14003 Alcoholic beverage, beer, regular, all 355 12 fl oz 0 14010 Alcoholic beverage, disulti, prepared-from vecipo 60 2 fl oz 1 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14560 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14514 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14414 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 42 1.5 fl oz 0 14451 Alcoholic beverage, inna colada, prepared-from-recipe 141 4.5 fl oz 0 14037 Alcoholic beverage, wine, dessert, sveet 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, rof 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, rof 32 5 fings 1 08011 Apple juice, canned or bottled, insweetened, without added ascorbic add 246 1 cup 2 08014 Apples, rise, withis kin, solids and liquids 258 1 cup 4 08024 </th <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
14010 Alcoholic beverage, diquiri, prepared-from-recipe 60 2 fl oz 1 14037 Alcoholic beverage, diquiri, prepared-from-recipe 60 2 fl oz 0 14037 Alcoholic beverage, distilled, all (gin, rum, vorka, whiskey) 80 42 1.5 fl oz 0 14650 Alcoholic beverage, distilled, all (gin, rum, vorka, whiskey) 90 42 1.5 fl oz 0 14414 Alcoholic beverage, man coldas, prepared-from-recipe 141 4.5 fl oz 0 14438 Alcoholic beverage, wine, desart, dry 103 3.5 fl oz 0 14057 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14068 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0 14064 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0<	14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
Habrahile beverage, distilled, all (gin, rum, vadka, whiskey) 80 42 1.5 fl oz 0 14550 Alcabalic beverage, distilled, all (gin, rum, vadka, whiskey) 86 42 1.5 fl oz 0 14551 Alcabalic beverage, distilled, all (gin, rum, vadka, whiskey) 90 42 1.5 fl oz 0 14414 Alcabalic beverage, distilled, all (gin, rum, vadka, whiskey) 90 42 1.5 fl oz 0 14414 Alcabalic beverage, wine, dessert, dry 103 3.5 fl oz 0 14077 Alcabalic beverage, wine, dessert, dry 103 3.5 fl oz 0 14086 Alcabalic beverage, wine, dassert, weet 103 3.5 fl oz 0 14086 Alcabalic beverage, wine, table, red 103 3.5 fl oz 0 11001 Alcabalic beverage, wine, table, red 33 1 cup 2 08016 Appleix, grand to botted, unsweetened, without added ascorbic add 32 5 rings 1 09001 Apples, raw, without shin 110 1 cup 4 09002 Apples.raw, without shin 138 1 apple 6	14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
proof structure 14550 Alcholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz 0 14551 Alcholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz 0 14017 Alcoholic beverage, liqueur, coffe, 6.5 proof 52 1.5 fl oz 0 14017 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz 0 14056 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 14066 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 14100 Alzha eeds, sprouder, raw 33 1 cup 2 08011 Apples, diverd, uncooked 32 5 rings 1 09003 Apples, raw, without shin 110 1 cup 4 09004 Apples, raw, without shin, solids and liquids 255 1 cup 3 </td <td>14010</td> <td>Alcoholic beverage, daiquiri, prepared-from-recipe</td> <td>60</td> <td>2 fl oz</td> <td>1.0</td>	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.0
Alcobolic boverage, distilled, all (gin, rum, vedka, whiskey) 86 42 1.5 fl oz 0 146511 Alcobolic boverage, distilled, all (gin, rum, vedka, whiskey) 90 42 1.5 fl oz 0 14141 Alcobolic boverage, liqueur, coffee, 53 proof 52 1.5 fl oz 0 14017 Alcobolic boverage, wine, dessert, dry 103 3.5 fl oz 00 14056 Alcobolic boverage, wine, dessert, dry 103 3.5 fl oz 00 14056 Alcobolic boverage, wine, dessert, sweet 103 3.5 fl oz 00 14056 Alcobolic boverage, wine, lable, red 103 3.5 fl oz 00 14056 Alcobolic boverage, wine, lable, red 103 3.5 fl oz 00 11001 Alafa seeds, sprouted, raw 33 1 cup 2 09016 Apples, dived, suffured, uncooked 246 1 cup 2 09020 Apples, raw, with skin 110 1 cup 4 09020 Apples, raw, with skin 138 1 apple 6 09020 Apples, raw, with skin 258 <td>14037</td> <td></td> <td>42</td> <td>1.5 fl oz</td> <td>0.0</td>	14037		42	1.5 fl oz	0.0
Alccholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 42 1.5 fl oz 0 14414 Alccholic beverage, liqueur, colfee, 53 proof 52 1.5 fl oz 0 14017 Alccholic beverage, wine, dessert, dry 103 3.5 fl oz 00 14056 Alccholic beverage, wine, dessert, dry 103 3.5 fl oz 00 14057 Alccholic beverage, wine, dessert, sweet 103 3.5 fl oz 00 14066 Alccholic beverage, wine, iable, red 103 3.5 fl oz 00 11001 Alfafa seeds, sprouted, raw 33 1 cup 2 08013 Apples, canned or bottled, unsweetened, without added 248 1 cup 2 08003 Apples, raw, without skin 110 1 cup 4 08003 Apples, can, and, sweetened, without satl (includes USDA 255 1 cup 18 08003 Apples, can, and, sweetened, without satl (includes USDA 255 1 cup 18 08024 Apricots, canned, and, with skin, solids and liquids 244 1 cup 12 08024	14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86	42	1.5 fl oz	0.0
14017Alcoholic beverage, pina colada, prepared-from-recipe1414.5 fl oz614536Alcoholic beverage, wine, dessert, dy1033.5 fl oz014057Alcoholic beverage, wine, dessert, sweet1033.5 fl oz014066Alcoholic beverage, wine, table, red1033.5 fl oz011001Alcoholic beverage, wine, table, white1033.5 fl oz011001Alfalfa seeds, sprouted, raw331 cup29016Apple juice, canned or bottled, unsweetened, without added2481 cup290204Apples, dried, sulfured, unsweetened, without added325 rings190303Apples, raw, with skin1381 apple690304Apples, raw, with skin1101 cup490302Applesauce, canned, without salt (includes USDA2551 cup290303Apricot nectar, canned, with skin, solids and liquids2581 cup1890302Apricot nectar, canned, with skin, solids and liquids2581 oup1390324Apricots, canned, unsweetened, without added ascorbic2441 cup1290324Apricots, canned, with skin, solids and liquids2581 cup390324Apricots, canned, unsweetened, without salt1801 cup1290324Apricots, canned, without added ascorbic2441 cup1290324Apricots, canned, without salt1604 spears1490324Apricots, c	14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90	42	1.5 fl oz	0.0
14536 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 0 14057 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz 0 14096 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 14001 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0 11001 Alfalfa seeds, sprouted, rew 33 1 cup 2 09016 Acocholic beverage, wine, table, red 32 5 fings 1 09011 Apples, canned or bottled, unsweetened, without added 248 1 cup 2 09034 Apples, raw, without skin 110 1 cup 4 09020 Applese, raw, without skin 110 1 cup 4 09024 Apples, raw, with added ascorbic acid 251 1 cup 188 09027 Apricots, canned, with added ascorbic acid 251 1 cup 188 09028 Apricots, canned, with added ascorbic acid 251 1 cup 128 09027 Apricots, canned, with added ascorbic acid 251 1 cup 128 09024 Apricots, canned, wi	14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
HabitAlcoholic beverage, wine, dessert, sweet1033.5 fl oz014096Alcoholic beverage, wine, table, red1033.5 fl oz014106Alcoholic beverage, wine, table, white1033.5 fl oz010101Alfalfa seeds, sprotek, raw331 cup209016Apple juice, canned or bottled, unsweetened, without added2481 cup209011Apples, died, sulfured, uncooked325 rings109003Apples, raw, with skin1381 apple609004Apples, raw, with out skin1101 cup409019Apples, canned, sweetened, without added ascorbic2441 cup2acid (includes USDA connodity)2551 cup809020Apricest, canned, unsweetened, without added ascorbic acid2511 cup1809021Apricot nectar, canned, with added ascorbic acid2511 cup1209022Apricots, canned, juice pack, with skin, solids and liquids2581 cup1209024Apricots, canned, uncoked351 phicotol311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811015Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019 </td <td>14017</td> <td>Alcoholic beverage, pina colada, prepared-from-recipe</td> <td>141</td> <td>4.5 fl oz</td> <td>6.9</td>	14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	6.9
14096Alcoholic beverage, wine, table, red1033.5 fl oz014106Alcoholic beverage, wine, table, white1033.5 fl oz011001Alfalfa seeds, sprouted, raw331 cup209016Apples, died, suffured, unsweetened, without added325 rings109013Apples, died, suffured, uncooked325 rings109003Apples, raw, with skin1381 apple6609004Apples, raw, with skin1101 cup4409020Applesauce, canned, without added ascorbic2441 cup209017Apricots, canned, without added ascorbic2441 cup13809027Apricots, canned, with added ascorbic acid2551 cup14909028Apricots, canned, with skin, solids and liquids2681 cup1209024Apricots, canned, with skin, solids and liquids2641 cup1209025Apricots, canned, juice pack, with skin, solids and liquids2641 cup1209026Apricots, canned, ipuce pack, with skin, solids and liquids2641 cup1209027Apricots, canned, chained, without1681 cup1209028Apricots, raw351 apricot3311008Artichokes, (globe or french), cocked, boiled, drained, without salt604 spears141019Asparagus, frozen, cocked, boiled, drained, without salt604 spears141019Asparagus, frozen, cocked,	14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14106Alcoholic beverage, wine, table, white1033.5 fl oz011001Alfalfa seeds, sprouted, raw331 cup209016acorbic acid2481 cup209017Apples, canned or bottled, unsweetened, without added2481 cup209018acorbic acid325 rings109003Apples, raw, without skin1101 cup409004Apples, raw, without skin1101 cup409005Applesuce, canned, sweetened, without added acorbic2441 cup209019Applesuce, canned, unsweetened, without added acorbic2441 cup13809027Apricot, canned, unsweetened, without added acorbic2441 cup1209038Apricot, acanned, unsweetened, without added acorbic2441 cup1209032Apricot, canned, unsweetened, without added acorbic2551 cup1209032Apricot, canned, uncooked351 0 halves0009032Apricot, canned, uncooked351 ohalves0009032Apricots, raw351 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4311018Apricots, raw, California28.351 oz211019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup44 <t< td=""><td>14057</td><td>Alcoholic beverage, wine, dessert, sweet</td><td>103</td><td>3.5 fl oz</td><td>0.0</td></t<>	14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
11001Alfalfa seeds, sprouted, raw331 cup209016Apple juice, canned or bottled, unsweetened, without added2481 cup209011Apples, dried, sulfured, uncooked325 rings109003Apples, raw, with skin1381 apple609004Apples, raw, without skin1101 cup409020Applessuce, canned, sweetened, without salt (includes USDA2551 cup409020Applessuce, canned, unsweetened, without added ascorbic2441 cup2acid (includes USDA commodity)2511 cup18609027Apricots, canned, heavy syrup pack, with skin, solids and liquids2541 cup8809024Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup1209021Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup1209021Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup1210082Apricots, cined, bailed, drained, without1201 medium8811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup4311012Asparagus, conked, boiled, drained, without salt604 spears1411013Asparagus, conked, boiled, drained, without salt604 spears1411014Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked,	14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.0
Opp016 ascorbic acid ascorbic acidApple juice, canned or bottled, unsweetened, without added ascorbic acid2481 cup209011Apples, dried, sulfured, uncooked325 rings109003Apples, raw, with skin1381 apple609004Apples, raw, without skin1101 cup409002Applesauce, canned, sweetened, without salt (includes USDA 	14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.0
ascorbic acid09011Apples, raw, with skin1381 apple09003Apples, raw, with skin1381 apple09004Apples, raw, with skin1101 cup409020Applesauce, canned, sweetened, without salt (includes USDA2551 cup409019Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)2441 cup209019Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)2561 cup18609027Apricot nectar, canned, with added ascorbic acid2511 cup18609027Apricots, canned, luice pack, with skin, solids and liquids2561 cup12609032Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, canned, juice pack, with skin, solids and liquids2561 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium8811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, canned, drained solids724 spears1411019Asparagus, forzen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Bagels, cinnamon-raisin	11001	Alfalfa seeds, sprouted, raw	33	1 cup	2.7
Apples, raw, with skin1381 apple09003Apples, raw, without skin1101 cup409020Apples, raw, without skin1101 cup409020Apples, raw, without skin1101 cup409020Apples, raw, without skin1101 cup409020Apples, raw, without skin2551 cup209019Apples, raw, with skin, solids and liquids2441 cup13609027Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup1209032Apricots, canned, uncooked351 apricot309024Apricots, canned, uncooked351 apricot309025Apricots, raw351 apricot311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811015Asparagus, canned, drained solids724 spears1411019Asparagus, conked, boiled, drained, without salt604 spears411019Asparagus, forzen, cooked, boiled, drained604 spears411019Asparagus, forzen, cooked, boiled, drained604 spears411019A	09016		248	1 cup	2.2
Apples, raw, without skin1101 cup409004Apples, raw, without skin1101 cup409020Applesauce, canned, unsweetened, without added ascorbic2441 cup209019Acid (includes USDA commodity)2551 cup13609027Apricots, canned, with added ascorbic acid2511 cup13609028Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209024Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209022Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209024Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209021Apricots, raw351 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811018Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, cooked, boiled, drained, without salt1604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz418005Bagels, cinnamon-raisin894" bagel018001Bagels, plain, enriched, with calcium propionate (includes713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes713-1/2	09011	Apples, dried, sulfured, uncooked	32	5 rings	1.2
Applesauce, canned, sweetened, without salt (includes USDA commodity)2551 cup409019Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)2441 cup209043Apricot nectar, canned, with added ascorbic acid2511 cup13609027Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup1809024Apricots, canned, luice pack, with skin, solids and liquids2581 cup1209032Apricots, raw351 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, canned, drained solids724 spears1411019Asparagus, cooked, boiled, drained604 spears4411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4311019Asparagus, frozen, cooked, boiled, drained1604 spears4411019Asparagus, frozen, cooked, boiled, drained, without	09003	Apples, raw, with skin	138	1 apple	6.3
commodity)09019Applesauce, canned, unsweetened, without added ascorbic2441 cup209013Apricot nectar, canned, with added ascorbic acid2511 cup13609027Apricots, canned, luice pack, with skin, solids and liquids2581 cup809024Apricots, canned, luice pack, with skin, solids and liquids2581 cup1209032Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, raw351 apricot311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, canned, drained solids724 spears1411019Asparagus, frozen, cooked, boiled, drained604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4310038Avocados, raw, California28.351 oz218005Bagels, cinnamon-raisin713-1/2' bagel0018001Bagels, plain, enriched, with calcium propionate (includes894' bagel018001Bagels, plain, enriched, with calcium propionate (includes713-1/2' bagel018001Bagels, plain, enriched, with calcium propionate (includes713-1/2' bag	09004	Apples, raw, without skin	110	1 cup	4.4
acid (includes USDA commodity)109403Apricot nectar, canned, with adde ascorbic acid2511 cup13609027Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup1209032Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, canned, uce pack, with skin, solids and liquids25810 halves009021Apricots, canned, uce pack, with skin, solids and liquids25810 halves009021Apricots, canned, builed, uce pack, with adde ascorbic acid3510 halves01008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium8811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, canned, drained solids724 spears1311019Asparagus, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin894" bagel018003Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)904" bagel018001Bagels, plain, en	09020		255	1 cup	4.3
Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup809027Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, dried, sulfured, uncooked3510 halves009021Apricots, raw351 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup1211015Asparagus, canned, drained solids724 spears1311019Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup431005Bagels, cinnamon-raisin713-1/2" bagel0018005Bagels, cinnamon-raisin713-1/2" bagel018001Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 oz019078Baking chocolate, unsweetened, squares28.351 oz019078Baking chocolate, unsweetened, squares28.351 square <t< td=""><td>09019</td><td></td><td>244</td><td>1 cup</td><td>2.4</td></t<>	09019		244	1 cup	2.4
OpposedApricots, canned, juice pack, with skin, solids and liquids2441 cup1209032Apricots, dried, sulfured, uncooked3510 halves009021Apricots, raw351 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, canned, drained solids724 spears1311012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018006Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, seame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, seame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, seame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, seame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes oni	09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	136.5
Apricots, dried, sulfured, uncooked3510 halves009032Apricots, raw351 apricot3311008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup1211015Asparagus, canned, drained solids724 spears1311012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018003Bagels, egg894" bagel018001Bagels, plain, enriched, with calcium propionate (includes894" bagel018001Bagels, plain, enriched, with calcium propionate (includes713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	8.0
Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without1201 medium11008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without1681 cup11015Asparagus, canned, drained solids724 spears1311012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018003Bagels, egg894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	12.0
Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium811008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup1211015Asparagus, canned, drained solids724 spears1311012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018003Bagels, egg894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.4
salt1008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup1211015Asparagus, canned, drained solids724 spears1311012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shots, canned, drained solids1311 cup1	09021	Apricots, raw	35	1 apricot	3.5
salt11015Asparagus, canned, drained solids724 spears1311012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018004Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	11008		120	1 medium	8.9
11012Asparagus, cooked, boiled, drained604 spears411019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018004Bagels, pagn713-1/2" bagel018005Bagels, pagn713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	12.4
11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1411019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	11015	Asparagus, canned, drained solids	72	4 spears	13.2
11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup4309038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, pegg713-1/2" bagel018003Bagels, pegg713-1/2" bagel018003Bagels, pegg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	11012	Asparagus, cooked, boiled, drained	60	4 spears	4.6
09038Avocados, raw, California28.351 oz209039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	14.6
09039Avocados, raw, Florida28.351 oz418005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018003Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	43.9
18005Bagels, cinnamon-raisin713-1/2" bagel018005Bagels, cinnamon-raisin894" bagel018003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018003Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	09038	Avocados, raw, California	28.35	1 oz	2.5
18005Bagels, cinnamon-raisin894" bagel018003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018003Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	09039	Avocados, raw, Florida	28.35	1 oz	4.9
18003Bagels, egg894" bagel018003Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.5
18003Bagels, egg713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square01028Bamboo shoots, canned, drained solids1311 cup1	18005	Bagels, cinnamon-raisin	89	4" bagel	0.6
18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	18003	Bagels, egg	89	4" bagel	0.5
onion, poppy, sesame)18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	18003	Bagels, egg	71	3-1/2" bagel	0.4
onion, poppy, sesame)28.351 oz019077Baking chocolate, unsweetened, liquid28.351 oz019078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	18001		89	4" bagel	0.9
19078Baking chocolate, unsweetened, squares28.351 square011028Bamboo shoots, canned, drained solids1311 cup1	18001		71	3-1/2" bagel	0.7
11028Bamboo shoots, canned, drained solids1311 cup1	19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.0
	19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.0
09040 Bananas, raw 118 1 banana 10	11028	Bamboo shoots, canned, drained solids	131	1 cup	1.4
	09040	Bananas, raw	118	1 banana	10.3

NDB_I	No Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	13.1
20006	Barley, pearled, cooked	157	1 cup	0.0
20005	Barley, pearled, raw	200	1 cup	0.0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.0
16008	Beans, baked, canned, with franks	259	1 cup	6.0
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	6.8
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	7.6
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	2.3
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	2.0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	2.1
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.6
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.4
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	3.6
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	12.1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	5.5
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.5
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	12.1
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	5.5
16051	Beans, white, mature seeds, canned	262	1 cup	0.0
22905	Beef stew, canned entree	232	1 cup	1.6
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.0
13350	Beef, cured, dried	28.35	1 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.0
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
23598 13930	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8"	85	3 oz 3 oz	0.0
23610	fat, all grades, cooked, broiled Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat,	85	3 oz	0.0
13327	all grades, cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.6
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	35.9
11084	Beets, canned, drained solids	24	1 beet	1.0
11084	Beets, canned, drained solids	170	1 cup	7.0
11081	Beets, cooked, boiled, drained	170	1 cup	6.1
		50	1 beet	1.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.2
8016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.1
8015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.0
8013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.0
9042	Blackberries, raw	144	1 cup	30.2
9055	Blueberries, frozen, sweetened	230	1 cup	2.3
9050	Blueberries, raw	145	1 cup	14.1
)7008	Bologna, beef and pork	56.7	2 slices	0.5
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.0
8079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.0
8376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.2
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.0
8019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.0
8024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.2
8025	Bread, cracked-wheat	25	1 slice	0.0
8027	Bread, egg	40	1/2" slice	0.0
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.1
8033	Bread, italian	20	1 slice	0.0
8035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.0
8036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.0
8039	Bread, oatmeal	27	1 slice	0.0
8040	Bread, oatmeal, toasted	25	1 slice	0.1
8041	Bread, pita, white, enriched	28	4" pita	0.0
8041	Bread, pita, white, enriched	60	6-1/2" pita	0.0
8044	Bread, pumpernickel	32	1 slice	0.0
8045	Bread, pumpernickel, toasted	29	1 slice	0.0
8047	Bread, raisin, enriched	26	1 slice	0.0
8048	Bread, raisin, toasted, enriched	24	1 slice	0.1
8053	Bread, reduced-calorie, rye	23	1 slice	0.1
8055	Bread, reduced-calorie, wheat	23	1 slice	0.0
8057	Bread, reduced-calorie, white	23	1 slice	0.1
8060	Bread, rye	32	1 slice	0.1
8061	Bread, rye, toasted	24	1 slice	0.0
8064	Bread, wheat	25	1 slice	0.1
8065	Bread, wheat, toasted	23	1 slice	0.0
8069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.0
8069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.0
8070	Bread, white, commercially prepared, toasted	22	1 slice	0.0
8075	Bread, whole-wheat, commercially prepared	28	1 slice	0.0
8076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.0
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	101.2
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	24.0
1740	Broccoli, flower clusters, raw	11	1 floweret	10.3
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	73.8
1090	Broccoli, raw	88	1 cup	78.5
1090	Broccoli, raw	31	1 spear	27.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	96.7
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	70.8
20011	Buckwheat flour, whole-groat	120	1 cup	0.0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.0
20013	Bulgur, cooked	182	1 cup	0.0
20012	Bulgur, dry	140	1 cup	0.0
01001	Butter, salted	14.2	1 tbsp	0.0
01145	Butter, without salt	14.2	1 tbsp	0.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	44.2
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	18.8
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	56.3
11109	Cabbage, raw	70	1 cup	25.6
11112	Cabbage, red, raw	70	1 cup	39.9
11114	Cabbage, savoy, raw	70	1 cup	21.7
18086	Cake, angelfood, commercially prepared	28	1 piece	0.0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.0
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.2
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.1
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.2
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.2
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.1
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.4
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.0
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.0
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.0
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.0
18134	Cake, sponge, prepared from recipe	63	1 piece	0.0
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.1
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.1
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.0
19074	Candies, caramels	10.1	1 piece	0.0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.0
19071	Candies, carob, unsweetened	28.35	1 oz	0.1
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.0
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.0
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19107	Candies, hard	3	1 small piece	0.0
19107	Candies, hard	6	1 piece	0.0
	Candies, jellybeans	28.35	10 large	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.0
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.0
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.0
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.1
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.4
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.3
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	2.9
19116	Candies, marshmallows	50	1 cup	0.0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.1
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.4
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.0
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.2
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.1
19080	Candies, semisweet chocolate	168	1 cup	0.0
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.0
19087	Candies, white chocolate	170	1 cup	0.9
09060	Carambola, (starfruit), raw	108	1 cup	37.2
09060	Carambola, (starfruit), raw	91	1 fruit	31.3
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
16055	Carob flour	8	1 tbsp	0.0
11655	Carrot juice, canned	236	1 cup	20.1
11960	Carrots, baby, raw	10	1 medium	0.3
11128	Carrots, canned, regular pack, drained solids	146	1 cup	3.9
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.6
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	3.4
11124	Carrots, raw	72	1 carrot	4.2
11124	Carrots, raw	110	1 cup	6.5
11935	Catsup	6	1 packet	0.2
11935	Catsup	15	1 tbsp	0.6
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	54.9
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	23.9
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	56.3
11135	Cauliflower, raw	13	1 floweret	6.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11135	Cauliflower, raw	100	1 cup	48.2
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	9.2
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	2.3
11143	Celery, raw	40	1 stalk	1.2
11143	Celery, raw	120	1 cup	3.7
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	8.7
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	6.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.5
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	6.5
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	7.1
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	6.7
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	5.8
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	6.4
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5.6
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.8
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	7.6
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	8.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	6.2
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	6.9
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5.6
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.8
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	6.7
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	60.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	60.0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	6.0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	16.2
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	15.2
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	5.9
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	5.9
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	6.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	15.6
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	7.5
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size and little bites	55	1 cup	0.0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	5.9
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	61.2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	20.9
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	6.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	21.1

NDB_N	D Description	Weight (g)	Common Measure	Content per Measure
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.2
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.3
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.4
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	4.6
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.0
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.0
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal p	0.3
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.0
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.0
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.0
01164	Cheese sauce, prepared from recipe	243	1 cup	1.5
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.0
01004	Cheese, blue	28.35	1 oz	0.0
01007	Cheese, camembert	38	1 wedge	0.0
01009	Cheese, cheddar	28.35	1 oz	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	3.2
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01017	Cheese, cream	14.5	1 tbsp	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.0
01030	Cheese, muenster	28.35	1 oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01031	Cheese, neufchatel	28.35	1 oz	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.0
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.0
01035	Cheese, provolone	28.35	1 oz	0.0
01037	Cheese, ricotta, part skim milk	246	1 cup	0.0
01036	Cheese, ricotta, whole milk	246	1 cup	0.0
01040	Cheese, swiss	28.35	1 oz	0.0
18147	Cheesecake commercially prepared	80	1 piece	0.3
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	5.1
09070	Cherries, sweet, raw	68	10 cherries	4.8
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	2.2
07017	Chicken roll, light meat	56.7	2 slices	0.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.0
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.0
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.0
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	18.1
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.0
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.0
05277	Chicken, canned, meat only, with broth	142	5 oz	2.8
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	5.5
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.2
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2.1
22904	Chili con carne with beans, canned entree	222	1 cup	0.4
11156	Chives, raw	3	1 tbsp	1.7
14181	Chocolate syrup	18.75	1 tbsp	0.0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.2
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.3
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.0
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.1
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.0
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.0

14210 Coffee, brawed, expresso, restaurant-prepared 60 2 fl oz 0. 14215 Coffee, instaur, regular, prepared with water 179 6 fl oz 0. 18104 Coffee, instaur, regular, prepared with water 179 6 fl oz 0. 18104 Coffee, instaur, regular, prepared with water 190 1 cup 38. 11152 Collards, cooked, boiled, drained, without sait 190 1 cup 44. 11164 Coldrads, frozen, chopped, cooked, boiled, drained, without sait 170 1 cup 44. 11165 Cookies, buter, commercially prepared, encludr, baser 22 1 brownie 0. 11815 Cookies, buter, commercially prepared, negular, higher 10 1 cookie 0. 118156 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 118164 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 118175 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118176 Cookies, graham crackers, plain or h	NDB_N	No Description	Weight (g)	Common Measure	Content per Measure
14215 Coffee, instant, regular, prepared with water 179 6 fl oz 0. 18104 prepared, enriched 120 1 cup 38 11152 Collesiow, home prepared 120 1 cup 38 11164 Collards, forzan, chopped, cooked, bolled, drained, without salt 170 1 cup 44 11164 Collards, forzan, chopped, cooked, bolled, drained, without salt 170 1 cup 44 11165 Cookles, brownies, ory mix, special cileary, prepared 56 1 cookle 0. 11815 Cookles, brownies, ory mix, special cileary, prepared, regular, higher 10 1 cookle 0. 11816 Cookles, chocolate chip, commercially prepared, regular, higher 10 1 cookle 0. 11816 Cookles, chocolate chip, commercially prepared, regular, higher 10 1 cookle 0. 118165 Cookles, chocolate chip, commercially prepared, regular, higher 10 1 cookle 0. 118176 Cookles, chocolate chip, commercially prepared, regular, higher 10 1 cookle 0. 118165 Cookles, chocolate chip, refrigerand dould, bakd 28 1 cookle 0.	14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
18104 Coffeescate, incommon with crumb topping, commercially 63 1 piece 0. 11153 Collestaw, home-prepared 120 1 cup 38. 11162 Callards, cooked, bolled, drained, without salt 190 1 cup 38. 11164 Callards, cooked, bolled, drained, without salt 190 1 cup 44. 18171 Cookles, brownies, dry mix, special dietary, prepared 56 1 brownie 0. 18175 Cookles, brownies, dry mix, special dietary, prepared, regular, higher 10 1 cookle 0. 18158 Cookles, chocotas the, commercially prepared, regular, higher 10 1 cookle 0. 18158 Cookles, chocotas and with, with creme filling, regular, lower 10 1 cookle 0. 18166 Cookles, chocotas and with, with creme filling, regular 10 1 cookle 0. 18173 Cookles, chocotas and with, with creme filling, regular 10 1 cookle 0. 18174 Cookles, chocotas and with, with creme filling, regular 16 1 cookle 0. 18175 Cookles, chocotas and with, mirrem	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
prepared, enriched 120 1 cup 38, 11159 Collards, cooked, boiled, drained, without salt 190 1 cup 34, 11162 Collards, rozen, chopped, cooked, boiled, drained, without salt 170 1 cup 34, 11164 Collards, forzen, chopped, cooked, boiled, drained, without salt 170 1 cup 34, 11165 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0. 118156 Cookies, chocolate chip, commercially prepared, regular, ligher 10 1 cookie 0. 118158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 118164 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 118170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118177 Cookies, contrael, commercially prepared, regular 25 1 cookie, medium 0. 118175 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118177 Cookies, contenesi, commercially p	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
11162 Collards, cooked, boiled, drained, without salt 190 1 cup 34. 11164 Collards, rozen, chopped, cooked, boiled, drained, without salt 170 1 cup 44. 11164 Collards, trzen, chopped, cooked, boiled, drained, without salt 170 1 cup 44. 118151 Cookies, brownies, commercially prepared, enriched 5 1 cookie 0. 118152 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 0. 118164 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 118165 Cookies, chocolate chip, commercially prepared, regular 10 1 cookie 0. 118164 Cookies, chocolate chip, retrigerated dough, baked 26 1 cookie 0. 118173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 118177 Cookies, nolasses 15 1 cookie 0. 118177 Cookies, colmesses 15 1 cookie 0. 118177 Cookies, colmeal, commercially prepared, regular 25 1 cookie 0. 118177 Cookies, colmeal, commercially prepared, regular 15 1 cookie 0. 118178 Cookies, colmeal, commercially p	18104		63	1 piece	0.2
11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 upp 44. 18151 Cookies, brownies, drommercially prepared 56 1 brownie 0. 18155 Cookies, brownies, drive, topscal diatary, prepared, regular, higher 10 1 cookie 0. 18155 Cookies, brownies, drive, topscal diatary, prepared, regular, higher 10 1 cookie 0. 18156 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 18165 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18166 Cookies, chocolate andwich, with creme filling, regular 10 1 cookie 0. 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cookie 0. 18177 Cookies, antenal, commercially prepared, fat-free 11 1 cookie 0. 18177 Cookies, antenal, commercially prepared, fat-free 12 1 cookie 0. 18178 Cookies, antenal, commercially prepared, fat-free 1 1 cookie<	11159	Coleslaw, home-prepared	120	1 cup	39.2
18151 Cookies, brownies, commercially prepared 56 1 brownie 0. 18197 Cookies, brownies, dry mix, special defary, prepared 22 1 brownie 0. 18195 Cookies, butter, commercially prepared, regular, ligher 10 1 cookie 0. 18198 Cookies, chocolate chip, commercially prepared, regular, ligher 10 1 cookie 0. 18186 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0. 18186 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18186 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18173 Cookies, molasses 12 1 cookie, medium 0. 18177 Cookies, nolasses 132 1 cookie, medium 0. 18177 Cookies, nolasses 132 1 cookie, nealum 0. 18178 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0. 18187 Cookies, oatmeal, commercially prepared, regula	11162	Collards, cooked, boiled, drained, without salt	190	1 cup	34.6
18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 0 18155 Cookies, brownies, dry mix, special dietary, prepared, regular, higher 10 1 cookie 0 18158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0 18158 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0 18170 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0 18177 Cookies, molasses 32 1 cookie, andelau 0 18177 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 0 18178 Cookies, partmer, commercially prepared, regular 15 1 cookie 0 18178 Cookies, partmer, commercially prepared, regular 15 1 cookie 0 18178 Cookies, partmer, commercially prepared, regular 15 1 cookie 0 18179 <td>11164</td> <td>Collards, frozen, chopped, cooked, boiled, drained, without salt</td> <td>170</td> <td>1 cup</td> <td>44.9</td>	11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	44.9
18155 Cookies, butter, commercially prepared, enriched 5 1 cookie 0 18159 Cookies, brocolate chip, commercially prepared, regular, higher 10 1 cookie 0 18158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0 18165 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0 18164 Cookies, chocolate chip, refigerated dough, baked 26 1 cookie 0 18164 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0 18177 Cookies, onlasses 32 1 cookie, medium 0 18177 Cookies, oatmeal, commercially prepared, fartfree 11 1 cookie 0 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0 18184 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0 18185 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0 18185	18151	Cookies, brownies, commercially prepared	56	1 brownie	0.0
18159 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 0. 18164 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 18165 Cookies, chocolate chip, reprigrented from recipe, made with 16 1 cookie 0. 18164 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0. 18177 Cookies, nolasses 15 1 cookie, medium 0. 18177 Cookies, nolasses 32 1 cookie, medium 0. 18177 Cookies, nonlasses 32 1 cookie, large (3-1/2* to 0. 18178 Cookies, coatmeal, commercially prepared, fat-free 11 1 cookie 0. 18178 Cookies, coatmeal, commercially prepared, regular 15 1 cookie 0. 18184 Cookies, peanut butter, prepared from recipe, with raisins 15 1 cookie 0. 18184 Cookies	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
fat, enriched 1 cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 0. 18165 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 0. 18164 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0. 18164 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0. 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 guares 0. 18177 Cookies, molasses 32 1 cookie, medium 0. 18177 Cookies, malasses 32 1 cookie, medium 0. 18177 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, fat-free 15 1 cookie 0. 18178 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18179 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 0. 18184	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
fat Interface of the construction of the constence of the construction of the construction of the co	18159		10	1 cookie	0.0
margarine18164Cookies, chocolate chip, refigerated dough, baked261 cookie0.18176Cookies, chocolate sandwich, with creme filling, regular101 cookie0.18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup0.18177Cookies, molasses151 cookie, medium0.18177Cookies, molasses321 cookie, iarge (3-1/2' to0.18178Cookies, catmeal, commercially prepared, fat-free111 cookie0.18178Cookies, catmeal, commercially prepared, regular251 cookie0.18178Cookies, catmeal, commercially prepared, regular151 cookie0.18184Cookies, catmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, patrued ther, prepared from recipe, with raisins151 cookie0.18184Cookies, patruet, commercially prepared, regular151 cookie0.18185Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, sugar, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, refergaret dough, baked151 co	18158		10	1 cookie	0.0
18166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup0.18177Cookies, graham crackers, plain or honey (includes cinnamon)841 cup0.18177Cookies, molasses321 cookie, medium0.18177Cookies, molasses321 cookie, large (3-1/2" to0.18178Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18178Cookies, oatmeal, commercially prepared, regular151 cookie0.18184Cookies, peanut butter, commercially prepared, regular151 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18194Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, repared from recipe, made with margarine141 cookie0.18205Cookies, sugar, repared from recipe, made with margarine141 cookie0.18206Cookies, vanilla sandwich with creme filling151 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0. <td>18165</td> <td></td> <td>16</td> <td>1 cookie</td> <td>0.0</td>	18165		16	1 cookie	0.0
18170Cookies, fig bars161 cookie0.18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup0.18177Cookies, molasses151 cookie, medium0.18177Cookies, molasses321 cookie, large (3-1/2° to0.18176Cookies, oatmeal, commercially prepared, regular251 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular151 cookie0.18184Cookies, oatmeal, commercially prepared, regular151 cookie0.18185Cookies, oatmeal, commercially prepared, regular151 cookie0.18185Cookies, oatmeal, commercially prepared, regular151 cookie0.18185Cookies, seanut butter, commercially prepared, pecan141 cookie0.18192Cookies, sugar, commercially prepared, pecan141 cookie0.18204Cookies, sugar, repreared from recipe, made with margarine141 cookie0.18205Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.0
18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup0.18177Cookies, molasses151 cookie, medium0.18177Cookies, molasses321 cookie, medium0.18456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular151 cookie0.18184Cookies, oatmeal, commercially prepared, regular151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18190Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, terifigerated dough, baked151 cookie0.18210Cookies, sugar, terifigerated dough, baked151 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18214Coor, sweet, yellow, canned, cream style, regular pack2561 cup11.1176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11816Con, sw	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.0
18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup0.18177Cookies, molasses151 cookie, medium0.18177Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, regular251 cookie0.18184Cookies, oatmeal, commercially prepared, regular151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18184Cookies, peanut butter, ormercially prepared, regular151 cookie0.18193Cookies, peanut butter, ormercially prepared, pecan141 cookie0.18194Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, shortbread, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18204Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18205Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 coo	18170	Cookies, fig bars	16	1 cookie	0.0
18177Cookies, molasses15t.cookie, medium18177Cookies, and asses321 cookie, large (3-1/2" to0.18456Cookies, carmeal, commercially prepared, regular251 cookie0.18178Cookies, carmeal, commercially prepared, regular251 cookie0.18179Cookies, carmeal, commercially prepared, regular151 cookie0.18184Cookies, carmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, prepared from recipe, with raisins151 cookie0.18184Cookies, shortbread, commercially prepared, regular151 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18214Coor, sweet, yellow, canned, caream style, regular pack2101 cup11.1176 <t< td=""><td>18173</td><td>Cookies, graham crackers, plain or honey (includes cinnamon)</td><td>14</td><td>2 squares</td><td>0.0</td></t<>	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.0
18177Cookie, molasses321 cookie, large (3-1/2" to0.18456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, soft-type151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.18214Cookie, vanilla sandwich with creme filling151 cookie0.18215Cookies, vanilla sandwich with creme filling151 cookie0.18214Cookies, vanilla sandwich with creme filling151 cookie0.18215Cookies, vanilla sandwich with creme filling151 cookie0.18216	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.0
18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie18179Cookies, oatmeal, prepared from recipe, with raisins151 cookie18184Cookies, pearul butter, commercially prepared, regular151 cookie18185Cookies, pearul butter, oromercially prepared, regular151 cookie18189Cookies, pearul butter, prepared from recipe201 cookie18193Cookies, shortbread, commercially prepared, pecan141 cookie18204Cookies, shortbread, commercially prepared, regular (includes151 cookie18204Cookies, sugar, commercially prepared, regular (includes151 cookie18204Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with oreme filling151 cookie1991Corn, sweet, yellow, canned, cream style, regular pack2101 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, ithout salt771 ear11181Corn, sweet, yellow, frozen, kernels on cob, cooked, drained, drained, ithout salt1 cup	18177	Cookies, molasses	15	1 cookie, medium	0.0
18178Cookies, oatmeal, commercially prepared, regular251 cookie0.18179Cookies, oatmeal, commercially prepared, soft-type151 cookie0.18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18189Cookies, peanut butter, prepared from recipe201 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, shortbread, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18204Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla sandwich with creme filling151 cookie0.1174Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup11.1176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup1.1178Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt771 ear4.1179Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt771 ear3.1179Corn, sweet, yellow, f	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.0
B179Cookies, catmeal, commercially prepared, soft-type151 cookie18184Cookies, catmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18189Cookies, peanut butter, prepared from recipe201 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, sugar, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cup11.11176Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11178Corn, sweet, yellow, conked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, and1641 cup5.11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, and1641 cup5.111	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.0
18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie0.18185Cookies, peanut butter, commercially prepared, regular151 cookie0.18189Cookies, peanut butter, prepared from recipe201 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18205Cookies, sugar, commercially prepared, regular (includes151 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear3.11181Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear3.	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.1
18185Cookies, peanut butter, commercially prepared, regular151 cookie018189Cookies, peanut butter, prepared from recipe201 cookie018193Cookies, shortbread, commercially prepared, pecan141 cookie018192Cookies, shortbread, commercially prepared, pecan141 cookie018192Cookies, sugar, commercially prepared, regular (includes151 cookie018204Cookies, sugar, commercially prepared, regular (includes151 cookie018205Cookies, sugar, prepared from recipe, made with margarine141 cookie018206Cookies, sugar, refrigerated dough, baked151 cookie018210Cookies, vanilla sandwich with creme filling101 cookie018212Cookies, vanilla sandwich with creme filling151 cookie018212Cookies, vanilla wafers, lower fat41 cookie011901Corn, sweet, white, cooked, boiled, drained, without salt771 ear411176Corn, sweet, yellow, canned, cream style, regular pack2101 cup1711168Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, drained, drained, atthout salt771 ear411179Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, atthout salt1641 cup520022Cornmeal, degermed, enriched, yellow1381 cup020024Cornmeal, self-rising, degermed, enriched, yellow	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.0
BitsCookies, peanut butter, prepared from recipe201 cookie0.18193Cookies, shortbread, commercially prepared, pecan141 cookie0.18192Cookies, shortbread, commercially prepared, pecan141 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.1177Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup11.1178Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, ithout salt771 ear4.1179Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, ithout salt1 cup5.20022Cornmeal, degermed, enriched, yellow1381 cup0.20024Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0. <td>18184</td> <td>Cookies, oatmeal, prepared from recipe, with raisins</td> <td>15</td> <td>1 cookie</td> <td>0.1</td>	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.1
BandardCookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, shortbread, commercially prepared, plain81 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18207Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11911Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11175Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, mithout salt771 ear4.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, mithout salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, mithout salt1 ear3.20222Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20224Cornmeal, whole-grain, yellow122 </td <td>18185</td> <td>Cookies, peanut butter, commercially prepared, regular</td> <td>15</td> <td>1 cookie</td> <td>0.0</td>	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.0
18192Cookies, shortbread, commercially prepared, plain81 cookie0.18204Cookies, sugar, commercially prepared, regular (includes151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18207Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1174Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.1175Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.1176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.1188Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.1179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, fa1 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, fa631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.0
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie0.18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20020Cornmeal, self-rising, degermed, enriched, yellow1321 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.0
vanilla)18208Cookies, sugar, prepared from recipe, made with margarine141 cookie0.18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.1118Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, and thout salt771 ear4.11179Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, and drained, without salt1641 cup5.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.0
18206Cookies, sugar, refrigerated dough, baked151 cookie0.18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1381 cup0.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1221 cup0.	18204		15	1 cookie	0.0
18210Cookies, vanilla sandwich with creme filling101 cookie0.18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1221 cup0.	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.0
18210Cookies, vanilla sandwich with creme filling151 cookie0.18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1221 cup0.	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.0
18212Cookies, vanilla wafers, lower fat41 cookie0.11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.0
11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear4.11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.0
11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11.11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1221 cup0.	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.0
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup17.11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	4.8
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear4.11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	11.8
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup5.11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	17.0
without salt11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear3.20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	4.2
drained, without salt20022Cornmeal, degermed, enriched, yellow1381 cup0.20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	11179		164	1 cup	5.7
20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup0.20020Cornmeal, whole-grain, yellow1221 cup0.	11181		63	1 ear	3.0
20020Cornmeal, whole-grain, yellow1221 cup0.	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.0
	20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.0
20027 Cornstarch 8.064 1 tbsp 0.	20020	Cornmeal, whole-grain, yellow	122	1 cup	0.0
	20027	Cornstarch	8.064	1 tbsp	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20029	Couscous, cooked	157	1 cup	0.0
20028	Couscous, dry	173	1 cup	0.0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	3.6
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	4.4
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	6.5
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.7
18214	Crackers, cheese, regular	10	10 crackers	0.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.0
18217	Crackers, matzo, plain	28.35	1 matzo	0.0
18220	Crackers, melba toast, plain	20	4 pieces	0.0
18226	Crackers, rye, wafers, plain	11	1 wafer	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.0
18229	Crackers, standard snack-type, regular	12	4 crackers	0.0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.0
18232	Crackers, wheat, regular	8	4 crackers	0.0
18235	Crackers, whole-wheat	16	4 crackers	0.0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	107.0
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0
01049	Cream, fluid, half and half	15	1 tbsp	0.1
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.1
01052	Cream, fluid, light whipping	15	1 tbsp	0.1
01056	Cream, sour, cultured	12	1 tbsp	0.1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
18239	Croissants, butter	57	1 croissant	0.1
18243	Croutons, seasoned	40	1 cup	0.0
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	6.5
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.0
15141	Crustaceans, crab, blue, canned	135	1 cup	4.5
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.8
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.7
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	3.5
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.3
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.7
11206	Cucumber, peeled, raw	119	1 cup	3.8
11206	Cucumber, peeled, raw	280	1 large	9.0
11205	Cucumber, with peel, raw	301	1 large	8.4
11205	Cucumber, with peel, raw	104	1 cup	2.9
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	18.9
18245	Danish pastry, cheese	71	1 danish	0.1

Lemon, resployer, strawberry) Normal Strawberry 178 1 cup 0.7 09087 Dates, degiet noor 178 1 cup 0.2 01071 Dessert topping, prosured 1.5 ounce prepared with 1/2 cup 4 1 tbsp 0.0 01072 Dessert topping, pressured 4 1 tbsp 0.0 01072 Dessert topping, pressured 4 1 tbsp 0.0 02046 Dif weed, fresh 1 5 sprigs 0.0 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18255 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 13 1 hole 0.2 18256 Doughnuts, cake-type, plain (includes nangured, old-fashioned) 13 1 hole 0.2 18255 Doughnuts, cake-type, plain (includes nangured, old-fashioned) 13 1 hole 0.2 18256 Doughnuts, cake-type, alain (includes nangured, old-fashioned) 10 1 caiar 0.0 01124 Egg, whie, naw, fresh 33.4 1 large 0.0 01125	NDB_	No Description	Weight (g)	Common Measure	Content per Measure
08087 Dates, degiet noor 178 1 cup 077 08087 Dates, degiet noor 41.5 5 dates 0.2 01071 Dessent topping, pressurized 4 1 tbsp 0.0 01072 Dessent topping, pressurized 4 1 tbsp 0.0 01073 Dessent topping, pressurized 4 1 tbsp 0.0 01074 Dessent topping, pressurized 4 1 tbsp 0.0 18248 Doughnus, oake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18248 Doughnus, vesst-leavened, glazzed, enriched (includes honey 0.0 1 medium 0.0 18255 Doughnus, vesst-leavened, glazzed, enriched (includes honey 13 1 hole 0.2 18265 Edairs, custard-filled with chocolate glazze, prepared from recipe 100 1 eclair 0.0 1124 Egg, whole, cooked, fired 50 1 large 0.0 1124 Egg, whole, cooked, fired 50 1 large 0.0 1125 Egg, whole, cooked, fired 50	18246		71	1 danish	2.8
01011 Dessert topping, powdered, 1.5 ounce prepared with 1/2 oup 4 1 thsp 0.0 01072 Dessert topping, perssurized 4 1 thsp 0.0 01073 Dessert topping, sem solid, rozen 4 1 thsp 0.0 01074 Dessert topping, sem solid, rozen 4 1 thsp 0.0 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18255 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18255 Doughnuts, vask-leavened, glazed, enriched (includes honey 00 1 endium 0.0 18257 Eclairs, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 0.0 1928 Egg, whole, cocked, hard-bolad 50 1 large 0.0 01128 Egg, whole, cocked, scrambled 61 1 large 0.0 01121 Egg, whole, cocked, scrambled 61 1 large 0.0 01122 Egg, whole, cocked, scrambled 61 1 large 0.0	09087		178	1 cup	0.7
milk number of the sent topping, pressurized 4 1 topp 0.00 10173 Dessent topping, pressurized 4 1 topp 0.00 10173 Dessent topping, pressurized 1 1 Sprigs 0.9 101844 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18245 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18255 Doughnuts, veast-leavened, glazed, eniched (includes honey 13 1 hole 0.2 18255 Doughnuts, veast-leavened, glazed, eniched (includes honey 13 1 hole 0.2 18257 Edisin, custard-filted with chocotate glaze, prepared from recipe 100 4 eclair 0.0 01124 Egg, whole, cocked, fired 46 1 large 0.0 01125 Egg, whole, cocked, poached 50 1 large 0.0 01122 Egg, whole, raw, fresh 50 1 large 0.0 01123 Egg, whole, raw, fresh 50 1 large 0.0 01124	09087	Dates, deglet noor	41.5	5 dates	0.2
01073 Dessent topping, semi solid, frozen 4 1 tbsp 0.0 02045 Dill weed, fresh 1 5 prigs 0.0 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18255 Doughnuts, pasat-leavened, glazed, enriched (includes honey 60 1 medium 0.7 18255 Doughnuts, seast-leavened, glazed, enriched (includes honey 13 1 hole 0.2 18255 Doughnuts, usast-leavened, glazed, enriched (includes honey 13 1 hole 0.2 18257 Ediais, custard-filled with chooleate glaze, prepared from recipe 100 1 ediair 0.3 01128 Egg, whole, cooked, hard-boiled 50 1 large 0.0 01129 Egg, whole, cooked, parcholead 50 1 large 0.0 01123 Egg, whole, cooked, parcholead 58 1 extra large 0.0 01123 Egg, whole, raw, fresh 50 1 large 0.0 01124 Egg, whole, raw, fresh 50 1 large 0.0 01125	01071		4	1 tbsp	0.0
02045 Dill weed, fiesh 1 5 sprigs 0.9 18246 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18248 Doughnuts, vaast-leavened, glazed, enriched (includes honey 13 1 hole 0.2 18255 Doughnuts, vaast-leavened, glazed, enriched (includes honey 13 1 hole 0.2 18257 Eclairs, cutard-filled with chocolate glaze, prepared from recipe 100 1 celair 0.3 01128 Egg, whole, cooked, fired 46 1 large 0.0 01128 Egg, whole, cooked, fired 61 1 large 0.0 01128 Egg, whole, cooked, scrambled 61 1 large 0.0 01128 Egg, whole, raw, fresh 58 1 extra large 0.0 01128 Egg, whole, raw, fresh 56 1 large 0.0 01128 Egg, whole, raw, fresh 50 1 large 0.0 01126 Egg, whole, ra	01072	Dessert topping, pressurized	4	1 tbsp	0.0
Basels Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 47 1 medium 0.8 Basels Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 Basels Doughnuts, east-leavened, glazed, enriched (includes honey burs) 10 1 medium 0.7 Basels Doughnuts, yeast-leavened, glazed, enriched (includes honey burs) 13 1 hole 0.2 Basels Doughnuts, yeast-leavened, glazed, enriched (includes honey burs) 13 1 aclair 0.3 B122 Duck, domesticated, meat only, cooked, roasted 221 1 2 duck 0.0 B123 Egg, whole, cooked, fried 33.4 1 large 0.0 D1124 Egg, whole, cooked, pached 50 1 large 0.0 D1123 Egg, whole, cooked, pached 50 1 large 0.0 D1124 Egg, whole, cooked, pached 50 1 large 0.0 D125 Egg, whole, row, fresh 16.6 1 large 0.0 D125 Egg, plan, cooked, dinard, without salt 99 1 cup 3.3 </td <td>01073</td> <td>Dessert topping, semi solid, frozen</td> <td>4</td> <td>1 tbsp</td> <td>0.0</td>	01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 0.2 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey burs). 60 1 medium 0.7 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey burs). 13 1 hole 0.2 05142 Duck, domesicated, meat only, cocked, roasted 221 172 duck 0.0 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey burs). 13 1 large 0.0 05142 Egg, whole, cocked, fried 46 1 large 0.0 01128 Egg, whole, cocked, poached 50 1 large 0.0 01131 Egg, whole, cocked, poached 50 1 large 0.0 01123 Egg, whole, raw, fresh 56 1 large 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01124 Egg, whole, raw, fresh 16.6 1 large 0.0 01125 Egg, whole, raw, fresh 16.6 1 large 0.0 01267 Egg pog<	02045	Dill weed, fresh	1	5 sprigs	0.9
18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey burs) 60 1 medium 0.7 18265 Doughnuts, yeast-leavened, glazed, enriched (includes honey burs) 13 1 hole 0.2 18265 Doughnuts, yeast-leavened, glazed, enriched (includes honey burs) 13 1 hole 0.2 18267 Eclairs, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 0.3 18267 Eclairs, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 0.3 18267 Eclairs, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 0.3 1828 Egg, whole, cooked, fried 46 1 large 0.0 01128 Egg, whole, cooked, poached 50 1 large 0.0 01123 Egg, whole, raw, fresh 50 1 large 0.0 01124 Egg, whole, raw, fresh 50 1 cup 3.3 11210 Egglandi, raw, fresh 50 1 cup 3.3 11213 Endive, raw 50 1 cup 3.3	18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.6
bursh bursh bursh 128255 Doughnuts, yeast-leavened, glazed, encitched (includes honey 13 1 hole 0.2 05142 Duck, domesticated, meat only, cooked, roasted 221 1/2 duck 0.0 05142 Duck, domesticated, meat only, cooked, roasted 221 1/2 duck 0.0 01124 Egg, while, raw, fresh 33.4 1 large 0.0 01129 Egg, whole, cooked, hard-folied 50 1 large 0.0 01131 Egg, whole, cooked, hard-folied 50 1 large 0.0 01132 Egg, whole, cooked, nard-folied 61 1 large 0.0 01132 Egg, whole, raw, fresh 58 1 extra large 0.0 01132 Egg, whole, raw, fresh 16.6 1 large 0.0 01132 Egg, whole, raw, fresh 16.6 1 cup 3.3 11210 Eggplant, cooked, bolied, drained, without salt 99 1 cup 3.3 11210 Egglish muffins, plain, coasted, and fried 91 1 muffin 0.0	18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.2
buns) bund bund 05142 Duck, domesticated, meat only, cooked, roasted 221 1/2 duck 0.0 05142 Ediar, soutstard-filled with chocolate glaze, prepared from recipe 100 1 eclair 0.3 01124 Egg, whole, cooked, fried 46 1 large 0.0 01129 Egg, whole, cooked, hard-boiled 50 1 large 0.0 01131 Egg, whole, cooked, poached 50 1 large 0.0 01132 Egg, whole, raw, fresh 58 1 extra large 0.0 01123 Egg, whole, raw, fresh 50 1 large 0.0 01123 Egg, whole, raw, fresh 50 1 large 0.0 01125 Egg, whole, raw, fresh 16.6 1 large 0.0 01125 Egg, yolk, raw, fresh 16.6 1 large 0.0 01124 Eggnong 254 1 cup 3.3 11210 Egglolant, cooked, boiled, drained, with ca prop (includes 57 1 muffin 0.0 21027 Fast Foods, biscuit	18255		60	1 medium	0.7
B257 Eclairs, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 0.3 01124 Egg, while, cooked, fried 33.4 1 large 0.0 01128 Egg, whole, cooked, hard-boiled 50 1 large 0.0 01131 Egg, whole, cooked, hard-boiled 50 1 large 0.0 01132 Egg, whole, cooked, hard-boiled 61 1 large 0.0 01132 Egg, whole, cooked, hard-boiled 61 1 large 0.0 01132 Egg, whole, raw, fresh 58 1 extra large 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01124 Egg, polk, raw, fresh 16.6 1 large 0.0 01125 Egg, polk, raw, fresh 16.6 1 large 0.0 01124 Egg polk, coked, boiled, drained, without salt 99 1 cup 3.3 11210 Egg polk, coked, boiled, drained, witho ca prop (includes 57 1 muffin<	18255		13	1 hole	0.2
O1124 Egg, while, raw, fresh 33.4 1 large 0.0 01128 Egg, whole, cooked, fried 46 1 large 0.0 01129 Egg, whole, cooked, paached 50 1 large 0.0 01131 Egg, whole, cooked, scrambled 61 1 large 0.0 01132 Egg, whole, cooked, scrambled 61 1 large 0.0 01132 Egg, whole, raw, fresh 44 1 medium 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01125 Egg, volk, raw, fresh 16.6 1 large 0.0 01125 Egg, volk, raw, fresh 16.6 1 large 0.0 01057 Eggnog 254 1 cup 3.3 11210 Egglish muffins, plain, enriched, with calorum 50 1 cup 3.3 11213 Endive, raw 50 1 cup 3.3 12104 Egglish muffins, plain, enriched, with calorum 52 1 muffin 1.0 121047 Entrees, fish fillet, battere	05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.0
Dit128 Egg, whole, cooked, fried 46 1 large 0.0 01129 Egg, whole, cooked, hard-boiled 50 1 large 0.0 01131 Egg, whole, cooked, pard-boiled 50 1 large 0.0 01132 Egg, whole, cooked, pard-boiled 61 1 large 0.0 01132 Egg, whole, raw, fresh 58 1 extra large 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01125 Egg, yolk, raw, fresh 16.6 1 cup 3.3 11210 Egglant, cooked, boiled, drained, without salt 99 1 cup 3.3 11213 Endive, raw 50 1 cup 3.3 11213 Endive, raw 50 1 cup 3.3 11220 Egglant, cooked, boiled, drained, with calcium 52 1 muffin 0.0 21047 Entrees, fish linet, battered or breaded, and fried 91 1 fillet 0.0 21032 <td>18257</td> <td>Eclairs, custard-filled with chocolate glaze, prepared from recipe</td> <td>100</td> <td>1 eclair</td> <td>0.3</td>	18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.3
01129 Egg, whole, cooked, hard-boiled 50 1 large 0.0 01131 Egg, whole, cooked, poached 50 1 large 0.0 01132 Egg, whole, cooked, scrambled 61 1 large 0.0 01123 Egg, whole, raw, fresh 58 1 extra large 0.0 01123 Egg, whole, raw, fresh 44 1 medium 0.0 01123 Egg, whole, raw, fresh 16.6 1 large 0.0 01125 Egg, yolk, raw, fresh 16.6 1 large 0.0 01057 Eggnol 254 1 cup 3.3 11210 Egglalant, cooked, boiled, drained, without salt 99 1 cup 3.3 18258 Endigh muffins, plain, enriched, with ca prop (includes 57 1 muffin 1.0 20407 Entrees, fish flitle, battered or breaded, and fried 91 1 fillet 0.0 21047 Fast Foods, biscuit, with egg and sausage 180 1 biscuit 0.0 21047 Fast Foods, biscuit, with beans and beef 115.5 1 burrito	01124	Egg, white, raw, fresh	33.4	1 large	0.0
D1131Egg, whole, cooked, poached501 large0.001132Egg, whole, cooked, scrambled611 large0.001133Egg, whole, raw, fresh581 extra large0.001123Egg, whole, raw, fresh441 medium0.001123Egg, whole, raw, fresh501 large0.001125Egg, yolk, raw, fresh16.61 large0.001057Egg, out, raw, fresh16.61 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup3.311213Endive, raw501 cup3.311214Endish muffins, plain, enriched, with calcium521 muffin1.0sourdough)sourdough)571 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Foods, burito, with beans and beef115.51 burrito0.221061Fast foods, burito, with beans and beef115.51 burrito0.221082Fast foods, cheeseburger, double, regular patty, and bun, plain1661 sandwich1.721092Fast foods, cheeseburger, double, regular patty, with condiments1951 sandwich0.021093Fast foods, cheeseburger, single, large patty; with condiments1951 sandwich1.421094Fast foods, cheeseburger; single, regular patty; plain1551 sandwich1.421095Fast foods, cheeseburger; single, regular patty; p	01128	Egg, whole, cooked, fried	46	1 large	0.0
Egg, whole, cooked, scrambled611 large0.001123Egg, whole, raw, fresh581 extra large0.001123Egg, whole, raw, fresh441 medium0.001123Egg, whole, raw, fresh501 large0.001125Egg, yolk, raw, fresh16.61 large0.001125Egg, yolk, raw, fresh16.61 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup3.311213Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes571 muffin1.0sourdough)521 muffin0.921047Entrese, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular1061 slice1.021005Fast Foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021092Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021093Fast foods, cheeseburger, ingle, large patty, with condiments1551 sandwich0.021094Fast foods, cheeseburger, ingle, large patty, with condiments1551 sandwich0.021095Fast foods, cheeseburger, ingle, large patty, with condiments1551 sandwich0.021096Fast foods, cheeseburger, sin	01129	Egg, whole, cooked, hard-boiled	50	1 large	0.0
Egg, whole, raw, fresh581 extra large0.001123Egg, whole, raw, fresh441 medium0.001123Egg, whole, raw, fresh501 large0.001125Egg, yolk, raw, fresh16.61 large0.001057Eggop0g2541 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup3.311213Endive, raw501 cup3.311214English muffins, plain, enriched, with ca prop (includes571 muffin1.0sourdough)521 muffin0.912027English muffins, plain, toasted, enriched, with calcium521 muffin0.912032Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021061Fast Foods, biscuit, with egg and sausage1801 biscuit0.021063Fast foods, burrito, with beans and cheese931 burrito0.421094Fast foods, burrito, with beans and cheese931 burrito0.021093Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021094Fast foods, cheeseburger, double, regular patty, with condiments1951 sandwich0.021095Fast foods, cheeseburger, double, regular patty, with condiments1951 sandwich0.021094Fast foods, cheeseburger, double, regular patty, with condiments1951 sandwich0.021095Fast foods, cheesebur	01131	Egg, whole, cooked, poached	50	1 large	0.0
O1123Egg, whole, raw, fresh441 medium0.001123Egg, whole, raw, fresh501 large0.001125Egg, yolk, raw, fresh16.61 large0.001057Eggnog2541 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup1.311213Endive, raw501 cup3.311214Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes571 muffin1.0sourdough)521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021061Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021094Fast foods, cheeseburger, ingle, large patty; with condiments1951 sandwich1.421095Fast foods, cheeseburger; single, large patty; with condiments1951 sandwich1.421094Fast foods, cheeseburger; double, regular patty, with condiments1951 sandwich1.421095Fast foods, cheeseburg	01132	Egg, whole, cooked, scrambled	61	1 large	0.0
Egg, whole, raw, fresh501 large0.001125Egg, yolk, raw, fresh16.61 large0.001057Eggnog2541 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup1.311213Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes571 muffin0.9propionate (includes sourdough)521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021005Fast Food, Siscuit, with egg and sausage1801 biscuit0.021061Fast foods, bicrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021094Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021095Fast foods, cheeseburger, isingle, large patty; with condiments and bacon1951 sandwich0.021094Fast foods, cheeseburger, single, large patty; with condiments and vegetables1551 sandwich0.021095Fast foods, cheeseburger, single, large patty; with condiments and vegetables1551 sandwich0.021096	01123	Egg, whole, raw, fresh	58	1 extra large	0.0
H125Egg, yolk, raw, fresh16.61 large0.001057Eggnog2541 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup1.311213Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes571 muffin1.018259English muffins, plain, toasted, enriched, with calcium521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14* pizza, pepperoni topping, regular1061 slice1.02105Fast Foods, biscuit, with egg and sausage1801 biscuit0.021061Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger, double, regular patty, with1661 sandwich1.721094Fast foods, cheeseburger, double, regular patty, with1661 sandwich1.421095Fast foods, cheeseburger, single, large patty; with condiments1951 sandwich1.421094Fast foods, cheeseburger; single, large patty; with condiments2191 sandwich0.021095Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521096Fast foods, cheeseburger; single, large patty; with condiments1951 sandwich1	01123	Egg, whole, raw, fresh	44	1 medium	0.0
Eggnog2541 cup3.811210Eggplant, cooked, boiled, drained, without salt991 cup1.311213Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes sourdough)571 muffin1.018259English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021063Fast foods, burrito, with beans and beef115.51 burrito2.221064Fast foods, cheeseburger; double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1661 sandwich1.721094Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1551 sandwich0.021095Fast foods, cheeseburger; single, large patty; with condiments and vegetables1951 sandwich0.021097Fast foods, cheeseburger; single, large patty; with condiments and vegetables11 sandwich0.521098Fast foods, cheeseburger; single, large patty; with condiments and vegetables13 sandwich0.521099Fast foods, cheeseburger; single, regular patty, with c	01123	Egg, whole, raw, fresh	50	1 large	0.0
LinkEggplant, cooked, boiled, drained, without salt991 cup1.311213Endive, raw501 cup3.311213Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes571 muffin1.018259English muffins, plain, toasted, enriched, with calcium521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14* pizza, pepperoni topping, regular1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021061Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021094Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021095Fast foods, cheeseburger, double, regular patty, plain1551 sandwich0.021097Fast foods, cheeseburger, single, large patty; with condiments1951 sandwich0.021098Fast foods, cheeseburger; single, large patty; with condiments1131 sandwich0.521090Fast foods, cheeseburger; single, large patty; with condiments1131 sandwich0.521091Fast foods, cheeseburger; single, regular patty, plain10	01125	Egg, yolk, raw, fresh	16.6	1 large	0.0
Initial Endive, raw501 cup3.318258English muffins, plain, enriched, with ca prop (includes sourdough)571 muffin1.018259English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021043Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021061Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021092Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1551 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with and bacon1661 sandwich0.021094Fast foods, cheeseburger; single, large patty; with condiments and vegetables1951 sandwich1.421095Fast foods, cheeseburger; single, large patty; with condiments and vegetables1951 sandwich4.221090Fast foods, cheeseburger; single, large patty; with condiments and vegetables1131 sandwich0.021094Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1131 sandwich0.021095Fast foods, cheeseburger; single, regular patty, with condiments and ve	01057	Eggnog	254	1 cup	3.8
18258English muffins, plain, enriched, with ca prop (includes sourdough)571 muffin1.018259English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021061Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021092Fast foods, cheeseburger, double, regular patty, with condiments and vegetables1661 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1551 sandwich0.021094Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich0.021095Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich1.421090Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1131 sandwich0.521090Fast foods, cheeseburger; single, regular patty; with condiments and vegetables1131 sandwich0.521091Fast foods, cheeseburger; single, regular patty; with condiments and vegetables1131 sandwich0.5<	11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1.3
sourdough)18259English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)521 muffin0.921047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14° pizza, pepperoni topping, regular crust1061 slice1.021005Fast Food, Dizza Chain, 14° pizza, pepperoni topping, regular crust1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021061Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger, double, regular patty, with condiments and vegetables1661 sandwich0.021092Fast foods, cheeseburger; double, regular patty, plain1551 sandwich0.021093Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich0.021094Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich0.021090Fast foods, cheeseburger; single, large patty; with condiments and bacon1131 sandwich0.521090Fast foods, cheeseburger; single, regular patty, plain1021 sandwich0.021091Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.521092Fast foods, cheeseburger; single, regular patty; plain <td>11213</td> <td>Endive, raw</td> <td>50</td> <td>1 cup</td> <td>3.3</td>	11213	Endive, raw	50	1 cup	3.3
propionate (includes sourdough)21047Entrees, fish fillet, battered or breaded, and fried911 fillet0.021302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021063Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021094Fast foods, cheeseburger, double, regular patty, with1661 sandwich0.021095Fast foods, cheeseburger; double, regular patty, with1661 sandwich0.021096Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021097Fast foods, cheeseburger; single, large patty; with condiments and vegetables1951 sandwich1.421098Fast foods, cheeseburger; single, regular patty, with condiments and vegetables2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty; with condiments and vegetables1131 sandwich0.021097Fast foods, cheeseburger; single, regular patty; with condiments and vegetables1131 sandwich0.521098Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021099Fast foods, cheeseburger; single, regular patty; plain<	18258		57	1 muffin	1.0
21302Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust1061 slice1.021005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021063Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, burrito, with beans and cheese931 burrito0.421094Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1661 sandwich0.021092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021093Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich0.021094Fast foods, cheeseburger; single, large patty; with condiments and vegetables1951 sandwich0.021095Fast foods, cheeseburger; single, large patty; with condiments and vegetables1061 sandwich0.021096Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1131 sandwich0.021097Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1021 sandwich0.021098Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021089Fast foods, chicken fillet sandwich, plain1821 s	18259		52	1 muffin	0.9
crust21005Fast Foods, biscuit, with egg and sausage1801 biscuit0.021063Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, burrito, with beans and cheese931 burrito0.421094Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger; double, regular patty and bun, plain1661 sandwich0.021092Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1661 sandwich0.021092Fast foods, cheeseburger; single, large patty; plain1551 sandwich0.021097Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich1.421098Fast foods, cheeseburger; single, regular patty; with condiments and vegetables2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty; with condiments and vegetables1131 sandwich0.021093Fast foods, cheeseburger; single, regular patty; with condiments and vegetables2191 sandwich0.521090Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021091Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021092Fast foods, chicken fillet sandwich, plain1821 sandwich8.921093Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pie	21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.0
21063Fast foods, burrito, with beans and beef115.51 burrito2.221061Fast foods, burrito, with beans and cheese931 burrito0.421094Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with1661 sandwich1.721092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021093Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021094Fast foods, cheeseburger; single, large patty; with condiments1951 sandwich0.021095Fast foods, cheeseburger; single, large patty; with condiments1951 sandwich1.421098Fast foods, cheeseburger; single, large patty; with condiments2191 sandwich0.521090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521090Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21302		106	1 slice	1.0
21061Fast foods, burrito, with beans and cheese931 burrito0.421094Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1661 sandwich1.721092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021093Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021094Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich0.021095Fast foods, cheeseburger; single, large patty; with condiments and vegetables1951 sandwich1.421090Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1131 sandwich0.521090Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.0
21094Fast foods, cheeseburger, double, regular patty and bun, plain1601 sandwich0.021093Fast foods, cheeseburger; double, regular patty, with1661 sandwich1.721092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021097Fast foods, cheeseburger; single, large patty; with condiments1951 sandwich1.421098Fast foods, cheeseburger; single, large patty; with condiments2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521090Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021091Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	2.2
21093Fast foods, cheeseburger; double, regular patty, with condiments and vegetables1661 sandwich1.721092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021097Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich1.421098Fast foods, cheeseburger; single, large patty; with condiments and vegetables2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1131 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.4
condiments and vegetables21092Fast foods, cheeseburger; double, regular patty; plain1551 sandwich0.021097Fast foods, cheeseburger; single, large patty; with condiments and bacon1951 sandwich1.421098Fast foods, cheeseburger; single, large patty; with condiments and vegetables2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty, with condiments and vegetables1131 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	0.0
21097Fast foods, cheeseburger; single, large patty; with condiments1951 sandwich1.421098Fast foods, cheeseburger; single, large patty; with condiments2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21093		166	1 sandwich	1.7
and bacon21098Fast foods, cheeseburger; single, large patty; with condiments and vegetables2191 sandwich4.221090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.0
and vegetables21090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich0.521089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21097		195	1 sandwich	1.4
21089Fast foods, cheeseburger; single, regular patty; plain1021 sandwich0.021102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21098		219	1 sandwich	4.2
21102Fast foods, chicken fillet sandwich, plain1821 sandwich8.921229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.5
21229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces0.6	21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.0
	21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.9
21042Fast foods, chili con carne2531 cup1.5	21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.6
	21042	Fast foods, chili con carne	253	1 cup	1.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.7
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.0
21127	Fast foods, coleslaw	99	3/4 cup	14.5
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.2
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.6
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.6
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.0
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.5
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	2.7
21024	Fast foods, french toast sticks	141	5 sticks	0.0
21023	Fast foods, french toast with butter	135	2 slices	0.1
21077	Fast foods, frijoles with cheese	167	1 cup	1.5
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	1.1
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	1.1
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	2.6
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.3
21118	Fast foods, hotdog, plain	98	1 sandwich	0.1
21119	Fast foods, hotdog, with chili	114	1 sandwich	2.7
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.0
21129	Fast foods, hush puppies	78	5 pieces	0.0
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.2
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	1.2
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	3.5
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	7.9
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	6.3
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	4.0
21139	Fast foods, potato, mashed	80	1/3 cup	0.0
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	2.1
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	2.1
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	9.8
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	17.4
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.0
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	12.3
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	5.6
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	3.6
21033	Fast foods, sundae, hot fudge	158	1 sundae	2.4
21083	Fast foods, taco salad	198	1-1/2 cups	3.6
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	0.7
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	1.1
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	4.1
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.9
09094	Figs, dried, uncooked	38	2 figs	0.5
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.9
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.0
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.0
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.0
15067	Fish, pollock, Alaska, cooked, dry heat	60	1 fillet	0.0
15067	Fish, pollock, Alaska, cooked, dry heat	85	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.0
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.0
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.0
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	2.5
15128	Fish, tuna salad	205	1 cup	4.5
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.0
07023	Frankfurter, beef and pork	45	1 frank	0.0
07022	Frankfurter, beef, unheated	45	1 frank	0.0
07024	Frankfurter, chicken	45	1 frank	0.0
18268	French toast, frozen, ready-to-heat	59	1 slice	0.2
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.2
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	7.3
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.6
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.4
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.2
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.6
19294	Fruit butters, apple	17	1 tbsp	0.0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	4.7
)9097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.4
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	73.4
11215	Garlic, raw	3	1 clove	0.9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
14277	Grape drink, canned	250	8 fl oz	78.5
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	59.8
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	179.5
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.3
09404	Grapefruit juice, pink, raw	247	1 cup	93.9
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	67.3
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	72.1
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	83.2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	248.0
09128	Grapefruit juice, white, raw	247	1 cup	93.9
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	38.4
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	39.3
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	54.1
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	1.6
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	5.1
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.0
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.0
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.0
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.3
11961	Hearts of palm, canned	33	1 piece	2.6
19296	Honey	21	1 tbsp	0.1
02055	Horseradish, prepared	5	1 tsp	1.2
16158	Hummus, commercial	14	1 tbsp	0.0
19270	Ice creams, chocolate	66	1/2 cup	0.5
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.7
19095	Ice creams, vanilla	66	1/2 cup	0.4
19088	Ice creams, vanilla, light	66	1/2 cup	0.8
19089	Ice creams, vanilla, rich	74	1/2 cup	0.0
19297	Jams and preserves	20	1 tbsp	1.8
19300	Jellies	19	1 tbsp	0.2
11226	Jerusalem-artichokes, raw	150	1 cup	6.0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	53.3
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	32.8
09148	Kiwifruit, green, raw	76	1 medium	70.5
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	89.1
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
04002	Lard	12.8	1 tbsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	4.4
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.8
09153	Lemon juice, canned or bottled	244	1 cup	60.5
09152	Lemon juice, raw	47	juice of 1 lemon	18.2
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	9.7
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	237	8 fl oz	7.6
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	7.7
09150	Lemons, raw, without peel	58	1 lemon	30.7
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	6.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.3
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.4
11251	Lettuce, cos or romaine, raw	56	1 cup	2.2
11253	Lettuce, green leaf, raw	10	1 leaf	0.9
11253	Lettuce, green leaf, raw	56	1 cup	5.2
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	15.1
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.5
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.2
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.4
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	21.8
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	15.7
09160	Lime juice, raw	38	juice of 1 lime	11.4
22247	Macaroni and Cheese, canned entree	252	1 cup	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22970	Macaroni and cheese, frozen entree	283	1 package	0.0
20100	Macaroni, cooked, enriched	140	1 cup	0.0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	31.5
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	31.8
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	26.7
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	27.6
09176	Mangos, raw	165	1 cup	60.1
09176	Mangos, raw	207	1 mango	75.3
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.0
09181	Melons, cantaloupe, raw	160	1 cup	58.7
09181	Melons, cantaloupe, raw	69	1/8 melon	25.3
09184	Melons, honeydew, raw	160	1/8 melon	28.8
09184	Melons, honeydew, raw	170	1 cup	30.6
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.0
01111	Milk shakes, thick vanilla	313	11 fl oz	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.4
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.5
01095	Milk, canned, condensed, sweetened	306	1 cup	8.0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	3.1
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	4.8
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	2.3
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	2.3
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	1.3
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.5
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.0
16112	Miso	68.75	1 cup	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.0
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.2
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.0
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.1
18274	Muffins, blueberry, commercially prepared (Includes mini- muffins)	57	1 muffin	0.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.9
8279	Muffins, corn, commercially prepared	57	1 muffin	0.0
8280	Muffins, corn, dry mix, prepared	50	1 muffin	0.1
8283	Muffins, oat bran	57	1 muffin	0.0
8388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.0
1044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	14.1
1043	Mung beans, mature seeds, sprouted, raw	104	1 cup	13.7
1264	Mushrooms, canned, drained solids	156	1 cup	0.0
1269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.4
1268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.1
1261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	6.2
1260	Mushrooms, white, raw	70	1 cup	1.5
1271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	35.4
)2046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
8651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.0
9191	Nectarines, raw	136	1 nectarine	7.3
20113	Noodles, chinese, chow mein	45	1 cup	0.0
20110	Noodles, egg, cooked, enriched	160	1 cup	0.0
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.0
2061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
2078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.2
2585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.0
2586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.1
2167	Nuts, chestnuts, european, roasted	143	1 cup	37.2
2179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.7
2104	Nuts, coconut meat, raw	45	1 piece	1.5
2120	Nuts, hazelnuts or filberts	28.35	1 oz	1.8
2632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.2
2635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.1
2637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.1
2142	Nuts, pecans	28.35	1 oz (20 halves)	0.3
2147	Nuts, pine nuts, dried	8.6	1 tbsp	0.1
2147	Nuts, pine nuts, dried	28.35	1 oz	0.2
2652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.9
2155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.4
20034	Oat bran, cooked	219	1 cup	0.0
20033	Oat bran, raw	94	1 cup	0.0
)4582	Oil, canola	14	1 tbsp	0.0
)4518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
)4053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
)4042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
)4511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.0
4058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
)4034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.0
)4543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	26.1
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	17.7
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.8
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	10.9
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4.9
11284	Onions, dehydrated flakes	5	1 tbsp	3.8
11282	Onions, raw	14	1 slice	1.0
11282	Onions, raw	160	1 cup	11.8
11282	Onions, raw	110	1 whole	8.1
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2.8
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	18.8
09207	Orange juice, canned, unsweetened	249	1 cup	74.9
09209	Orange juice, chilled, includes from concentrate	249	1 cup	83.7
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	96.9
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	293.7
09206	Orange juice, raw	248	1 cup	124.0
09206	Orange juice, raw	86	juice from 1 orange	43.0
09200	Oranges, raw, all commercial varieties	180	1 cup	95.8
09200	Oranges, raw, all commercial varieties	131	1 orange	69.7
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.1
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.1
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.2
09226	Papayas, raw	304	1 papaya	185.1
09226	Papayas, raw	140	1 cup	85.3
11297	Parsley, fresh	10	10 sprigs	13.3
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	20.3
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	7.6
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	7.3
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	2.7
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	8.9
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3.5
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.9
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235.5
09236	Peaches, raw	98	1 peach	6.5
09236	Peaches, raw	170	1 cup	11.2
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.2
09340	Pears, asian, raw	275	1 pear	10.5
09340	Pears, asian, raw	122	1 pear	4.6
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	2.9
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.2

11301 Peas, adible-podded, bailed, drained, without salt 160 1 cup 7 11303 salt 100 1 cup 3 11304 Peas, agten (ncludes baby and lesuer types), canned, drained 170 1 cup 3 11313 Peas, green (ncludes baby and lesuer types), canned, drained 170 1 cup 1 11313 Pease, sigtin, mature seeds, cooked, boiled, drained, without salt 160 1 cup 100 11819 Pepers, hot chill, recen, raw 45 1 pepper 100 11830 Peppers, hot chill, red, raw 45 1 pepper 100 11333 Peppers, sweet, green, raw 100 1 ing 1133 11333 Peppers, sweet, green, raw 100 1 ing 1133 11333 Peppers, sweet, red, raw 119 1 pepper 25 11821 Peppers, sweet, red, raw 119 1 pepper 116 11821 Peppers, sweet, red, raw 119 1 pepper 116 11821 Peppers, sweet, red, raw 119 1 pepper 116 11821 Peppers, sweet, red, raw 119 1 pepper 116 11821 Peppers, sweet, red, raw 119 1 pepper 16 11823 </th <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
11301 Peas, edible-podded, boiled, drained, without salt 160 1 cup 7 11303 ast 1000 1 cup 3 11304 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 160 1 cup 3 11305 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 1 11317 Peas, split, matrix each, cooked, boiled, drained, without salt 160 1 cup 100 11307 Peppers, holt chill, green, raw 45 1 pepper 100 11338 Peppers, sout, green, raw 136 1 cup 101 11333 Peppers, sweet, green, raw 100 1 ring 1133 11333 Peppers, sweet, green, raw 119 1 pepper 2 11334 Peppers, sweet, red, raw 119 1 pepper 2 11335 Peppers, sweet, red, raw 119 1 pepper 15 11341 Peppers, sweet, red, raw 119 1 pepper 16 11344 Peppers, sweet, red, raw 119 1 pepper 16 11344 Peppers, sweet, red, raw 119 1 pepper 16 11345 Pickles, cucumber, dill or kosher dill 55 1 pickle 11346 <	09254	Pears, canned, juice pack, solids and liquids	248	1 cup	4.0
1303Peas adblended, frazen, cooked, boiled, drained, without1601 cup31308Peas, green, (nc)udes baby and lesuer types), canned, drained1701 cup11313Peas, green, frazen, cooked, boiled, drained, without salt1601 cup11313Peas, green, frazen, cooked, boiled, drained, without salt1601 cup11314Peas, split, mature seeds, cooked, boiled, drained, without salt1601 cup11315Peapers, hot chill, reen, raw451 peoper1013134Peppers, sweet, green, raw1491 cup1013133Peppers, sweet, green, raw1491 cup1013133Peppers, sweet, green, raw1191 pepper1213121Peppers, sweet, green, raw1191 pepper1213121Peppers, sweet, red, cocked, boiled, drained, without salt1361 cup1213121Peppers, sweet, red, raw1491 cup1213121Peppers, sweet, red, cocked, boiled, drained, without salt1361 cup1213121Peppers, sweet, red, cocked, boiled, drained, without salt1361 cup1213122Pie pers, sweet, red, cocked, boiled, draine	09252	Pears, raw	166	1 pear	7.1
salt 11308 Peaks, green (includes baby and leaver types), canned, drained 170 1 cup 11313 Peaks, green, ficuldes baby and leaver types), canned, drained 170 1 cup 1313 Peaks, green, ficzen, cooked, boiled, drained, without salt 196 1 cup 13606 Peaks, split, mature seeds, cooked, boiled, without salt 196 1 cup 13607 Peapers, hot chill, green, raw 45 1 peppers 1362 Peppers, jalapeno, canned, solids and liquids 26 1/4 cup 1313 Peppers, sweet, green, raw, 149 1 cup 1313 Peppers, sweet, green, raw 10 1 ring 1313 Peppers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 1313 Peppers, sweet, green, raw 10 1 ring 1318 Peppers, sweet, green, raw 10 1 ring 1318 Peppers, sweet, red, raw 149 1 cup 15 1421 Peppers, sweet, red, raw 149 1 cup 15 1421 Peppers, sweet, red, raw 149 1 pepper 15 1425 Pickles reliah, sweet 15 1426 Pickles reliah, sweet 15 1427 Pickles, cucumber, dill or koher dill 1438 Pie cust, standard-type, frozan (recipe, graham cracker, 239 1428 Pie cust, standard-type, frozan (recipe, graham cracker, 239 1429 Pie fillings, canned from recipe, saket 15 1420 Pie cust, standard-type, rozan (recipe, 155 1420 Pie cust, standard-type, rozan (recipe, 155 1420 Pie cust, standard-type, prepared from recipe 15 15 15 15 15 15 15 15 15 15 15 15 15	11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	76.6
11308 Peas, green, finduides baby and lesuer types), canned, drained 170 1 cup 1 11313 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 1 11313 Peas, green, finzen, cooked, boiled, drained, without salt 196 1 cup 1 11319 Peapers, bot chill, red, raw 45 1 peaper 10 11334 Peapers, sowet, green, raw 136 1 cup 10 11333 Peapers, sweet, green, raw 10 1 rigg 23 11333 Peapers, sweet, green, raw 10 1 rigg 23 11333 Peapers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 23 11333 Peapers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 23 11333 Peapers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 23 11421 Peapers, sweet, red, raw 119 1 peaper 23 11421 Peapers, sweet, red, raw 136 1 cup 23 11433 Peapers, sweet, red, raw 136 1 picup 23 <td< td=""><td>11303</td><td></td><td>160</td><td>1 cup</td><td>35.2</td></td<>	11303		160	1 cup	35.2
16086 Peas, split, mature seeds, cooked, boiled, without salt 196 1 cup 11870 Peppers, hot chill, green, raw 45 1 peppers 11819 Peppers, hot chill, red, raw 45 1 peppers 11814 Peppers, sweet, green, caw, and solids and liquids 26 1/4 cup 10 11333 Peppers, sweet, green, raw 149 1 cup 10 11333 Peppers, sweet, green, raw 149 1 cup 16 11333 Peppers, sweet, green, raw 119 1 peppers 19 11823 Peppers, sweet, green, raw 119 1 pepper 15 11821 Peppers, sweet, erd, raw 119 1 pepper 15 11821 Peppers, sweet, red, raw 119 1 pepper 15 11825 Pick raits, sweet 15 1 bpp 15 11836 Pic crust, cookis-type, prepared from recipe, graham cracker, aside 126 1 pic shell 15 11835 Pie crust, standard type, prepared from recipe, baked 180 1 pic shell 15 11836 Pie crust, standard type, prepared from recipe 17 1 p	11308	Peas, green (includes baby and lesuer types), canned, drained	170	1 cup	7.1
11670 Peppers, hot chill, green, raw 45 1 pepper 10 11819 Peppers, bot chill, red, raw 45 1 pepper 66 11832 Peppers, jalapeno, canned, solids and liquids 26 1/4 cup 10 11333 Peppers, sweet, green, cooked, boiled, drained, without salt 136 1 cup 10 11333 Peppers, sweet, green, raw 10 1 ring 23 11821 Peppers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 23 11821 Peppers, sweet, red, raw 149 1 cup 15 11821 Peppers, sweet, red, raw 119 1 pepper 15 11835 Pickles, cucumber, dill of kosher dill 65 1 pickle 11835 Pic crust, standard-type, frozen, ready-to-bake, enriched, baked 126 1 pie shell 11836 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 126 1 pie shell 11837 Piek filings, apple, canned 74 1/8 of 21-oz can 11836 Pie crust, standard-type, frozen, enady-to-bake, enriched, baked 126 1 pie shell 11331 Pieco	11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	15.8
11819 Peppers, hot chili, red, raw 45 1 pepper 66 11832 Peppers, allepeno, canned, solids and liquids 26 14 dup 10 11833 Peppers, sweet, green, raw 149 1 cup 11 11833 Peppers, sweet, green, raw 10 1 ring 23 11833 Peppers, sweet, green, raw 10 1 cup 23 11823 Peppers, sweet, red. cooked, boiled, drained, without salt 136 1 cup 23 11821 Peppers, sweet, red. cooked, boiled, drained, without salt 136 1 cup 23 11821 Peppers, sweet, red. cooked, boiled, drained, without salt 136 1 cup 16 11821 Peppers, sweet, red, raw 149 1 cup 16 11821 Peppers, sweet, red, raw 16 1 biss 11833 Pic crust, cookie-type, prepared from recipe, graham cracker, abit standard-type, prepared from recipe, shaed 16 1 pics 11834 Pic crust, standard-type, prepared from recipe, baked 160 1 pics 11835 Pic crust, standard-type, prepared	16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.8
11632 Pappers, jalapano, canned, solids and liquids 26 1/4 cup 11334 Pappers, sweet, green, raw 136 1 cup 10 11333 Pappers, sweet, green, raw 149 1 cup 11 11333 Pappers, sweet, green, raw 10 1 ring 25 11333 Pappers, sweet, red, raw 10 1 ring 26 11821 Pappers, sweet, red, raw 149 1 cup 12 11821 Pappers, sweet, red, raw 119 1 peppers 16 11821 Pappers, sweet, red, raw 119 1 pepper 15 11830 Pic crust, coatumber, dill or kosher dill 65 1 pickle 11831 Pappers, sweet, red, raw 126 1 pie shell 128 11832 Pie crust, standard-type, prepared from recipe, graham cracker, 239 1 pie shell 133 11833 Pie crust, standard-type, prepared from recipe, baked 180 1 pie shell 183 11831 Pie crust, standard-type, repared from recipe 17 1 piece 180 11832 Pie crust, standard-type, repared from recipe 117 1 pie	11670	Peppers, hot chili, green, raw	45	1 pepper	109.1
11334 Peppers, sweet, green, cooked, boiled, drained, without salt 136 1 cup 10 11333 Peppers, sweet, green, raw 10 1 ring 11 11333 Peppers, sweet, green, raw 10 1 ring 12 11333 Peppers, sweet, green, raw 10 1 ring 23 11821 Peppers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 15 11821 Peppers, sweet, red, raw 149 1 cup 15 11821 Peppers, sweet, red, raw 15 1 thsp 15 11833 Pie crust, standard-type, frepared from recipe, graham cracker, baked 23 1 pie shell 16 11835 Pie crust, standard-type, frepared from recipe, baked 180 1 pie shell 17 11836 Pie fillings, aple, canned 74 1/8 of 21-oz can 1830 11831 Pie court, standard-type, prepared from recipe 155 1 piece 11832 Pie fillings, aple, connercially prepared 117 1 piece 11830 Pie court, standard-type, frepared from recipe 130 1 piece 11831 Pie billings	11819	Peppers, hot chili, red, raw	45	1 pepper	64.7
11333Peppers, sweet, green, raw1491 cup1111333Peppers, sweet, green, raw101 ring11333Peppers, sweet, green, raw1191 peppers11333Peppers, sweet, red, cooked, boiled, drained, without salt1361 cup11321Peppers, sweet, red, raw1191 peppers11821Peppers, sweet, red, raw1191 peppers11821Peppers, sweet, red, raw1151 tbsp11824Peppers, sweet, red, raw1161 peppers11935Pickles, cucmber, dill or kosher dill651 pickle11830Dickes, cucmber, dill or kosher dill651 pickle11833Pie crust, standard-type, prepared from recipe, graham cracker,2391 pie shell11835Pie crust, standard-type, prepared from recipe, baked1801 pie shell11831Pie crust, standard-type, prepared from recipe, baked1801 pie shell11831Pie fillings, apple, canned741/8 of 21-oz can11830Pie, apple, prepared from recipe1551 piece118305Pie, bluebery, commercially prepared1171 piece118306Pie, bluebery, commercially prepared1171 piece118307Pie, chocry, commercially prepared1131 piece118308Pie, chocry, prepared from recipe1801 piece118309Pie, chocry, prepared from recipe1221 piece118306Pie, bluebery, commercially prepared1131 piece <td>11632</td> <td>Peppers, jalapeno, canned, solids and liquids</td> <td>26</td> <td>1/4 cup</td> <td>2.6</td>	11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	2.6
11333Peppers, sweet, green, raw101 ring11333Peppers, sweet, green, raw1191 pepper211823Peppers, sweet, red, cooked, boiled, drained, without salt1361 cup2311821Peppers, sweet, red, raw1491 cup1511824Peppers, sweet, red, raw1191 pepper1611825Pickle risk, sweet151 tbsp1611830Pic crust, cooked, boiled, drained, without salt1361 pic shell1611831Peppers, sweet, red, raw1191 pepper1811832Pic crust, standard-type, prepared from recipe, graham cracker, baked1261 pie shell1611833Pie crust, standard-type, prepared from recipe, baked1801 pie shell1611834Pie crust, standard-type, prepared from recipe, baked1801 pie shell1711831Pie crust, standard-type, prepared from recipe, baked1801 pie shell18119312Pie fillings, canned, enriched flour1171 piece18118301Pie, apple, prepared from recipe1551 piece18118302Pie, apple, prepared from recipe1471 piece18118303Pie, cherry, prepared from recipe1771 piece18118304Pie, cherry, prepared from recipe1171 piece18118305Pie, cherry, prepared from recipe1271 piece18118310Pie, cherry, prepared from recipe127 <td< td=""><td>11334</td><td>Peppers, sweet, green, cooked, boiled, drained, without salt</td><td>136</td><td>1 cup</td><td>101.2</td></td<>	11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	101.2
Hardware1191 pepper511823Peppers, sweet, red, cooked, boiled, drained, without salt1361 cup2311821Peppers, sweet, red, raw1491 cup1511821Peppers, sweet, red, raw1191 pepper1511821Peppers, sweet, red, raw1191 pepper1511821Peppers, sweet, red, raw1191 pepper1511837Pickle relish, sweet151 tbsp1511937Pickles, couumber, dill or kosher dill651 pickle1511833Pie crust, cookie-type, prepared from recipe, graham cracker, baked1261 pie shell1618335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell1618336Pie crust, standard-type, prepared from recipe, baked1801 pie shell1719312Pie fillings, canned741/8 of 21-oz can1830119314Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18303Pie, cherry, prepared from recipe1471 piece18304Pie, cherry, prepared from recipe1801 piece18305Pie, blueberry, commercially prepared1171 piece18306Pie, cherry, prepared from recipe1271 piece18307Pie, cherny, prepared from recipe1271 piece18318Pie, coconut custard, commercially prepared113	11333	Peppers, sweet, green, raw	149	1 cup	119.8
H1823Peppers, sweet, red, cooked, boiled, drained, without salt1361 cup2311821Peppers, sweet, red, raw1491 cup1511821Peppers, sweet, red, raw1191 pepper1511824Peppers, sweet, red, raw1191 pepper1511825Pickle relish, sweet151 tbsp1511937Pickles, cucumber, dill or kosher dill651 pickle11830Pie crust, cokie-type, prepared from recipe, graham cracker, baked2391 pie shell118336Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell118336Pie crust, standard-type, prepared from recipe, baked1801 pie shell118312Pie fillings, canned, cherry741/8 of 21-oz can118302Pie, apple, commercially prepared, enriched flour1171 piece118303Pie, cherry, commercially prepared1171 piece118304Pie, blueberry, commercially prepared1171 piece118305Pie, blueberry, prepared from recipe1471 piece118306Pie, cherry, commercially prepared1131 piece118309Pie, cherry, commercially prepared1131 piece118310Pie, cocout ut cutard, commercially prepared1131 piece118310Pie, fied pies, fruit1281 pie118311Pie, fied pies, fruit1281 pie118321Pie, lemon meringue, commercially prepared1131 piece <td< td=""><td>11333</td><td>Peppers, sweet, green, raw</td><td>10</td><td>1 ring</td><td>8.0</td></td<>	11333	Peppers, sweet, green, raw	10	1 ring	8.0
11821Peppers, sweet, red, raw1491 cup1511821Peppers, sweet, red, raw1191 pepper1511845Pickles, cucumber, dill or kosher dill651 tickle1830Pie crust, cockie-type, prepared from recipe, graham cracker, baked2391 pie shell18335Pie crust, cockie-type, prepared from recipe, baked1261 pie shell18336Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell18337Pie crust, standard-type, prepared from recipe, baked1801 pie shell19312Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18303Pie, cherry, commercially prepared1171 piece18306Pie, blueberry, prepared from recipe1801 piece18308Pie, cherry, prepared from recipe1801 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, coconut custard, commercially prepared1131 piece18321Pie, fried pies, fruit1281 piece18322Pie, lemon meringue, prepared from recipe1271 piece18310Pie, coconut custard, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18322Pie, lemon meringue, prepared from recipe1221 piece <td>11333</td> <td>Peppers, sweet, green, raw</td> <td>119</td> <td>1 pepper</td> <td>95.7</td>	11333	Peppers, sweet, green, raw	119	1 pepper	95.7
11821Peppers, sweet, red, raw1191 pepper1511945Pickle relish, sweet151 tbsp11937Pickles, cucumber, dill or kosher dill651 pickle18330Pie crust, cookie-type, prepared from recipe, graham cracker, baked2391 pie shell18335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell19312Pie fillings, canned741/8 of 21-oz can19314Pie fillings, canned, cherry741/8 of 21-oz can18305Pie, apple, commercially prepared, enriched flour1171 piece18306Pie, blueberry, commercially prepared1171 piece18308Pie, blueberry, commercially prepared1171 piece18309Pie, cherry, commercially prepared1171 piece18309Pie, cherry, commercially prepared1131 piece18309Pie, cherry, commercially prepared1131 piece18310Pie, coconut custard, commercially prepared1131 piece18321Pie, lemon meringue, commercially prepared1131 piece18322Pie, lemon meringue, prepared from recipe1271 piece18324Pie, lemon meringue, prepared from recipe1221 piece18325Pie, pecan, commercially prepared1131 piece18326Pie, puont meringue, prepared from recipe1221 piece18321 <t< td=""><td>11823</td><td>Peppers, sweet, red, cooked, boiled, drained, without salt</td><td>136</td><td>1 cup</td><td>232.6</td></t<>	11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	232.6
11445Pickle relish, sweet151 thsp11937Pickle s, cucumber, dill or kosher dill651 pickle18330Pie crust, cookie-type, prepared from recipe, graham cracker, baked2391 pie shell18335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell19314Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, commercially prepared1171 piece18303Pie, cherry, commercially prepared1171 piece18304Pie, cherry, prepared from recipe1471 piece18305Pie, blueberry, prepared from recipe1101 piece18306Pie, blueberry, prepared from recipe1131 piece18307Pie, cherry, commercially prepared1131 piece18308Pie, cherry, commercially prepared1131 piece18319Pie, cherry, commercially prepared1131 piece18320Pie, coconut custard, commercially prepared1131 piece18321Pie, lemon meringue, commercially prepared1131 piece18322Pie, lemon meringue, commercially prepared1131 piece18323Pie, pecan, commercially prepared1131 piece<	11821	Peppers, sweet, red, raw	149	1 cup	190.3
11937Pickles, cucumber, dill or kosher dill651 pickle18330Pie crust, cookie-type, prepared from recipe, graham cracker, baked2391 pie shell18335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell18312Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, commercially prepared1551 piece18305Pie, blueberry, commercially prepared1471 piece18306Pie, cherry, commercially prepared1171 piece18307Pie, chocolate creme, commercially prepared1131 piece18310Pie, chocolate creme, commercially prepared1041 piece18310Pie, chocolate creme, commercially prepared1131 piece18321Pie, fried pies, cherry1281 pie18322Pie, lemon meringue, prepared from recipe1271 piece18323Pie, pean, prepared from recipe1221 piece18324Pie, pean, prepared from recipe1221 piece18325Pie, pean, commercially prepared1131 piece18326Pie, pumpkin, commercially prepared113 <td>11821</td> <td>Peppers, sweet, red, raw</td> <td>119</td> <td>1 pepper</td> <td>152.0</td>	11821	Peppers, sweet, red, raw	119	1 pepper	152.0
H8330Pie crust, cookie-type, prepared from recipe, graham cracker, baked2391 pie shell18335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell19312Pie fillings, apple, canned741/8 of 21-oz can19314Pie fillings, canned, cherry741/8 of 21-oz can18305Pie, apple, commercially prepared, enriched flour1171 piece18305Pie, blueberry, commercially prepared1171 piece18306Pie, blueberry, commercially prepared1171 piece18308Pie, cherry, commercially prepared1171 piece18309Pie, cherry, commercially prepared1131 piece18310Pie, chocolate creme, commercially prepared1041 piece18310Pie, coconut custard, commercially prepared1131 piece18320Pie, fried pies, fruit1281 pie18321Pie, lemon meringue, commercially prepared1131 piece18322Pie, pecan, commercially prepared1131 piece18323Pie, lemon meringue, commercially prepared1131 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pumpkin, commercially prepared1131 piece18326Pie, pumpkin, commercially prepared1091 piece18326Pie, pecan, commercially prepared1131 piece18327 <td>11945</td> <td>Pickle relish, sweet</td> <td>15</td> <td>1 tbsp</td> <td>0.2</td>	11945	Pickle relish, sweet	15	1 tbsp	0.2
bakedbaked18335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell18336Pie fillings, apple, canned741/8 of 21-oz can19314Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18303Pie, blueberry, commercially prepared1171 piece18304Pie, cherry, commercially prepared1171 piece18305Pie, blueberry, prepared from recipe1471 piece18306Pie, cherry, prepared from recipe1801 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1131 piece18316Pie, coconut custard, commercially prepared1041 piece18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, prepared from recipe1271 piece18321Pie, lemon meringue, prepared from recipe1221 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, ormercially prepared1091 piece18328Pie, pumpkin, prepared from recipe1551 piece18329Pie, p	11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.5
H8336Pie crust, standard-type, prepared from recipe, baked1801 pie shell19312Pie fillings, apple, canned741/8 of 21-oz can19314Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18305Pie, blueberry, commercially prepared1171 piece18306Pie, cherry, commercially prepared1171 piece18307Pie, cherry, commercially prepared1171 piece18308Pie, cherry, commercially prepared1131 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1041 piece18316Pie, coconut custard, commercially prepared1041 piece18317Pie, fried pies, cherry1281 piece18328Pie, lemon meringue, prepared from recipe1271 piece18329Pie, pecan, commercially prepared1131 piece18324Pie, pecan, commercially prepared1091 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pecan, prepared from recipe1551 piece18327Pie, pumpkin, commercially prepared1091 piece18328Pie, pumpkin, commercially prepared121 tbsp118339Pineapple and grangefruit juice drink, canned2508 fl oz <td>18330</td> <td></td> <td>239</td> <td>1 pie shell</td> <td>0.0</td>	18330		239	1 pie shell	0.0
Pie fillings, apple, canned741/8 of 21-oz can19312Pie fillings, canned, cherry741/8 of 21-oz can19314Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18305Pie, blueberry, commercially prepared1171 piece18306Pie, blueberry, prepared from recipe1471 piece18307Pie, cherry, prepared from recipe1801 piece18308Pie, cherry, prepared from recipe1801 piece18309Pie, cherry, prepared from recipe1041 piece18310Pie, coconat custard, commercially prepared1041 piece18311Pie, fried pies, cherry1281 pie18322Pie, lemon meringue, commercially prepared1131 piece18323Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, commercially prepared1091 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece18328Pie, pumpkin, prepared from recipe1551 piece18329Pie, pumpkin, prepared from recipe1551 piece18326Pie, pumpkin, prepared from recipe1551 piece18327Pie, pumpkin, prepared fro	18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.0
Big 144Pie fillings, canned, cherry741/8 of 21-oz can18301Pie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18305Pie, blueberry, commercially prepared1171 piece18306Pie, blueberry, prepared from recipe1471 piece18307Pie, cherry, commercially prepared1171 piece18308Pie, cherry, prepared from recipe1801 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1041 piece18316Pie, coconut custard, commercially prepared1041 piece18319Pie, fried pies, cherry1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18322Pie, pecan, commercially prepared1131 piece18323Pie, pecan, prepared from recipe1221 piece18324Pie, pecan, prepared from recipe1221 piece18325Pie, pecan, prepared from recipe1551 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, commercially prepared121 thsp114334Pineapple and grapefruit juice drink, canned2508 fl oz114341Pineapple and orange juice drink, canned2508 fl oz	18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.0
BasolPie, apple, commercially prepared, enriched flour1171 piece18302Pie, apple, prepared from recipe1551 piece18305Pie, blueberry, commercially prepared1171 piece18306Pie, blueberry, prepared from recipe1471 piece18307Pie, cherry, commercially prepared1171 piece18308Pie, cherry, ommercially prepared1131 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1041 piece18316Pie, coconut custard, commercially prepared1041 piece18320Pie, fried pies, cherry1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18325Pie, pecan, commercially prepared1131 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, commercially prepared1091 piece18328Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece18328Pie, pumpkin, prepared from recipe1551 piece18329Pie, pumpkin, canned121 bisp118334Pineapple and grapefruit juice drink, canned2508 fl oz118334Pineapple and orange juice drink, canned2508 fl oz5<	19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	1.3
Bis apple, prepared from recipe1551 piece18302Pie, blueberry, commercially prepared1171 piece18305Pie, blueberry, prepared from recipe1471 piece18308Pie, cherry, commercially prepared1171 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1131 piece18311Pie, coconut custard, commercially prepared1041 piece18312Pie, fried pies, cherry1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece18328Pie, pumpkin, prepared from recipe1221 piece18329Pie, pumpkin, prepared from recipe1551 piece18326Pie, pumpkin, prepared from recipe1551 piece18327Pie, pumpkin, prepared from recipe1551 piece18328Pie, pumpkin, prepared from recipe1551 piece18329Pie and grapefruit juice drink, canned2508 fl oz1114334Pineapple and orange juice drink, canned2508 fl oz5009273P	19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	2.7
Number of the blueberry, commercially prepared1171 piece18305Pie, blueberry, prepared from recipe1471 piece18308Pie, cherry, commercially prepared1171 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, cherry, prepared from recipe1131 piece18311Pie, chocolate creme, commercially prepared1131 piece18312Pie, coconut custard, commercially prepared1041 piece18444Pie, fried pies, cherry1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, commercially prepared1091 piece18326Pie, pecan, commercially prepared1091 piece18327Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp1114334Pineapple and grapefruit juice drink, canned2508 fl oz508273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	3.7
BasePie, blueberry, prepared from recipe1471 piece18308Pie, cherry, commercially prepared1171 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1131 piece18316Pie, coconut custard, commercially prepared1041 piece18444Pie, fried pies, cherry1281 pie18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18322Pie, pecan, commercially prepared1131 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, repared from recipe1551 piece19434Pimento, canned121 tbsp111434Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18302	Pie, apple, prepared from recipe	155	1 piece	2.6
BasePie, cherry, commercially prepared1171 piece18309Pie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1131 piece18316Pie, coconut custard, commercially prepared1041 piece18444Pie, fried pies, cherry1281 pie18320Pie, fried pies, fruit1281 pie18321Pie, lemon meringue, commercially prepared1131 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, commercially prepared1131 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, commercially prepared1091 piece18328Pie, pumpkin, commercially prepared1221 piece18329Pie, pumpkin, prepared from recipe1551 piece18329Pie, pumpkin, commercially prepared1091 piece18320Pie, pumpkin, commercially prepared1091 piece18321Pie, pumpkin, prepared from recipe1551 piece18325Pie, pumpkin, prepared from recipe1551 piece18326Pie, pumpkin, prepared from recipe1551 piece1943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18305	Pie, blueberry, commercially prepared	117	1 piece	3.2
NamePie, cherry, prepared from recipe1801 piece18310Pie, chocolate creme, commercially prepared1131 piece18316Pie, coconut custard, commercially prepared1041 piece18444Pie, fried pies, cherry1281 pie18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, commercially prepared1131 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, commercially prepared1091 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece18328Pie, pumpkin, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18306	Pie, blueberry, prepared from recipe	147	1 piece	1.0
18310Pie, chocolate creme, commercially prepared1131 piece18316Pie, coconut custard, commercially prepared1041 piece18444Pie, fried pies, cherry1281 pie18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18325Pie, pecan, commercially prepared1131 piece18326Pie, pecan, prepared from recipe1221 piece18327Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2501 cup209273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18308	Pie, cherry, commercially prepared	117	1 piece	1.1
18316Pie, coconut custard, commercially prepared1041 piece18444Pie, fried pies, cherry1281 pie18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned, without added ascorbic2501 cup209273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18309	Pie, cherry, prepared from recipe	180	1 piece	1.8
18444Pie, fried pies, cherry1281 pie18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz114341Pineapple and orange juice drink, canned2501 cup209273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.0
18319Pie, fried pies, fruit1281 pie18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2501 cup209273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18316	Pie, coconut custard, commercially prepared	104	1 piece	0.6
18320Pie, lemon meringue, commercially prepared1131 piece18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece18327Pie, pumpkin, prepared from recipe1221 thsp11943Pimento, canned121 thsp114334Pineapple and grapefruit juice drink, canned2508 fl oz109273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18444	Pie, fried pies, cherry	128	1 pie	1.7
18321Pie, lemon meringue, prepared from recipe1271 piece18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece18327Pie, pumpkin, prepared from recipe1551 piece18328Pinento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2501 cup209273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18319	Pie, fried pies, fruit	128	1 pie	1.7
18324Pie, pecan, commercially prepared1131 piece18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.6
18325Pie, pecan, prepared from recipe1221 piece18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.2
18326Pie, pumpkin, commercially prepared1091 piece18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18324	Pie, pecan, commercially prepared	113	1 piece	0.0
18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18325	Pie, pecan, prepared from recipe	122	1 piece	0.2
18327Pie, pumpkin, prepared from recipe1551 piece11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2	18326	Pie, pumpkin, commercially prepared	109	1 piece	0.0
11943Pimento, canned121 tbsp114334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2			155	•	2.6
14334Pineapple and grapefruit juice drink, canned2508 fl oz1114341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2					10.2
14341Pineapple and orange juice drink, canned2508 fl oz509273Pineapple juice, canned, unsweetened, without added ascorbic2501 cup2acid2501 cup2					115.0
09273 Pineapple juice, canned, unsweetened, without added ascorbic 250 1 cup 2 acid					56.3
		Pineapple juice, canned, unsweetened, without added ascorbic			25.0
	09270		254	1 cup	18.8

NDB_I	No Description	Weight (g)	Common Measure	Content per Measure
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	3.6
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	23.7
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	4.5
09266	Pineapple, raw, all varieties	155	1 cup	74.1
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.8
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	2.7
09278	Plantains, cooked	154	1 cup	16.8
09277	Plantains, raw	179	1 medium	32.9
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	1.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.2
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	7.1
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1.3
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.2
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.3
09279	Plums, raw	66	1 plum	6.3
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.0
07064	Pork sausage, fresh, cooked	27	1 patty	0.2
07064	Pork sausage, fresh, cooked	26	2 links	0.2
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.3
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.3
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
10047 10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, center rib (roasts), bone-in, separable lean	85	3 oz 3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat,	85	3 oz	0.0
10200	cooked, braised Pork, fresh, shoulder, arm picnic, separable lean and fat,	85	3 oz	0.0
10078	cooked, braised Pork, fresh, shoulder, arm picnic, separable lean only, cooked,	85	3 oz	0.0
10089	braised Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
11672	Potato pancakes	76	1 pancake	21.0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	5.0
11414	Potato salad, home-prepared	250	1 cup	25.0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	19.4
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	7.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	24.3
11363	Potatoes, baked, flesh, without salt	156	1 potato	20.0
11364	Potatoes, baked, skin, without salt	58	1 skin	7.8
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	17.7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	11.5
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	10.0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	6.7
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.8
11370	Potatoes, hashed brown, home-prepared	156	1 cup	20.3
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	20.4
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	13.0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	22.1
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	8.1
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	26.0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
09294	Prune juice, canned	256	1 cup	10.5
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.2
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.1
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.3
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.3
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.2
11424	Pumpkin, canned, without salt	245	1 cup	10.3
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	11.5
11429	Radishes, raw	4.5	1 radish	0.7
09298	Raisins, seedless	14	1 packet	0.3
09298	Raisins, seedless	145	1 cup	3.3
09306	Raspberries, frozen, red, sweetened	250	1 cup	41.3
09302	Raspberries, raw	123	1 cup	32.2
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	15.1
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	7.9
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.0
20037	Rice, brown, long-grain, cooked	195	1 cup	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.1
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.6
18353	Rolls, hard (includes kaiser)	57	1 roll	0.0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	32.0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.6
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.8
04133	Salad dressing, french, home recipe	14	1 tbsp	0.1
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.1
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
04021	Salad dressing, italian dressing, commercial, reduced fat	15	1 tbsp	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.1
04025	Salad dressing, mayonnaise, regular	13.8	1 tbsp	0.0
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.9
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.0
07069	Salami, cooked, beef and pork	56.7	2 slices	0.0
07072	Salami, dry or hard, pork, beef	20	2 slices	0.0
02047	Salt, table	6	1 tsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.0
06150	Sauce, barbecue	15.75	1 tbsp	0.1
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.3
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.1
06166	Sauce, homemade, white, medium	250	1 cup	2.0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	3.5
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.3
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	34.7
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.0
11445	Seaweed, kelp, raw	10	2 tbsp	0.3
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.1
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.5
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.4
14346	Shake, fast food, chocolate	333	16 fl oz	1.3
14347	Shake, fast food, vanilla	333	16 fl oz	0.0
11677	Shallots, raw	10	1 tbsp	0.8
19097	Sherbet, orange	74	1/2 cup	1.7
04031	Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)	12.8	1 tbsp	0.0
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	2.3
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.0
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.5
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.0
19013	Snacks, fruit leather, pieces	28.35	1 oz	15.9
19014	Snacks, fruit leather, rolls	21	1 large	25.2
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.3

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.2
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.0
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.0
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	2.9
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.1
19034	Snacks, popcorn, air-popped	8	1 cup	0.0
19036	Snacks, popcorn, cakes	10	1 cake	0.0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.0
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.0
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.1
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.0
19041	Snacks, pork skins, plain	28.35	1 oz	0.1
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.6
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	3.4
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.7
19411	Snacks, potato chips, plain, salted	28.35	1 oz	5.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	8.8
19422	Snacks, potato chips, reduced fat	28.35	1 oz	7.3
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	10.6
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.0
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.0
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.1
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.0
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.9
19061	Snacks, trail mix, tropical	140	1 cup	10.6
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	4.4
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	1.5
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	1.0
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.5
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.0
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.0
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	5.5
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.2
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	1.0
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	6.0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	3.9
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	5.2
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	1.2

Bells Sug. ceam of chicken, canned, prepared with equal volume 244 1 cup 0.2 08243 Sup., cream of mushroom, canned, prepared with equal 248 1 cup 0.2 08043 Sup., cream of mushroom, canned, prepared with equal 244 1 cup 0.2 08043 Sup., cream of mushroom, canned, prepared with equal 244 1 cup 1.2 08044 Sup., minestrome, canned, repared with equal volume water 241 1 cup 1.3 08045 Soup, onion, dry, mix 39 1 packet 1.3 08049 Soup, onion, dry, mix 243 1 cup 1.5 0817 Soup, onion, dry, mix 246 1 cup 1.5 0817 Soup, part, green, canned, prepared with equal volume water 250 1 cup 1.5 081649 Soup, stock, fish, home-prepared 1 cup 1.4 cup 1.6 08599 Soup, vegetatale teel, canned, prepared with equal volume 244 1 cup 1.4 08677 Soup, vegetatale teel, canned, repared with equal volume 244 1 cup 3.0 </th <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
Sour, cream of muchroom, canned, prepared with equal2481 cup0.206443Sour, cream of muchroom, canned, prepared with equal2441 cup0.006440Sour, minestrone, canned, repared with equal volume water2411 cup1.306440Sour, minestrone, canned, repared with equal volume water2411 cup0.206441Sour, minestrone, canned, repared with equal volume water2411 cup0.206445Sour, pres, green, canned, prepared with equal volume water2461 cup0.206559Sour, tomato, canned, prepared with equal volume water2411 cup0.206569Sour, tomato, canned, prepared with equal volume water2441 cup2.406679Sour, tomato, canned, prepared with equal volume water2411 cup2.406689Sour, tomato, canned, prepared with equal volume water2411 cup2.406471Sour, vegetable beaf, canned, prepared with equal volume2411 cup2.40648Sour, vegetable beaf, canned, prepared with equal2411 cup0.00158Sour dressing, non-buterlat, cultured, filed cream-type121 tbsp0.00168Sour dressing, non-buterlat, cultured, filed cream-type121 cup0.002101Spatenti, with wats acue, frezar entree231 package15.002112Spatenti, conde, drained, without sait1721 cup0.0021213Spatenti, conde, drained, without sait1401 cup <td>06416</td> <td></td> <td>244</td> <td>1 cup</td> <td>0.2</td>	06416		244	1 cup	0.2
B6843Soup, cream of multinom, canned, prepared with equal volume water2441 cup0.006440Soup, minestrone, canned, reported with equal volume water2411 cup1.206477Soup, minestrone, canned, reported with equal volume water2461 cup0.206484Soup, pan, green, canned, prepared with equal volume water2501 cup0.206595Soup, stock, fish, home-prepared with equal volume water2461 cup0.206595Soup, totaki, canned, prepared with equal volume water2411 cup0.206595Soup, totaki, canned, prepared with equal volume water2441 cup0.406671Soup, vogetable, canned, prepared with equal volume water2441 cup0.406676Soup, vogetable, canned, prepared with equal volume water2441 cup0.406676Soup, vogetable, canned, prepared with equal volume water2441 cup0.406676Soup, vogetable, canned, prepared with equal volume2441 cup0.406676Soup, vogetable, canned, integrater121 tbsp0.001686Sour dressing, non-butterist, utured, filled cream-type121 tbsp0.001695Souphenis, mature coked, bolied, drained, without salt1801 cup0.0021612Sopghetti, otoket and vanilia, unfortified2451 cup0.0021612Sopghetti, otoket and vanilia, unfortified2461 cup0.0021613Sopghetti, otoket and vanilia, unfortifi	06243	Soup, cream of mushroom, canned, prepared with equal	248	1 cup	0.2
B6177Soup, minestrone, canned, reduced sodium, ready-to-serve2411 cup13.760694Soup, noino, dry, mix391 packet1.3606945Soup, noino, dry, mix2461 cup0.260494Soup, stock, fish, home-prepared with equal volume water2501 cup1.560639Soup, tomato, canned, prepared with equal volume low fat (2%)2481 cup15.660589Soup, tomato, canned, prepared with equal volume water2441 cup1.460648Soup, vegetable beef, canned, prepared with equal volume2441 cup1.460648Soup, vegetable beef, canned, prepared with equal volume2411 cup1.460648Soup, vegetable beef, canned, prepared with equal volume2411 cup1.460648Soup, vegetable, canned, prepared with equal volume2411 cup0.0116123Soy sauce made from soy and wheat (shoyu)161 tbsp0.011451Soybeans, mature cooked, boiled, drained, without salt1721 cup0.022001Spaghetti, whole-wheat, cooked1401 cup0.022101Spaghetti, whole-wheat, cooked2.61 tsp0.020202Spices, chill powder2.61 tsp0.020203Spices, chill powder2.11 tsp0.020204Spices, chill powder2.11 tsp0.020205Spices, chill powder2.11 tsp0.020206Spices, chill powder <t< td=""><td>06443</td><td></td><td>244</td><td>1 cup</td><td>0.0</td></t<>	06443		244	1 cup	0.0
Boop Sop, onion, dry, mix present with water 246 1 up 0.2 06449 Soup, pad, green, canned, prepared with equal volume water 250 1 cup 1.5 06174 Soup, stock, fish, home-prepared 233 1 cup 1.5 06174 Soup, tomato, canned, prepared with equal volume water 250 1 cup 1.5 06559 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 2.4 06471 Soup, vegetable, canned, prepared with equal volume 244 1 cup 1.4 06488 Soup, vegetable, canned, prepared with equal volume 244 1 cup 1.4 01658 Sour dressing, non-butterfar, cultured, filled cream-type 12 1 tbsp 0.0 11451 Soybeans, green, cocked, boiled, without salt 177 1 cup 2.9 02215 Spaghetti, with meat sauce, frozen entree 283 1 package 15.3 16109 Soymik, original and vanita, unfortified 245 1 cup 0.0 02215 Spaghetti, with meat sauce, frozen entree 2.83 1	06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	1.2
b86494 Sop, onion, dy, mix, prepared with equal volume water 246 1 cup 0.2 06449 Soup, pag, green, canned, prepared with equal volume water 250 1 cup 1.5 06539 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 15.6 06547 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 1.4 06471 Soup, vegetable beef, canned, prepared with equal volume water, 244 1 cup 2.4 06471 Soup, vegetable beef, canned, prepared with equal volume water, 244 1 cup 2.4 valume water 0.1 1 cup 1.4 volume water 0.0 01605 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 fbsp 0.0 11451 Soybeans, mattre cooled, boiled, without salt 180 1 cup 2.9 16120 Soymik, original and vanila, unfortified 245 1 cup 0.0 2121 Spagheti, whole-wheat, cooked 140 1 cup 0.0 20202 Spices, chinamond, ground 2.3 1	06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	13.7
Sop. pea, green, canned, prepared with equal volume water 250 1 cup 1.5 08449 Sop, pack, fish, home-prepared 233 1 cup 0.2 08589 Soup, tomato, canned, prepared with equal volume low fat (2%) 248 1 cup 15.6 08689 Soup, tomato, canned, prepared with equal volume water, 244 1 cup 2.4 086471 Soup, vogetalant wegetable, canned, prepared with equal volume 244 1 cup 2.4 01058 Sour dressing, non-butterfat, cultured, filed cream-type 12 1 tbsp 0.0 01058 Sour dressing, non-butterfat, cultured, filed cream-type 12 1 tbsp 0.0 01058 Sour dressing, non-butterfat, cultured, filed cream-type 12 1 tbsp 0.0 011451 Soybeans, meture cooked, boiled, drinhout salt 180 1 cup 0.0 02201 Spagheti with meat sauce, frozen entree 283 1 package 15.3 02125 Spagheti with meat sauce, frozen entree 2.8 1 tsp 0.0 02125 Spagheti with meat sauce, frozen entree 2.8 1 tsp	06094	Soup, onion, dry, mix	39	1 packet	1.3
Soup, stock, fish, home-prepared2331 cup0.206359Soup, tornat, canned, prepared with equal volume low fat (2%)2481 cup15.606559Soup, tornat, canned, prepared with equal volume2441 cup2.406668Soup, vegetable beef, canned, prepared with equal volume2441 cup2.406668Soup, vegetable beef, canned, prepared with equal volume2411 cup1.406668Soup, vegetarian vegetable, canned, prepared with equal2411 cup1.401058Sour dressing, non-butterfat, cultured, filled cream-type121 thsp0.1116123Soybeans, green, cooked, boiled, vithout salt1721 cup2.916120Soymilk, original and vanila, unfortified2451 cup0.020011Spaghetti, whole-wheat, cooked1401 cup0.020102Spaghetti, whole-wheat, cooked1401 cup0.020103Spices, celery seed21 tsp0.320204Spices, celiny seed2.81 tsp0.020205Spices, parise2.11 tsp0.020206Spices, parise2.11 tsp0.020207Spices, parise, dried1.31 ttsp0.020208Spices, parise1.31 tsp0.020209Spices, parise1.31 tsp0.020202Spices, parise1.31 tsp0.020203Spices, parise1.31 tsp0.0 </td <td>06494</td> <td>Soup, onion, dry, mix, prepared with water</td> <td>246</td> <td>1 cup</td> <td>0.2</td>	06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.2
986369Sup, tomato, canned, prepared with equal volume low fat (2%)2481 cup15.608658Soup, tomato, canned, prepared with equal volume2441 cup2.4086471Soup, vegetable beef, canned, prepared with equal volume2441 cup2.408648Soup, vegetable beef, canned, prepared with equal2411 cup0.116123Soy sauce made from soy and wheat (shoyu)161 tbsp0.011451Soybeans, green, cocked, boiled, vithout salt1801 cup0.011451Soybeans, mature cocked, boiled, vithout salt1721 cup2.916109Soybeans, mature cocked, boiled, vithout salt1401 cup0.022401Spaghetti, original and vanilla, unfortified2451 cup0.022401Spaghetti, whole-wheat, cocked2451 cup0.022401Spaghetti, whole-wheat, cocked1401 cup0.022401Spaghetti, whole-wheat, cocked21 tsp0.022012Spices, cielry seed21 tsp0.022013Spices, cielry seed2.11 tsp0.022020Spices, cielry owder2.11 tsp0.022021Spices, cielry owder2.11 tsp0.022022Spices, papika2.11 tsp0.022023Spices, papika2.11 tsp0.022024Spices, papika2.11 tsp0.022025Spices, papika2.11 tsp <td>06449</td> <td>Soup, pea, green, canned, prepared with equal volume water</td> <td>250</td> <td>1 cup</td> <td>1.5</td>	06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	1.5
mik mik mik 08659 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 16.4 086471 Soup, vegetable beef, canned, prepared with equal volume 244 1 cup 1.4 08648 Soup, vegetable, canned, prepared with equal volume 241 1 cup 1.4 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 0.0 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 2.9 11451 Soybeans, mature cooked, boiled, without salt 172 1 cup 0.0 22401 Spaghetti, cooked, enriched, without salt 140 1 cup 0.0 22002 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20125 Spaghetti, whole-wheat, cooked 2.3 1 tsp 0.0 20207 Spices, chrily powder 2.1 1 tsp 0.0 20202 Spices, curpt powder 2.1 1 tsp 0.0 20203 Spices, curpt powder 2.1 1 tsp	06174	Soup, stock, fish, home-prepared	233	1 cup	0.2
convince data water is a structure of the second s	06359		248	1 cup	15.6
water water 1	06559		244	1 cup	15.4
volume water uter the first stress of the firs	06471		244	1 cup	2.4
16123 Soy sauce made from soy and wheat (shoyu) 16 1 thsp 0.0 111451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 30.6 16109 Soybeans, mature cooked, boiled, drained, without salt 172 1 cup 2.9 16120 Soymilk, original and vanilla, unfortified 245 1 cup 0.0 22401 Spaghetti, which meat sauce, fozen entree 283 1 package 15.3 20121 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 02007 Spices, celery seed 2 1 tsp 0.3 02009 Spices, celery seed 2.6 1 tsp 0.0 02010 Spices, curry powder 2.8 1 tsp 0.0 020205 Spices, garlic powder 2.1 1 tsp 0.0 020206 Spices, parika 2.1 1 tsp 0.0 020207 Spices, parika 2.1 1 tsp 0.0 020208 Spices, parikey, dried 1.3 1 tbsp 0.0 <	06468		241	1 cup	1.4
11451 Soybeans, green, cooked, boiled, drained, without salt 172 1 cup 2.9 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 2.9 16120 Soymik, original and vanila, unfortified 245 1 cup 0.0 22401 Spaghetti, with meat sauce, frozen entree 283 1 package 15.3 20121 Spaghetti, wohe-wheat, cooked 140 1 cup 0.0 020207 Spices, celery seed 2 1 tsp 0.3 020209 Spices, chili powder 2.6 1 tsp 0.0 020201 Spices, cinnamon, ground 2.3 1 tsp 0.2 020202 Spices, onion powder 2.4 1 tsp 0.0 020203 Spices, origeno, dried 1.5 1 tsp 0.0 020204 Spices, paprika 2.1 1 tsp 0.0 020205 Spices, paprika 2.1 1 tsp 0.0 020206 Spices, paprika 2.1 1 tsp 0.0 020207 Spices, paprika 2.1 1 tsp 0.0 020208 <	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.1
16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 2.9 16120 Soymilk, original and vanilla, unfortified 245 1 cup 0.0 22401 Spaghetti, with meat sauce, frozen entree 283 1 package 15.3 20121 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20207 Spices, ceiny seed 2 1 tsp 0.3 02009 Spices, cinnamon, ground 2.3 1 tsp 0.0 02010 Spices, cinnamon, ground 2.8 1 tsp 0.0 02020 Spices, grinic powder 2.8 1 tsp 0.0 02020 Spices, parkia 2.1 1 tsp 0.0 02020 Spices, parka 2.1 1 tsp 0.0 020203 Spices, parka 2.1	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
https://https.//https.//htttps://https://https://https://https://https://https.	11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	30.6
Z2401 Spaghetti with meat sauce, frozen entree 283 1 package 153 20121 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20120 Spices, celery seed 2 1 tsp 0.3 02009 Spices, chili powder 2.6 1 tsp 0.0 02010 Spices, cinnamon, ground 2.3 1 tsp 0.1 020202 Spices, onrup owder 2.8 1 tsp 0.0 020202 Spices, onion powder 2.1 1 tsp 0.0 020202 Spices, paprika 2.1 1 tsp 0.0 020203 Spices, paprika 2.1 1 tsp 0.0 02029 Spices, paprika 2.1 1 tsp 0.0 02029 Spices, paprika 2.1 1 tsp 0.0 02029 Spices, paprik, drained 1 Gup 3.6	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.9
Apaghetti, cooked, enriched, without added salt 140 1 cup 0.0 20121 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 20207 Spices, celery seed 2 1 tsp 0.3 20209 Spices, chili powder 2.6 1 tsp 0.0 02010 Spices, cinnamon, ground 2.3 1 tsp 0.1 02010 Spices, cinnamon, ground 2.8 1 tsp 0.0 020202 Spices, garlic powder 2.1 1 tsp 0.0 02020 Spices, oriegano, dried 1.5 1 tsp 0.0 02020 Spices, paprika 2.1 1 tsp 0.0 02028 Spices, paprika 2.1 1 tsp 0.0 02029 Spices, papre, black 2.1 1 tsp 0.0 02029 Spices, pepper, black 2.1 1 tsp 0.0 11461 Spinach, conked, boiled, drained, without salt 180 1 cup	16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.0
20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.0 02007 Spices, celery seed 2 1 tsp 0.3 02009 Spices, chili powder 2.6 1 tsp 0.0 02010 Spices, cinnamon, ground 2.3 1 tsp 0.1 02015 Spices, curry powder 2 1 tsp 0.2 02020 Spices, onion powder 2.8 1 tsp 0.0 020226 Spices, oregano, dried 1.5 1 tsp 0.0 02027 Spices, parjika 2.1 1 tsp 0.0 02028 Spices, parsley, dried 1.3 1 ttsp 0.0 02029 Spices, parsley, dried 1.3 1 ttsp 0.0 02029 Spices, parsley, dried 1.3 1 tsp 0.0 02020 Spinach souffle 136 1 cup 9.9 11461 Spinach, conked, boiled, drained, without salt 180 1 cup 4.2 11458 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without	22401		283	1 package	15.3
D2007 Spices, celery seed 2 1 tsp 0.3 D2009 Spices, chili powder 2.6 1 tsp 0.0 D2010 Spices, cinnamon, ground 2.3 1 tsp 0.1 D2015 Spices, curry powder 2 1 tsp 0.2 D2020 Spices, garlic powder 2.8 1 tsp 0.2 D2020 Spices, oregano, dried 1.5 1 tsp 0.0 D20226 Spices, oregano, dried 1.5 1 tsp 0.0 D20227 Spices, parsika 2.1 1 tsp 0.0 D20228 Spices, parsika, dried 1.3 1 tsp 0.0 D2029 Spices, parsika, drianed 2.1 1 tsp 0.0 D20203 Spices, pepper, black 2.1 1 tsp 0.0 D2030 Spices, pepper, black 2.1 1 tsp 0.0 D2030 Spicach, conked, trained solids 214 1 cup 3.0 11451 Spinach, conked, boiled, drained, without salt 180 1 cup <td>20121</td> <td>Spaghetti, cooked, enriched, without added salt</td> <td>140</td> <td>1 cup</td> <td>0.0</td>	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
D2009 Spices, chinamon, ground 2.6 1 tsp 0.0 02010 Spices, cinnamon, ground 2.3 1 tsp 0.1 02015 Spices, curry powder 2 1 tsp 0.2 02020 Spices, garlic powder 2.8 1 tsp 0.0 02026 Spices, onion powder 2.1 1 tsp 0.0 02027 Spices, oregano, dried 1.5 1 tsp 0.0 02028 Spices, paprika 2.1 1 tsp 0.0 02029 Spices, paprika 2.1 1 tsp 0.0 02029 Spices, pepper, black 2.1 1 tsp 0.0 02030 Spices, pepper, black 2.1 1 tsp 0.0 02030 Spices, proglar pack, drained solids 214 1 cup 3.6 11451 Spinach, conked, boiled, drained, without salt 180 1 cup 3.6 11454 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 10 1 leaf 2.8 11457 Spinach, raw	20125	Spaghetti, whole-wheat, cooked	-	1 cup	0.0
DescriptionSpices, cinnamon, ground2.31 tsp0.1102015Spices, curry powder21 tsp0.220202Spices, garlic powder2.81 tsp0.002026Spices, onion powder2.11 tsp0.502027Spices, oregano, dried1.51 tsp0.002028Spices, paprika2.11 tsp0.002029Spices, paprika2.11 tsp0.002029Spices, paprika2.11 tsp0.002029Spices, paprika2.11 tsp0.002020Spices, paprika2.11 tsp0.002020Spices, paprika2.11 tsp0.002029Spices, paprika2.11 tsp0.002030Spices, papre, black2.11 tsp0.011658Spinach, conned, regular pack, drained solids2141 cup30.611454Spinach, conked, boiled, drained, without salt1801 cup4.211457Spinach, roked, boiled, drained, without salt1801 cup.811457Spinach, raw301 cup.9.911454Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup.911641Squash, summer, all varieties, cooked, boiled, drained, without salt2051 cup.911641Squash, summer, all varieties, cooked, boiled, without salt2051 cup.811644Squash, winter, butternut, fro	02007	Spices, celery seed	2	1 tsp	0.3
DefinitionDefinitionDefinition22015Spices, curry powder2.81 tsp0.002020Spices, onion powder2.11 tsp0.502027Spices, oregano, dried1.51 tsp0.002028Spices, oregano, dried1.51 tsp0.002029Spices, paprika2.11 tsp0.002029Spices, paprika2.11 tsp0.002020Spices, paprika2.11 tsp0.002029Spices, pepper, black2.11 tsp0.002030Spices, pepper, black2.11 tsp0.001658Spinach souffle1361 cup9.911461Spinach, canned, regular pack, drained solids2141 cup30.611458Spinach, cooked, boiled, drained, without salt1801 cup4.211457Spinach, rozen, chopped or leaf, cooked, boiled, drained, 1901 cup4.2without salt301 cup8.411457Spinach, raw101 leaf2.811642Squash, summer, all varieties, cooked, boiled, drained, without1801 cup9.911641Squash, summer, all varieties, cooked, boiled, drained, without salt2051 cup19.211644Squash, winter, all varieties, cooked, boiled, without salt2051 cup8.408320Strawberries, frozen, sweetened, sliced2551 cup105.6	02009	Spices, chili powder	2.6	1 tsp	0.0
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DecempositionDecemp		Spices, oregano, dried		1 tsp	
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09320Strawberries, frozen, sweetened, sliced2551 cup105.6		• • • • • • •		·	
		• • • • • • • •		1 cup	
O9316 Strawberries, raw 166 1 cup 97.6		Strawberries, frozen, sweetened, sliced		1 cup	
	09316	Strawberries, raw	166	1 cup	97.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9316	Strawberries, raw	12	1 strawberry	7.1
)9316	Strawberries, raw	18	1 strawberry	10.6
9334	Sugars, brown	3.2	1 tsp	0.0
9335	Sugars, granulated	4.2	1 tsp	0.0
9336	Sugars, powdered	8	1 tbsp	0.0
1647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	21.2
1512	Sweet potato, canned, vacuum pack	255	1 cup	67.3
1508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	28.6
1510	Sweet potato, cooked, boiled, without skin	156	1 potato	20.0
1659	Sweet potato, cooked, candied, home-prepared	105	1 piece	9.5
8356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.2
8358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.1
9348	Syrups, chocolate, fudge-type	19	1 tbsp	0.0
9350	Syrups, corn, light	20	1 tbsp	0.0
9353	Syrups, maple	20	1 tbsp	0.0
9129	Syrups, table blends, pancake	20	1 tbsp	0.0
9128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
8360	Taco shells, baked	13.3	1 medium	0.0
)9223	Tangerine juice, canned, sweetened	249	1 cup	54.8
9220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	49.9
9218	Tangerines, (mandarin oranges), raw	84	1 tangerine	22.4
20068	Tapioca, pearl, dry	152	1 cup	0.0
4355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.0
4545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
4381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
4371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
4376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	237	8 fl oz	0.0
4367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
8361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.1
8362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.2
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) Tomatillos, raw	120 34	1 piece 1 medium	0.2 4.0
	Tomato juice, canned, with salt added			4.0
1540	• • •	243	1 cup	
1546	Tomato products, canned, paste, without salt added	262	1 cup	57.4
1547	Tomato products, canned, puree, without salt added	250	1 cup	26.5
1549	Tomato products, canned, sauce	245	1 cup	17.2
1531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	22.3
1533	Tomatoes, red, ripe, canned, stewed	255	1 cup	20.1
1529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	16.9
1529	Tomatoes, red, ripe, raw, year round average	180	1 cup	24.7
1529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2.7
1529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2.3
1955	Tomatoes, sun-dried	2	1 piece	0.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.0
21088	Tostada with guacamole	130.5	1 tostada	1.8
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85	1 serving (3 oz)	0.0
05180	Turkey from whole, neck, meat only, cooked, simmered	152	1 neck	0.0
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.0
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85	1 serving (3 oz)	0.0
05705	Turkey, whole, enhanced, meat only, roasted	85	1 serving (3 oz)	0.0
05172	Turkey, whole, giblets, cooked, simmered	145	1 cup	0.0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	39.5
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	35.8
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	18.1
02050	Vanilla extract	4.2	1 tsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.0
11578	Vegetable juice cocktail, canned	242	1 cup	67.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	8.2
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.8
02048	Vinegar, cider	15	1 tbsp	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.0
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.3
14429	Water, tap, municipal	237	8 fl oz	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.8
09326	Watermelon, raw	152	1 cup	12.3
09326	Watermelon, raw	286	1 wedge	23.2
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.0
20083	Wheat flour, white, bread, enriched	137	1 cup	0.0
20084	Wheat flour, white, cake, enriched	137	1 cup	0.0
20080	Wheat flour, whole-grain	120	1 cup	0.0
20089	Wild rice, cooked	164	1 cup	0.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.6
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.8
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	2.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	1.1