81 tsp3	11253	Lettuce, green leaf, raw	56	1 cup	109
11252Lettuce, leeberg (includes crisphead types), raw55I cup7811040Lina beans, immature seeds, frozen, baby, cooked, boiled, drained, drained, without salt180I cup74011038Lina beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt170I cup51710073Lina beans, large, mature seeds, canned241I cup55016072Line bacas, large, mature seeds, cooked, boiled, without salt188I cup95519161Line juice, canned or bottled, unsweetened246I cup21209160Line juice, canned or bottled, unsweetened252I cup21220100Macaroni, cooked, enriched140I cup62211451Malted drink mix, chocolate, with added nutrients, powder213 beaping tsp25114316Malted drink mix, netural, with added nutrients, powder214.5 heaping tsp11414310Malted drink mix, natural, with added nutrients, powder, prepared265I cup25314310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk265I cup25314310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk265I cup25314311Malted drink mix, natural, with added nutrients265I cup25314312Margarine, regular, unspecified oils, with salt14.21 thsp114313Malted drink mix, natural, with added nutrients265I cup<	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	11
11040Lina beans, immature seeds, frozen, baby, cooked, boiled, drained, without sult1801 cup74011038Lina beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without sult101 cup5171073Lina beans, large, mature seeds, conked, boiled, without sult1881 cup53010072Lina beans, large, mature seeds, cooked, boiled, without sult1881 cup18509161Line juice, canned or bottled, unsweetened2461 cup18509160Line juice, canned or bottled, unsweetened2521 cup21220100Macaroni, cooked, enriched1401 cup6221Macaroni, cooked, enriched2103 heaping tsp25120100Macaroni, cooked, enriched2651 cup25720100Macaroni, cooked, enriched2651 cup25720100Macaroni, cooked, enriched2651 cup25720100Macaroni, cooked, enriched2651 cup25720176Mangos, raw2071 mango32320176Mangos, raw2071 mango23220176Mangos, raw2071 mango23220131Margarine, regular, tuspecified oils, with salt added14.11 thsp120132Margarine, regular, unspecified oils, with salt added14.11 thsp120176Mangos, raw2071 mango3232320176Mangos, raw2071 mango323 </td <td>11252</td> <td>Lettuce, iceberg (includes crisphead types), raw</td> <td>539</td> <td>1 head</td> <td>760</td>	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	760
without saltImage and the second for the	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	78
drained, without salt 1 1 cup 530 16073 Lima beans, large, mature seeds, cooked, boiled, without salt 188 1 cup 955 09161 Lime juice, canned or bottled, unsweetened 246 1 cup 185 09160 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 12 09160 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 21 2247 Macaroni, and Cheese, canned entree 252 1 cup 62 20100 Macaroni, cooked, enriched 140 1 cup 62 14315 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 578 14300 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 237 14300 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 237 09176 Mangos, raw 165 1 cup 237 09176 Mangos, raw 207 1 mango 323 04613 Margarine, magrarine-like vegetable oil spread, 60% fat, with salt 14.2 1 tbsp 4 <td>11040</td> <td>•</td> <td>180</td> <td>1 cup</td> <td>740</td>	11040	•	180	1 cup	740
16722 Lina beans, large, mature seeds, cooked, boiled, without salt 188 1 cup 955 09161 Lime juice, canned or bottled, unsweetened 246 1 cup 1885 09160 Lime juice, raw 38 juice of 1 lime 44 22247 Macaroni, cooked, enriched 140 1 cup 62 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 251 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 578 14300 Malted drink mix, natural, with added nutrients, powder, prepared 265 1 cup 251 14301 Malted drink mix, natural, with added nutrients, powder, prepared with wohe milk 265 1 cup 257 14300 Malted drink mix, natural, with added nutrients, powder, prepared with wohe milk 265 1 cup 257 14310 Malted drink mix, natural, with added nutrients, powder, prepared with wohe milk 265 1 cup 257 14330 Malted drink mix, natural, with added nutrients, powder, prepared with wohe milk 265 1 cup 257 14313 Malted rink mix, natural, with added nutrients, powder, prepa	11038		170	1 cup	517
Op161Line juice, canned or bottled, unsweetened246I cup18509161Line juice, canned or bottled, unsweetened15.41 tbsp1209160Line juice, raw38juice of I line4422247Macaroni, coked, enriched1401 cup6214315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp25114316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup57814309Malted drink mix, natural, with added nutrients, powder, prepared2651 cup53009176Mangos, raw1651 cup25709176Mangos, raw2071 mango32304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104612Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp604612Margarine, regular, tub, composite, 80% fat, with salt4.21 tbsp304613Margarine, regular, tub, composite, 80% fat, with salt4.21 tbsp404612Margarine, regular, tub, composite, 80% fat, with salt4.21 tbsp304613Margarine, regular, tub, composite, 80% fat, with salt4.21 tbsp404612Margarine, regular, tub, composite, 80% fat, with salt4.21 tbsp304613Margarine, vegetable oil spread, 60% fat, stick4.81 tsp204614Margarine, vegetable oil spread, 60% fat, stick	16073	Lima beans, large, mature seeds, canned	241	1 cup	530
opp161Line juice, canned or bottled, unsweetened15.41 fsp1209160Lime juice, raw38juice of 1 lime4422247Macaroni and Cheese, canned entree2521 cup21220100Macaroni, cooked, enriched1401 cup6214315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp25114316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup7814300Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup25714316Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup25709176Mangos, raw1651 cup25709176Mangos, raw2071 mango32304131Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp204132Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104613Margarine, vegetable oil spread, 60% fat, stick4.81 tsp404614Margarine, vegetable oil spread, 60% fat, stick4.81 tsp404612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp204132Margarine, vegetable oil spread, 60% fat, stick4.81 tsp204134Margarine, vegetable oil spread, 60% fat, stick4.81	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
Op160Line juice, raw38juice of line4422247Macaroni, and Cheese, canned entree2521 cup21220100Macaroni, cooked, enriched1401 cup6214315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp25114316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup578with whole milk2651 cup5783014309Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup530whole milk2651 cup257303009176Mangos, raw1651 cup2573009176Mangos, raw2071 mango32304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104612Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304613Margarine, vegetable oil spread, 60% fat, stick4.81 tsp404612Margarine-tike spread, (approximately 37% fat), unspecified oils4.81 tsp304134Margarine-tike spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw691/8 melon18409184Melons, hone	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185
Z2247Macaroni and Cheese, canned entree2521 cup21220100Macaroni, cooked, enriched1401 cup6214315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp25114316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup57814309Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup53014310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup53009176Mangos, raw1651 cup25709176Mangos, raw1651 cup25709176Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104611Margarine, regular, tub, composite, 80% fat, vith salt14.21 tbsp204132Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304613Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304614Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304128Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304129Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304120Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304121Margarine, vegetable oil spread, 60% fat, stick	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
ValueI cupCup <t< td=""><td>09160</td><td>Lime juice, raw</td><td>38</td><td>juice of 1 lime</td><td>44</td></t<>	09160	Lime juice, raw	38	juice of 1 lime	44
14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp25114316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup57814309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp12414310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup53009176Mangos, raw1651 cup25709176Mangos, raw2071 mango32304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp604612Margarine, regular, unspecified oils, with salt added14.11 tbsp604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304132Margarine, vegetable oil spread, 60% fat, stick4.81 tsp304132Margarine, vegetable oil spread, 60% fat, stick4.81 tsp204134Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209184Melons, honeydew, raw601 cup3880110Milk shakes, thick chocolate30010.6 fl oz65201111 <t< td=""><td>22247</td><td>Macaroni and Cheese, canned entree</td><td>252</td><td>1 cup</td><td>212</td></t<>	22247	Macaroni and Cheese, canned entree	252	1 cup	212
Hailed drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup57814306Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp12414310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup53009176Mangos, raw1651 cup25709176Mangos, raw2071 mango32304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp204132Margarine, regular, unspecified oils, with salt added14.11 tbsp604612Margarine, regular, unspecified oils, with salt added14.11 tbsp404612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp404612Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp304128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw1601 cup42709184Melons, honeydew, raw1601 cup38801100Milk shakes, thick kocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301084Milk, buttermilk, fluid, cultured, lowfat	20100	Macaroni, cooked, enriched	140	1 cup	62
with whole milkHard HardHard Hard14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp12414310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup53009176Mangos, raw1651 cup25709176Mangos, raw2071 mango32304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp604612Margarine, regular, unspecified oils, with salt added14.11 tbsp604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp404612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp304128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp10301088Milk, buttermilk, dried, iowfat2451 cup <td>14315</td> <td>Malted drink mix, chocolate, with added nutrients, powder</td> <td>21</td> <td>3 heaping tsp</td> <td>251</td>	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	251
Halled drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup53009176Mangos, raw1651 cup25709176Mangos, raw2071 mango32304613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp104611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp204132Margarine, regular, unspecified oils, with salt added14.11 tbsp604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp404612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp304612Margarine-butter blend, soybean oil and butter14.21 tbsp304128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw1601 cup42709184Melons, honeydew, raw1601.8 melon36509184Melons, honeydew, raw1701 cup3880110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31.311 fl oz57301088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	14316		265	1 cup	578
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04132Margarine, regular, unspecified oils, with salt added14.11 tbsp604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp104612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp404525Margarine-butter blend, soybean oil and butter14.21 tbsp304128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw1601 cup42709181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp10301088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	1
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04612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp404585Margarine-butter blend, soybean oil and butter14.21 tbsp304128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw1601 cup42709181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp10301088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	6
04585Margarine-butter blend, soybean oil and butter14.21 tbsp304128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw1601 cup42709181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp103Milk, buttermilk, fluid, cultured, lowfat2451 cup370	04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1
04128Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp209181Melons, cantaloupe, raw1601 cup42709181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp10301088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	4
09181Melons, cantaloupe, raw1601 cup42709181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp10301088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	3
09181Melons, cantaloupe, raw691/8 melon18409184Melons, honeydew, raw1601/8 melon36509184Melons, honeydew, raw1701 cup38801110Milk shakes, thick chocolate30010.6 fl oz67201111Milk shakes, thick vanilla31311 fl oz57301094Milk, buttermilk, dried6.51 tbsp10301088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	2
O9184 Melons, honeydew, raw 160 1/8 melon 365 09184 Melons, honeydew, raw 170 1 cup 388 0110 Milk shakes, thick chocolate 300 10.6 fl oz 672 01111 Milk shakes, thick vanilla 313 11 fl oz 573 01094 Milk, buttermilk, dried 6.5 1 tbsp 103 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 370	09181	Melons, cantaloupe, raw	160	1 cup	427
09184 Melons, honeydew, raw 170 1 cup 388 01110 Milk shakes, thick chocolate 300 10.6 fl oz 672 01111 Milk shakes, thick vanilla 313 11 fl oz 573 01094 Milk, buttermilk, dried 6.5 1 tbsp 103 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 370	09181	Melons, cantaloupe, raw	69	1/8 melon	184
01110 Milk shakes, thick chocolate 300 10.6 fl oz 672 01111 Milk shakes, thick vanilla 313 11 fl oz 573 01094 Milk, buttermilk, dried 6.5 1 tbsp 103 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 370	09184	Melons, honeydew, raw	160	1/8 melon	365
01111 Milk shakes, thick vanilla 313 11 fl oz 573 01094 Milk, buttermilk, dried 6.5 1 tbsp 103 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 370	09184	Melons, honeydew, raw	170	1 cup	388
01094 Milk, buttermilk, dried 6.5 1 tbsp 103 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 370	01110	Milk shakes, thick chocolate	300	10.6 fl oz	672
01088Milk, buttermilk, fluid, cultured, lowfat2451 cup370	01111	Milk shakes, thick vanilla	313	11 fl oz	573
	01094	Milk, buttermilk, dried	6.5	1 tbsp	103
01095Milk, canned, condensed, sweetened3061 cup1135	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
	01095	Milk, canned, condensed, sweetened	306	1 cup	1135

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01097	Milk, canned, evaporated, nonfat	256	1 cup	850
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	764
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	423
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	418
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	366
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	382
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	366
01077	Milk, whole, 3.25% milkfat	244	1 cup	349
16112	Miso	68.75	1 cup	144
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
15157	Mollusks, clam, mixed species, raw	85	3 oz	267
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
22120	MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared	110	1 cup	208
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	423
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	55
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18279	Muffins, corn, commercially prepared	57	1 muffin	39
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
18283	Muffins, oat bran	57	1 muffin	289
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
11264	Mushrooms, canned, drained solids	156	1 cup	201
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
11260	Mushrooms, white, raw	70	1 cup	223
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	7
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
09191	Nectarines, raw	136	1 nectarine	273
20113	Noodles, chinese, chow mein	45	1 cup	54
20110	Noodles, egg, cooked, enriched	160	1 cup	61
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
12061	Nuts, almonds	28.35	1 oz (24 nuts)	200
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
12104	Nuts, coconut meat, raw	45	1 piece	160
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	165
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
12147	Nuts, pine nuts, dried	28.35	1 oz	169
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
20034	Oat bran, cooked	219	1 cup	201
20033	Oat bran, raw	94	1 cup	532
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	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
04582	Oil, vegetable, canola	14	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	431
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
11284	Onions, dehydrated flakes	5	1 tbsp	81
11282	Onions, raw	160	1 cup	234
11282	Onions, raw	14	1 slice	20
11282	Onions, raw	110	1 whole	161
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
09207	Orange juice, canned, unsweetened	249	1 cup	458
09209	Orange juice, chilled, includes from concentrate	249	1 cup	473
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
09206	Orange juice, raw	86	juice from 1 orange	172
09206	Orange juice, raw	248	1 cup	496
09200	Oranges, raw, all commercial varieties	180	1 cup	326
09200	Oranges, raw, all commercial varieties	131	1 orange	237
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	45
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
09226	Papayas, raw	304	1 papaya	781
)9226	Papayas, raw	140	1 cup	360
11297	Parsley, raw	10	10 sprigs	55
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	416

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
)9236	Peaches, raw	98	1 peach	186
)9236	Peaches, raw	170	1 cup	323
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
09340	Pears, asian, raw	275	1 pear	333
09340	Pears, asian, raw	122	1 pear	148
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09252	Pears, raw	166	1 pear	198
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11308	Peas, green (includes baby and lesuer types), canned, drained soilds, unprepared	170	1 cup	175
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11819	Peppers, hot chili, red, raw	45	1 pepper	145
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11333	Peppers, sweet, green, raw	119	1 pepper	208
11333	Peppers, sweet, green, raw	149	1 cup	261
11333	Peppers, sweet, green, raw	10	1 ring	18
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11821	Peppers, sweet, red, raw	149	1 cup	314
11821	Peppers, sweet, red, raw	119	1 pepper	251
11945	Pickle relish, sweet	15	1 tbsp	4
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	60
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	144
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
18302	Pie, apple, prepared from recipe	155	1 piece	122
18305	Pie, blueberry, commercially prepared	117	1 piece	59
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
18308	Pie, cherry, commercially prepared	117	1 piece	95
18309	Pie, cherry, prepared from recipe	180	1 piece	139

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
18324	Pie, pecan, commercially prepared	113	1 piece	112
18325	Pie, pecan, prepared from recipe	122	1 piece	162
18326	Pie, pumpkin, commercially prepared	109	1 piece	182
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
11943	Pimento, canned	12	1 tbsp	19
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	325
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
09266	Pineapple, raw, all varieties	155	1 cup	169
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	96
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	165
09278	Plantains, cooked	154	1 cup	716
09277	Plantains, raw	179	1 medium	893
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
09291	Plums, dried (prunes), uncooked	42	5 prunes	307
09279	Plums, raw	66	1 plum	104
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
07064	Pork sausage, fresh, cooked	26	2 links	76
07064	Pork sausage, fresh, cooked	27	1 patty	79
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	268
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	292
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	361
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	303
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	382

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	358
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	245
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
11672	Potato pancakes	76	1 pancake	473
11399	Potato puffs, frozen, oven-heated	79	10 puffs	246
11414	Potato salad, home-prepared	250	1 cup	635
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
11364	Potatoes, baked, skin, without salt	58	1 skin	332
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	226
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	349
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	626
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	689
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
05306	Poultry food products, ground turkey, cooked	82	1 patty	221
09294	Prune juice, canned	256	1 cup	707
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	237
19183	Puddings, chocolate, ready-to-eat	113	4 oz	208
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
19218	Puddings, tapioca, ready-to-eat	113	4 oz	104
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
19201	Puddings, vanilla, ready-to-eat	113	4 oz	73
11424	Pumpkin, canned, without salt	245	1 cup	505
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11429	Radishes, raw	4.5	1 radish	10
09298	Raisins, seedless	145	1 cup	1086
09298	Raisins, seedless	14	1 packet	105
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
09302	Raspberries, raw	123	1 cup	186
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	847
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
20037	Rice, brown, long-grain, cooked	195	1 cup	84

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	98
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	346
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	15
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	39
18350	Rolls, hamburger or hotdog, plain	43	1 roll	40
18353	Rolls, hard (includes kaiser)	57	1 roll	62
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17
04133	Salad dressing, french, home recipe	14	1 tbsp	3
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	13
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2
04015	Salad dressing, russian dressing	15.3	1 tbsp	26
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	26
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	17
07069	Salami, cooked, beef and pork	56.7	2 slices	179
07072	Salami, dry or hard, pork, beef	20	2 slices	76
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	17
06150	Sauce, barbecue	15.75	1 tbsp	33
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
06166	Sauce, homemade, white, medium	250	1 cup	390
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	790
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	48
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
11445	Seaweed, kelp, raw	10	2 tbsp	9
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	229
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	30
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
14346	Shake, fast food, chocolate	333	16 fl oz	666
14347	Shake, fast food, vanilla	333	16 fl oz	553
11677	Shallots, raw	10	1 tbsp	33
19097	Sherbet, orange	74	1/2 cup	71

(hydrogenine) Instruction 1010 Stack, potato chips, nafe from died potatos, plain 28,35 1 oz 27 19002 Stacks, combaced, extraded, chips, harbecue-flavor 28,35 1 oz 38 19003 Stacks, combaced, extraded, chips, harbecue-flavor 28,35 1 oz 38 19008 Stacks, combaced, extraded, prifs or twists, cheese-flavor 28,35 1 oz 48 19014 Stacks, frait leafter, rolls 21 1 large 6 19025 Stacks, grando hars, off, caetd, milt cheolate coraing, penut hur 28,35 1 har 9 19444 Stacks, grando hars, off, caetd, milt cheolate coraing, penut hur 28,35 1 har 6 19025 Stacks, RELLOGG, KELLOGCS RICE KRISPIES TREATS Squares 22 1 bar 7 19444 Stacks, protein driv, rice-based 10 1 cae 3 19035 Stacks, protein driv, rice-based 10 1 cap 2 19045 Stacks, poporon, carantel-coatel, withip pantos 42 1 cap 2 19045 Stacks, poron, carantel-coatel, withip pantos <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9902Snacks, ber jerky, chopyed and formed19.8I large piece11119044Snacks, corn-based, curvaded, chips, hatbrecur-llavor28.35I oz6319003Snacks, corn-based, curvaded, chips, hatbrecur-llavor28.35I oz5319013Snacks, fruit leather, pieces28.35I oz6419014Snacks, fruit leather, pieces28.35I bar9919015Snacks, grando hars, hard, plain28.35I bar9919046Snacks, grando hars, soft, cucated, mik, chocolare couting, perantt bare28.35I bar0619025Snacks, grando hars, soft, uncoated, chocolare couting, perantt bare28.35I bar0619026Snacks, grando hars, soft, uncoated, chocolare couting, perantt bare28.35I bar0719448Snacks, KFLI JOGG, KIEL KRISPIES TREATS Squases22I bar219035Snacks, popcon, couting-couped8I cupa219036Snacks, popcon, curvate-coult, with peants42I cupa219035Snacks, popcon, curvate-coult, with peants32.2I cupa1419035Snacks, popcon, curvate-coult, with peants32.2I cupa1419035Snacks, popcon, curvate-coult, with peants32.2I cupa2219036Snacks, popcon, curvate-coult, with peants32.2I cupa2419035Snacks, popcon, curvate-coult, with peants32.2I cupa3619041Snacks, popton, cuit-popped8	04031		12.8	1 tbsp	0
90001Snacks, corn-based, extraded, chips, harbecue-flavor28.351 oz390003Snacks, corn-based, extraded, prifs, plain28.351 oz390013Snacks, corn-based, extraded, prifs or twists, cheese-flavor28.351 oz490143Snacks, fruit leafter, pieces28.351 oz490145Snacks, granola bars, soft, coated, milk checoflate coaring, penurt hurre28.351 bar990225Snacks, granola bars, soft, notated, chick checoflate coaring, penurt hurre28.351 bar090404Snacks, granola bars, soft, notated, chick checoflate coaring, penurt hurre28.351 bar0919414Snacks, granola bars, soft, notated, chick like coaring, penurt hurre28.351 bar0919434Snacks, MELLOGG, SNITR-GRAIN Cereal Bars, fruit71 bar0919345Snacks, chicral mir, che based101 caup2919346Snacks, oppeorn, air-popped81 cup291935Snacks, popcorn, caranel-coated, with penuts421 cap391935Snacks, popcorn, caranel-coated, with penuts28.351 oz391941Snacks, popcorn, cheese-flavor111 cup291941Snacks, popcorn, cheese-flavor28.351 oz391942Snacks, poptor, nicherpendoro28.351 oz391943Snacks, poptor, nicherpendoro28.351 oz491944Snacks, poptor, nicherpendoro28.351 oz	19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	213
90903Snacks, corn-haved, extraded, phys. phin28,351 or390008Snacks, corn-haved, extraded, prifs or twiss, cheese-fluvor28,351 oz490114Snacks, fruit leather, rolls211 large690105Snacks, granola hars, hurd, phin28,351 har9910404Snacks, granola hars, fur, excuted, chocolate coting, peanut buter28,351 har6910225Snacks, granola hars, soft, excuted, traitic coting, peanut buter28,351 bar6910248Snacks, KELL/OGG, KELL/OG'S RICE KRISPIES TREATS Squares221 bar6910348Snacks, KELL/OGG, KELL/OG'S RICE KRISPIES TREATS Squares21 bar6910348Snacks, oppeorn, air-popped81 cup22910348Snacks, oppeorn, caranel-coated, without peanuts241 cup24910348Snacks, oppeorn, caranel-coated, without peanuts421 cup24910345Snacks, popeorn, caranel-coated, without peanuts28,351 oz24910345Snacks, potan chips, hank-cue-flavor28,351 oz24910345Snacks, potan chips, hank-cu	19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
90908Snacks, corn-based, extraded, puffs or twist, cheese-flavor28.351 oz590104Snacks, fruit leafter, picees28.351 oz490105Snacks, granola bars, soft, coated, milk checolate coating, peatur butter28.351 bar9901046Snacks, granola bars, soft, coated, milk checolate coating, peatur butter28.351 bar9901025Snacks, granola bars, soft, uncoated, checolate coating, peatur butter28.351 bar1090124Snacks, granola bars, soft, uncoated, checolate coating, peatur butter28.351 bar1090125Snacks, granola bars, soft, uncoated, raisin28.351 bar1090134Snacks, CRELLOGG, SNUTR-GRAIN Cereal Bars, fruit71 bar2990134Snacks, oppeorn, nicr-based20202090135Snacks, oppeorn, nicr-based101 cup2290136Snacks, popeorn, caramel-coated, without peanuts35.21 cup390137Snacks, popeorn, caramel-coated, without peanuts35.21 cup390140Snacks, poptor, dicareve, regular flavor111 cup2290141Snacks, potor oting, barbere-flavor28.351 oz390142Snacks, potor oting, made from dried potatoes, sour-cream and onion-28.351 oz390141Snacks, potor oting, made from dried potatoes, sour-cream and onion-28.351 oz390141Snacks, potor oting, made from dried potatoes, sour-cream and onion-28.35<	19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
90131Snacks, furti leather, rols.28.351 oz490144Snacks, furti leather, rols.21large690155Snacks, granola hars, soft, costed, milk checolate conting, peanut butter28.351 har990266Snacks, granola hars, soft, ucosted, milk checolate conting, peanut butter28.351 har9090267Snacks, granola hars, soft, ucosted, milk checolate conting, peanut butter28.351 har9091404Snacks, granola hars, soft, ucosted, milk371 har9091414Snacks, KELLOGG, KELLOGG SNUTRI-GRAIN Cereal Bars, fruit371 har9091415Snacks, opeorn, cincured, maint28.351 oz (about 1/4 cup)9091416Snacks, opeorn, cincured-coade, without peanuts421 cup3191418Snacks, opeorn, cincured-coade, without peanuts35.21 cup3191418Snacks, poporn, cheese-flavor111 cup2191415Snacks, potor, nicured-coade, without peanuts28.351 oz2191415Snacks, potor, chips, male flow dried potatos, reduced fat28.351 oz2191414Snacks, potato chips, male flow dried potatos, reduced fat28.351 oz3191414Snacks, potato chips, male flow dried potatos, reduced fat28.351 oz3591414Snacks, potato chips, male flow dried potatos, reduced fat28.351 oz3691414Snacks, potato chips, male flow dried potatos, reduced fat28.351 oz	19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	38
9014Snacks, fruit leaber, rolls21I harge69015Snacks, granola bars, sndt, ader, luin28.35I bar991404Snacks, granola bars, soft, uncoatted, chocolate chip28.35I bar0691022Snacks, granola bars, soft, uncoatted, risin28.35I bar0691032Snacks, SELLOGG, KELLOGG SNUTRI-GRAIN Cereal Bars, fruit,37I bar7791034Snacks, contral mix, rice-based22I bar2891035Snacks, optoron, airs, ope-based8I cup2391036Snacks, optoron, catsene101 cake3291037Snacks, optoron, catsene22I cup3391038Snacks, popcorn, catanel-coatted, with peanuts42I cup3391040Snacks, popcorn, catanel-coatted, with peanuts35.2I cup3391041Snacks, popcorn, catanel-coatted, with peanuts35.2I cup3391041Snacks, poptorn, catanel-coatted, without peanuts23.5I oz3591042Snacks, poptor, catanel-coatted, without peanuts23.5I oz3591043Snacks, poptor, citanel-coatted, without peanuts23.5I oz3591044Snacks, potor, chips, made from dried potatoes, sour cream and onion-28.35I oz3691042Snacks, pototo chips, made from dried potatoes, sour cream and onion-28.35I oz3691041Snacks, pototo chips, sour-cream-and-onion-flavor28.35I oz37 <td>19008</td> <td>Snacks, corn-based, extruded, puffs or twists, cheese-flavor</td> <td>28.35</td> <td>1 oz</td> <td>54</td>	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	54
19015Snacks, granola hars, hard, plain28,35I bar9919026Snacks, granola bars, soft, cucetted, mik chocolate coating, peanut butter28,35I bar6619404Snacks, granola bars, soft, uncented, chocolate chip28,35I bar10019414Snacks, granola bars, soft, uncented, chocolate chip28,35I bar10019414Snacks, KELLOGG, KELLOGG SNUTRI-GRAIN Cereal Bars, fruit-37I bar7719438Snacks, oriental mix, rice-based28,35I or (about 1/4 cup)9919031Snacks, oriental mix, rice-based10I cake3319038Snacks, popcon, caromel-coated, with peanuts42I cup1419035Snacks, popcon, caromel-coated, with peanuts35.2I cup2919036Snacks, popcon, caromel-coated, with peanuts35.2I cup2919036Snacks, popcon, oil-popped, nicrowave, regular flavor11I cup2219040Snacks, popto chips, barbecue-flavor28,35I oz3019041Snacks, pototo chips, made from dried potatoes, reduced fat28,35I oz46190415Snacks, pototo chips, plain, unsaled28,35I oz46190415Snacks, pototo chips, plain, saled28,35I oz4619042Snacks, pototo chips, plain, unsaled28,35I oz4619043Snacks, pototo chips, plain, unsaled28,35I oz4619043Snacks, pototo chips, plain, saled46I	19013	Snacks, fruit leather, pieces	28.35	1 oz	46
19026Snacks, granola bars, soft, coated, milk chocolate chip28.351 bar619404Snacks, granola bars, soft, uccoated, chocolate chip28.351 bar6019421Snacks, granola bars, soft, uccoated, chip28.351 bar6019441Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit, filled71 bar719488Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar919031Snacks, roptom, air-popped81 cup919034Snacks, popcom, air-popped81 cup2419038Snacks, popcom, caramel-coated, with peanuts421 cup319039Snacks, popcom, caramel-coated, without peanuts35.21 cup319040Snacks, popcom, caramel-coated, without peanuts28.351 oz319041Snacks, popcom, caramel-coated, without peanuts28.351 oz319042Snacks, poptom, chipopped, microwave, regular flavor28.351 oz319043Snacks, pototo chips, made from dried potatoes, reduced fat28.351 oz319044Snacks, pototo chips, made from dried potatoes, reduced fat28.351 oz419045Snacks, pototo chips, made from dried potatoes, sour-cream and onion-28.351 oz319044Snacks, pototo chips, nacher ford fat28.351 oz319045Snacks, pototo chips, nacher ford fat28.351 oz319044Snacks, pototo chips, nacher fo	19014	Snacks, fruit leather, rolls	21	1 large	62
19404Snacks, granola bars, soft, uncoated, raisin28.35I bar619022Snacks, granola bars, soft, uncoated, raisin28.35I bar1019414Snacks, KELLOGG, KELLOGG S NUTRI-GRAIN Cereal Bars, fruit.37I bar719438Snacks, kELLOGG, KELLOGG S RUCE KRISPIES TREATS Square21 bar919434Snacks, oriental mix, rice-based28.35I or (about 1/4 cup)919036Snacks, oriental mix, rice-based8I cup219036Snacks, opeocon, ates101 cake3319040Snacks, opeocon, atarnel-coated, without peanuts35.2I cup3319040Snacks, opeocon, ates11I cup2219041Snacks, poptorn, caramel-coated, without peanuts35.2I oz3319042Snacks, poptorn, benese-flavor11I cup2219045Snacks, pottot chips, barbecue-flavor28.35I oz3119042Snacks, pottot chips, barbecue-flavor28.35I oz3119045Snacks, pottot chips, made from dried potatoes, sora-cream and onion-flavor28.35I oz3219045Snacks, pottot chips, made from dried potatoes, sora-cream and onion-flavor28.35I oz3619045Snacks, pottot chips, plain, salted28.35I oz3619047Snacks, pottot chips, plain, salted28.35I oz3619048Snacks, pottot chips, plain, salted6010 pretzels8819031<	19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
19022Snacks, granola bars, soft, uncoated, raisin28.35I bar10.19441Snucks, KLLOGG KELLOGGS NUTRI-GRAIN Cereal Bars, frait37I bar719438Snacks, oriental mix, rice-based28.35I orr (about 1/4 cup)919031Snucks, oriental mix, rice-based28.35I cup219034Snucks, oriental mix, rice-based8I cup219035Snucks, popcorn, air-popped8I cup219036Snucks, popcorn, cates10I cake319039Snucks, popcorn, cates11I cup2190305Snucks, popcorn, cates11I cup219040Snucks, popcorn, oit-popped microwave, regular flavor11I cup219042Snucks, potato chips, barbeue-flavor28.35I oz319045Snucks, potato chips, barbeue-flavor28.35I oz419046Snucks, potato chips, made from dried potatoes, sour-cream and onion28.35I oz419047Snucks, potato chips, nube from dried potatoes, sour-cream and onion28.35I oz419041Snucks, potato chips, nube from dried potatoes, sour-cream and onion28.35I oz419041Snucks, potato chips, nube from dried potatoes, sour-cream and onion28.35I oz419042Snucks, potato chips, nube from dried potatoes, sour-cream and onion28.35I oz419043Snucks, potato chips, nubin, unsalted28.35I oz7	19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
19441 Snack, FELLOGG, KELLOGGS NUTRI-GRAIN Cereal Bars, fruit- filled 37 1 bar 7 19438 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup) 92 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup) 92 19034 Snacks, popcorn, cater 10 1 cake 33 19038 Snacks, popcorn, cataramel-coated, with peanuts 35.2 1 cup 24 19039 Snacks, popcorn, cataramel-coated, without peanuts 35.2 1 oz 33 19040 Snacks, popcorn, cataramel-coated, without peanuts 35.2 1 oz 33 19041 Snacks, potor, chese-flavor 11 1 cup 22 19042 Snacks, potato chips, snafe forn dried potatoes, reduced fat 28.35 1 oz 31 19045 Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor 28.35 1 oz 44 19141 Snacks, potato chips, plain, safted 28.35 1 oz 37 19045 Snacks, potato chips, plain, unsalted 28.35 1 oz 37	19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	67
filled 9438 Snacks, KELLOGG, KELLOGGS RICE KRISPIES TREATS squares 22 I bar 9 94303 Snacks, oriental mix, rice-based 28.35 I oz (about 1/4 cup) 9 9034 Snacks, popcorn, air-popped 8 I cup 2 9036 Snacks, popcorn, air-popped 8 I cup 3 9040 Snacks, popcorn, aramel-coated, with peanuts 35.2 I cup 3 9040 Snacks, popcorn, aramel-coated, without peanuts 35.2 I cup 3 9040 Snacks, popcorn, aramel-coated, without peanuts 28.35 I oz 3 9040 Snacks, popcorn, oir-poped, microware, regular flavor 28.35 I oz 3 9041 Snacks, potato-chips, mate from dried potatoes, reduced fat 28.35 I oz 3 9042 Snacks, potato chips, mate from dried potatoes, reduced fat 28.35 I oz 4 9043 Snacks, potato chips, plain, salted 28.35 I oz 4 9044 Snacks, potato chips, sour-cream-and-onion-flavor 28.35 I oz	19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
19031Snacks, oriental mix, rice-based28.35I oz (about 1/4 cup)9919034Snacks, popcorn, air-popped8I cup219036Snacks, popcorn, caramel-coated, with peanuts42I cup1419039Snacks, popcorn, caramel-coated, with peanuts35.2I cup3319040Snacks, popcorn, caramel-coated, without peanuts35.2I cup3319041Snacks, popcorn, caramel-coated, without peanuts35.2I cup3319042Snacks, popcorn, oil-popped, microwave, regular flavor11I cup2319043Snacks, potot, bips, phathecue-flavor28.35I oz3519044Snacks, potot, bips, make from dried potatoes, reduced fat28.35I oz3619045Snacks, potato chips, bathecue-flavor28.35I oz4619046Snacks, potato chips, plain, snalted28.35I oz4619114Snacks, potato chips, plain, snalted28.35I oz3719047Snacks, potato chips, plain, snalted28.35I oz3719047Snacks, potato chips, nadu-from orien-flavor28.35I oz3719047Snacks, potato, chips, nach, orienter flavor28.35I oz3719047Snacks, notato, chips, nacho-flavor, reduced fat28.35I oz3719047Snacks, notatio, hips, plain, salted28.35I oz3719047Snacks, notatio, hips, plain, salted28.35I oz3719051S	19441		37	1 bar	73
19034 Snacks, popcorn, air-popped 8 1 cup 2 19036 Snacks, popcorn, cakes 10 1 cake 33 19038 Snacks, popcorn, caramel-coated, without penuits 35.2 1 cup 14 19039 Snacks, popcorn, caramel-coated, without penuits 35.2 1 cup 22 19040 Snacks, popcorn, cimese-flavor 11 1 cup 22 19041 Snacks, potto chips, harbecue-flavor 28.35 1 oz 33 19042 Snacks, potto chips, harbecue-flavor 28.35 1 oz 33 19045 Snacks, potto chips, made from dried potatoes, sour-cream and onion-flavor 28.35 1 oz 44 19141 Snacks, potto chips, nade from dried potatoes, sour-cream and onion-flavor 28.35 1 oz 46 19811 Snacks, potto chips, plain, unsalted 28.35 1 oz 46 19422 Snacks, potto chips, nating, alted 60 10 pretzels 48 19043 Snacks, potto chips, nating, alted 60 10 pretzels 48 19043 Snacks, tortil achips, nacho-flavor, reduced fat 28.35 1 oz 6	19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19036Snacks, popcorn, cakes101 cake3319038Snacks, popcorn, caramel-coated, with peanuts421 cup1419039Snacks, popcorn, caramel-coated, without peanuts35.21 cup3319040Snacks, popcorn, cheese-flavor111 cup2219041Snacks, popcorn, cheese-flavor111 cup2219042Snacks, potor, nip-opped, microwave, regular flavor111 cup2319043Snacks, potato chips, made from dried potatos, reduced fat28.351 oz3319044Snacks, potato chips, made from dried potatos, sour-cream and onion-28.351 oz2419041Snacks, potato chips, nade from dried potatos, sour-cream and onion-28.351 oz2419046Snacks, potato chips, plain, unsalted28.351 oz3619421Snacks, potato chips, plain, unsalted28.351 oz3719047Snacks, potato chips, reduced fat28.351 oz3719043Snacks, potato chips, reduced fat28.351 oz3719047Snacks, potato chips, reduced fat28.351 oz3719047Snacks, tortilla chips, nacho-flavor28.351 oz3719047Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz3719051Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz3719055Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz36190	19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
19038Snacks, portor, caramel-coated, with peanuts421 cup14419039Snacks, popcom, caramel-coated, without peanuts 35.2 1 cup 37.2 19040Snacks, popcom, cheese-flavor111 cup 22.2 19035Snacks, popcom, cheese-flavor 28.35 1 oz 37.2 19041Snacks, popcom, cheese-flavor 28.35 1 oz 37.2 19042Snacks, potato chips, barbecue-flavor 28.35 1 oz 37.2 19045Snacks, potato chips, made from dried potatoes, reduced fat 28.35 1 oz 37.2 19046Snacks, potato chips, made from dried potatoes, sour-cream and onion flavor 28.35 1 oz 36.2 19141Snacks, potato chips, nade from dried potatoes, sour-cream and onion flavor 28.35 1 oz 36.2 19141Snacks, potato chips, reduced fat 28.35 1 oz 36.2 19141Snacks, potato chips, reduced fat 28.35 1 oz 36.2 19142Snacks, potato chips, reduced fat 28.35 1 oz 36.2 19043Snacks, potato chips, reduced fat 28.35 1 oz 37.2 19044Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz 37.2 19045Snacks, potato chips, nacho-flavor 28.35 1 oz 37.2 19046Snacks, torilla chips, nacho-flavor, reduced fat 28.35 1 oz 37.2 19057Snacks, torilla chips, nacho-flavor, reduced fat 28.35 1 oz 37.2 19056	19034	Snacks, popcorn, air-popped	8	1 cup	26
19039Snacks, popcom, caramel-coated, without peanuts 35.2 1 cup 33 19040Snacks, popcom, cheese-flavor111 cup 22 19035Snacks, popcom, oil-popted, microwave, regular flavor111 cup 22 19041Snacks, ports kins, plain 28.35 1 oz 33 19042Snacks, ports chips, barbecue-flavor 28.35 1 oz 35 19045Snacks, potato chips, made from dried potatoes, reduced fat 28.35 1 oz 21 19046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor 28.35 1 oz 46 19811Snacks, potato chips, plain, aslted 28.35 1 oz 36 19422Snacks, potato chips, plain, unsated 28.35 1 oz 36 19433Snacks, potato chips, sub-cream-and-onion-flavor 28.35 1 oz 36 19034Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz 36 19035Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz 36 19036Snacks, rotato chips, sour-cream-and-onion-flavor 28.35 1 oz 36 19037Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz 37 19046Snacks, tortilla chips, nacho cheese 28.35 1 oz 36 19051Snacks, tortilla chips, nacho-cheese 28.35 1 oz 36 19052Snacks, tortilla chips, nacho-cheese 28.35 1 oz 36 19054Snacks, torti	19036	Snacks, popcorn, cakes	10	1 cake	33
19040Snacks, popcom, chesse-flavor1111cup2219035Snacks, popcom, oil-popped, microwave, regular flavor1111cup2219041Snacks, port skins, plain28.351oz3319042Snacks, potato chips, made from dried potatoes, reduced fat28.351oz3219045Snacks, potato chips, made from dried potatoes, sour-cream and onion28.351oz4419046Snacks, potato chips, plain, salted28.351oz4619811Snacks, potato chips, plain, unsalted28.351oz4619811Snacks, potato chips, plain, unsalted28.351oz3619422Snacks, potato chips, reduced fat28.351oz3619433Snacks, potato chips, sour-cream-and-onion-flavor28.351oz3719047Snacks, potato chips, sour-cream-and-onion-flavor28.351oz3719043Snacks, potato chips, sour-cream-and-onion-flavor28.351oz3719044Snacks, potato RDN PURINA, CHEX MIX28.351oz3719051Snacks, tortilla chips, nacho-flavor, reduced fat28.351oz3619052Snacks, tortilla chips, nacho-flavor, reduced fat28.351oz3619054Snacks, tortilla chips, nacho-flavor, reduced fat28.351oz3619055Snacks, tortilla chips, nacho-flavor,	19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
19035Snacks, porcorn, oil-popped, microwave, regular flavor11 </td <td>19039</td> <td>Snacks, popcorn, caramel-coated, without peanuts</td> <td>35.2</td> <td>1 cup</td> <td>38</td>	19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
19041Snacks, pork skins, plain28.351 oz3319042Snacks, potato chips, barbecue-flavor28.351 oz3519045Snacks, potato chips, made from dried potatoes, reduced fat28.351 oz21.19046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor28.351 oz4619411Snacks, potato chips, nade from dried potatoes, sour-cream and onion- flavor28.351 oz4619411Snacks, potato chips, plain, salted28.351 oz4619422Snacks, potato chips, reduced fat28.351 oz3619423Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, potato chips, ancho6010 pretzels831903Snacks, RALSTON PURINA, CHEX MIX28.351 oz4619051Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz619052Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz619054Snacks, trail mix, rupical1401 cup9919055Snacks, trail mix, rupical1401	19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
19042Snacks, potato chips, barbecue-flavor28.351 oz3519045Snacks, potato chips, made from dried potatoes, reduced fat28.351 oz21.19046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor28.351 oz4619111Snacks, potato chips, plain, salted28.351 oz4619811Snacks, potato chips, reduced fat28.351 oz4619422Snacks, potato chips, reduced fat28.351 oz4619433Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, protzels, hard, plain, salted6010 pretzels8819033Snacks, retzels, hard, plain, salted6010 pretzels8819034Snacks, rice cakes, brown rice, plain91 cake2219057Snacks, rice cakes, brown rice, plain91 cake2619054Snacks, troilla chips, nacho-flavor, reduced fat28.351 oz6619042Snacks, troilla chips, nacho-flavor, reduced fat28.351 oz6619056Snacks, trail mix, tropical1401 cup9419061Snacks, trail nix, tropical1401 cup4919051Snacks, trail nix, tropical1401 cup4919052Snacks, trail nix, tropical1401 cup4919054Snacks, trail nix, tropical1401 cup4919055Soup, beef broth obuillon, consomme, prepared with e	19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	20
Snacks, potato chips, made from dried potatoes, reduced fat28.351 oz21.19046Snacks, potato chips, made from dried potatoes, sour-cream and onion flavor28.351 oz1419411Snacks, potato chips, plain, salted28.351 oz46619811Snacks, potato chips, plain, unsalted28.351 oz46619422Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz371947Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, pretzels, hard, plain, salted6010 pretzels8819033Snacks, rice cakes, brown rice, plain91 cake2419051Snacks, torilla chips, nacho cheese28.351 oz6619424Snacks, torilla chips, nacho-flavor, reduced fat28.351 oz6719056Snacks, torilla chips, nacho-flavor, reduced fat28.351 oz6719057Snacks, torilla chips, nacho-flavor, reduced fat28.351 oz6719056Snacks, torilla chips, plain, white corn28.351 oz7719056Snacks, toriill nchips, nacho-flavor, reduced fat28.351 oz7719056Snacks, toriill nchips, nacho-flavor, reduced rating seds1461 cup990607Soup, bean with hork, canned, prepared with equal volume water2531 cup3706075Soup, beef broth or bouillon, consomme, prepared with equal volume2411 cup9906419Soup,	19041	Snacks, pork skins, plain	28.35	1 oz	36
19046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor28.351 oz1419411Snacks, potato chips, plain, salted28.351 oz4619811Snacks, potato chips, plain, unsalted28.351 oz4619422Snacks, potato chips, ceduced fat28.351 oz491943Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, rice cakes, brown rice, plain91 cake2419051Snacks, rice cakes, brown rice, plain91 cake2419057Snacks, tortilla chips, nacho cheese28.351 oz6619424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz7719056Snacks, tortilla chips, plain, white corn28.351 oz6619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9906007Soup, bean with harn, canned, chunky, ready-to-serve2431 cup3706075Soup, beef broth ro bouillon, consomme, prepared with equal volume water2411 cup3706432Soup, beef broth, bouillon, consomme, prepared with equal volume water2411 cup3506449Soup, chicken noodle, canned, prepared with equal volume water2411 cup <td< td=""><td>19042</td><td>Snacks, potato chips, barbecue-flavor</td><td>28.35</td><td>1 oz</td><td>357</td></td<>	19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
flavor119411Snacks, potato chips, plain, salted28.351 oz46619811Snacks, potato chips, reduced fat28.351 oz3619422Snacks, potato chips, reduced fat28.351 oz49419043Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, pretzels, hard, plain, salted6010 pretzels3719033Snacks, rec cakes, brown rice, plain91 cake2219051Snacks, torilla chips, nacho cheese28.351 oz619242Snacks, torilla chips, nacho cheese28.351 oz619243Snacks, torilla chips, nacho cheese28.351 oz719056Snacks, torilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup420644Soup, bean with ham, canned, chunky, ready-to-serve2431 cup370645Soup, beef broth or bouillon, consomme, prepared with equal volume2411 cup990649Soup, beef noodle, canned, prepared with equal volume water2441 cup3706458Soup, bein onodle, canned, prepared with equal volume water2411 cup3706458Soup, chicken noodle, cunned, prepared with water2411 cup3706459Soup, chicken noodle, cunned	19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	215
19811Snacks, potato chips, plain, unsalted28.351 oz3619422Snacks, potato chips, reduced fat28.351 oz4919043Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, pretzels, hard, plain, salted6010 pretzels8819033Snacks, RALSTON PURINA, CHEX MIX28.351 oz (about 2/3 cup)5019051Snacks, rice cakes, brown rice, plain91 cake2019057Snacks, tortilla chips, nacho cheese28.351 oz6619424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz6619424Snacks, tortilla chips, plain, white corn28.351 oz6619056Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9906007Soup, bean with harn, canned, chunky, ready-to-serve2431 cup3706075Soup, bean with pork, canned, prepared with equal volume water2531 cup3706409Soup, beef broth, bouillon, consomme, prepared with equal volume water2411 cup9906409Soup, beef noodle, canned, prepared with equal volume water2441 cup3706528Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup3506409Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup3506528Soup, chicken noodle, chunky, canned, ready-to-serve2401 cup35 <td>19046</td> <td></td> <td>28.35</td> <td>1 oz</td> <td>141</td>	19046		28.35	1 oz	141
19422Snacks, potato chips, reduced fat28.351 oz4919043Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, pretzels, hard, plain, salted6010 pretzels8819033Snacks, RALSTON PURINA, CHEX MIX28.351 oz (about 2/3 cup)5519051Snacks, rice cakes, brown rice, plain91 cake2619057Snacks, tortilla chips, nacho cheese28.351 oz6719056Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz7719056Snacks, tortilla chips, plain, white corn28.351 oz6719051Snacks, tortilla chips, plain, white corn28.351 oz6719056Snacks, tortilla chips, plain, white corn28.351 oz6719051Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup3706075Soup, beef broth or bouillon, powder, dry61 packet2706432Soup, beef noodle, canned, prepared with equal volume2411 cup990649Soup, beef noodle, canned, prepared with equal volume water2441 cup990649Soup, chicken noodle, anned, prepared with equal volume water2411 cup3206528Soup, chicken noodle, dry, mix, prepared with water2401 cup3206524Soup, chicken nodele, canned, rea	19411	Snacks, potato chips, plain, salted	28.35	1 oz	466
NumberSnacks, potato chips, sour-cream-and-onion-flavor28.351 oz3719047Snacks, pretzels, hard, plain, salted6010 pretzels8219033Snacks, RALSTON PURINA, CHEX MIX28.351 oz (about 2/3 cup)5519051Snacks, rice cakes, brown rice, plain91 cake2419057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz6719424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz6719056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup3706075Soup, beef broth or bouillon, powder, dry61 packet206409Soup, beef noodle, canned, prepared with equal volume water2511 cup9906419Soup, chicken noodle, canned, prepared with equal volume water2411 cup9906419Soup, chicken noodle, canned, prepared with equal volume water2411 cup3706528Soup, chicken noedle, canned, prepared with water252.31 cup3306024Soup, chicken noedle, chunky, canned, ready-to-serve2401 cup36	19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
Number 19047Snacks, pretzels, hard, plain, salted6010 pretzels8219033Snacks, RALSTON PURINA, CHEX MIX28.351 oz (about 2/3 cup)5019051Snacks, rice cakes, brown rice, plain91 cake2019057Snacks, tortilla chips, nacho cheese28.351 oz6619424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz7719056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, tortilla chips, plain, white corn28.351 oz619063Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, tropical1401 cup9419067Soup, bean with ham, canned, chunky, ready-to-serve2431 cup3706075Soup, beef broth or bouillon, powder, dry61 packet206432Soup, beef broth, bouillon, consomme, prepared with equal volume2411 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2441 cup3706528Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup3606524Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup3606524Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36<	19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
Snacks, RALSTON PURINA, CHEX MIX28.351 oz (about 2/3 cup)5019033Snacks, rice cakes, brown rice, plain91 cake2419057Snacks, tortilla chips, nacho cheese28.351 oz619424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz719056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, tropical1401 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup3706075Soup, beef broth or bouillon, powder, dry61 packet206409Soup, beef broth, bouillon, consomme, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup9406419Soup, chicken noodle, canned, prepared with water2411 cup3306024Soup, chicken noodle, canned, prepared with water2401 cup3306024Soup, chicken noodle, canned, ready-to-serve2401 cup33	19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
19051Snacks, rice cakes, brown rice, plain91 cake2419057Snacks, tortilla chips, nacho cheese28.351 oz619424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz719056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, tropical1401 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup4206404Soup, bean with pork, canned, prepared with equal volume water2531 cup3706432Soup, beef broth or bouillon, powder, dry61 packet206409Soup, beef noodle, canned, prepared with equal volume water2441 cup9906419Soup, chicken noodle, canned, prepared with equal volume water2411 cup3206528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3306024Soup, chicken noodle, dry, mix, prepared with water2401 cup3306024Soup, chicken noodle, chunky, canned, ready-to-serve2401 cup34	19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	82
19057Snacks, tortilla chips, nacho cheese28.351 oz619424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz719056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, tropical1401 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup4206404Soup, bean with pork, canned, prepared with equal volume water2531 cup3706075Soup, beef broth or bouillon, powder, dry61 packet206409Soup, beef broth, bouillon, consomme, prepared with equal volume2411 cup9906419Soup, chicken noodle, canned, prepared with equal volume water2441 cup9906528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3306024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup34	19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	56
19424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz719056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, tropical1401 cup9419061Soup, bean with ham, canned, chunky, ready-to-serve2431 cup4206404Soup, bean with pork, canned, prepared with equal volume water2531 cup3706075Soup, beef broth or bouillon, powder, dry61 packet206432Soup, beef broth, bouillon, consomme, prepared with equal volume water2411 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup9406528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3306024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup3306024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup34	19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
19056Snacks, tortilla chips, plain, white corn28.351 oz619062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup9419061Snacks, trail mix, tropical1401 cup9906007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup4206404Soup, bean with pork, canned, prepared with equal volume water2531 cup3706075Soup, beef broth or bouillon, powder, dry61 packet206409Soup, beef noodle, canned, prepared with equal volume water2411 cup9906419Soup, chicken noodle, anned, prepared with equal volume water2411 cup9906528Soup, chicken noodle, dry, mix, prepared with water2401 cup3706024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup37	19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	67
19062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup94419061Snacks, trail mix, tropical1401 cup99206007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup42206404Soup, bean with pork, canned, prepared with equal volume water2531 cup37206075Soup, beef broth or bouillon, powder, dry61 packet2206432Soup, beef broth, bouillon, consomme, prepared with equal volume2411 cup15406409Soup, beef noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3506024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
19061Snacks, trail mix, tropical1401 cup99206007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup42206404Soup, bean with pork, canned, prepared with equal volume water2531 cup37206075Soup, beef broth or bouillon, powder, dry61 packet2206432Soup, beef broth, bouillon, consomme, prepared with equal volume water2411 cup15406409Soup, beef noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5206528Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	61
06007Soup, bean with ham, canned, chunky, ready-to-serve2431 cup42306404Soup, bean with pork, canned, prepared with equal volume water2531 cup37406075Soup, beef broth or bouillon, powder, dry61 packet2706432Soup, beef broth, bouillon, consomme, prepared with equal volume water2411 cup15406409Soup, beef noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3506024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
06404Soup, bean with pork, canned, prepared with equal volume water2531 cup37206075Soup, beef broth or bouillon, powder, dry61 packet2'06432Soup, beef broth, bouillon, consomme, prepared with equal volume2411 cup15406409Soup, beef noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3506024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	19061	Snacks, trail mix, tropical	140	1 cup	993
06075Soup, beef broth or bouillon, powder, dry61 packet2'06432Soup, beef broth, bouillon, consomme, prepared with equal volume2411 cup15406409Soup, beef noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3506024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	425
O6432Soup, beef broth, bouillon, consomme, prepared with equal volume2411 cup154O6409Soup, beef noodle, canned, prepared with equal volume water2441 cup94O6419Soup, chicken noodle, canned, prepared with equal volume water2411 cup55O6528Soup, chicken noodle, dry, mix, prepared with water252.31 cup35O6024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	372
water2441 cup9406409Soup, beef noodle, canned, prepared with equal volume water2441 cup9406419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3506024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
06419Soup, chicken noodle, canned, prepared with equal volume water2411 cup5506528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3506024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	06432		241	1 cup	154
06528Soup, chicken noodle, dry, mix, prepared with water252.31 cup3306024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup36	06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	98
06024Soup, chicken vegetable, chunky, canned, ready-to-serve2401 cup361 cup36	06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	53
	06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	33
06423Soup, chicken with rice, canned, prepared with equal volume water2411 cup99	06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	367
	06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	99

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	240
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	396
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	181
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	456
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	273
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	88
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	268
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	73
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	313
06094	Soup, onion, dry, mix	39	1 packet	281
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	76
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	178
06174	Soup, stock, fish, home-prepared	233	1 cup	336
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	466
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	273
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	168
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	207
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	35
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
16120	Soymilk, original and vanilla, unfortified	245	1 cup	289
22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	62
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
02007	Spices, celery seed	2	1 tsp	28
02009	Spices, chili powder	2.6	1 tsp	50
02010	Spices, cinnamon, ground	2.3	1 tsp	10
02015	Spices, curry powder	2	1 tsp	31
02020	Spices, garlic powder	2.8	1 tsp	31
02026	Spices, onion powder	2.1	1 tsp	20
02027	Spices, oregano, dried	1.5	1 tsp	25
02028	Spices, paprika	2.1	1 tsp	49
02029	Spices, parsley, dried	1.3	1 tbsp	49
02030	Spices, pepper, black	2.1	1 tsp	26
11658	Spinach souffle	136	1 cup	318
11461	Spinach, canned, drained solids	214	1 cup	740
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
11457	Spinach, raw	10	1 leaf	56
11457	Spinach, raw	30	1 cup	167
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
11641	Squash, summer, all varieties, raw	113	1 cup	296
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	494
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9316	Strawberries, raw	166	1 cup	254
)9316	Strawberries, raw	18	1 strawberry	28
)9316	Strawberries, raw	12	1 strawberry	18
9334	Sugars, brown	3.2	1 tsp	4
9335	Sugars, granulated	4.2	1 tsp	0
9336	Sugars, powdered	8	1 tbsp	0
1647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	378
1512	Sweet potato, canned, vacuum pack	255	1 cup	796
1508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
1510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
1659	Sweet potato, cooked, candied, home-prepared	105	1 piece	198
8356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
8358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
9348	Syrups, chocolate, fudge-type	19	1 tbsp	54
9350	Syrups, corn, light	20	1 tbsp	0
9353	Syrups, maple	20	1 tbsp	41
9129	Syrups, table blends, pancake	20	1 tbsp	3
9128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
8360	Taco shells, baked	13.3	1 medium	30
)9223	Tangerine juice, canned, sweetened	249	1 cup	443
9220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
9218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
20068	Tapioca, pearl, dry	152	1 cup	17
4355	Tea, brewed, prepared with tap water	178	6 fl oz	66
4545	Tea, herb, chamomile, brewed	178	6 fl oz	16
4381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
4376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	33
4371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	39
4367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	43
8361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
8362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	39
8482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
6126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	120
6127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
1954	Tomatillos, raw	34	1 medium	91
1540	Tomato juice, canned, with salt added	243	1 cup	556
1546	Tomato products, canned, paste, without salt added	262	1 cup	2657
1547	Tomato products, canned, puree, without salt added	250	1 cup	1098
1549	Tomato products, canned, sauce	245	1 cup	811
1531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	451
1533	Tomatoes, red, ripe, canned, stewed	255	1 cup	528
1529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
1529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
1529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11955	Tomatoes, sun-dried	2	1 piece	69
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	50
21088	Tostada with guacamole	130.5	1 tostada	325
05286	Turkey and gravy, frozen	142	5-oz package	87
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	392
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276
02050	Vanilla extract	4.2	1 tsp	6
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
11578	Vegetable juice cocktail, canned	242	1 cup	467
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
02048	Vinegar, cider	15	1 tbsp	11
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	48
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
14429	Water, tap, municipal	237	8 fl oz	2
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
09326	Watermelon, raw	286	1 wedge	320
09326	Watermelon, raw	152	1 cup	170
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
20083	Wheat flour, white, bread, enriched	137	1 cup	137
20084	Wheat flour, white, cake, enriched	137	1 cup	144
20080	Wheat flour, whole-grain	120	1 cup	486
20089	Wild rice, cooked	164	1 cup	166
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352