# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Energy (kcal) ; Protein (g) ; Magnesium, Mg (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: August 21, 2016 21:15 EDT

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19182 | Desserts, mousse, chocolate, prepared-from-recipe | 808.0 | 1.0 recipe yield | 1818 | 33.45 | 162 |
| 36621 | Restaurant, Chinese, sweet and sour chicken | 706.0 | 1.0 order | 1765 | 71.31 | 106 |
| 36629 | Restaurant, Chinese, orange chicken | 648.0 | 1.0 order | 1698 | 93.70 | 130 |
| 19244 | Frostings, vanilla, creamy, dry mix | 411.0 | 1.0 package | 1685 | 1.23 | 8 |
| 36622 | Restaurant, Chinese, sweet and sour pork | 609.0 | 1.0 order | 1644 | 54.26 | 79 |
| 36633 | Restaurant, Chinese, sesame chicken | 547.0 | 1.0 order | 1603 | 78.39 | 120 |
| 36618 | Restaurant, Chinese, general tso's chicken | 535.0 | 1.0 order | 1578 | 69.02 | 96 |
| 36617 | Restaurant, Chinese, lemon chicken | 623.0 | 1.0 order | 1570 | 73.95 | 100 |
| 19240 | Frostings, chocolate, creamy, dry mix | 388.0 | 1.0 package | 1509 | 5.04 | 147 |
| 19367 | Toppings, nuts in syrup | 328.0 | 1.0 cup | 1469 | 14.76 | 177 |
| 05708 | Turkey, retail parts, breast, meat only, with added solution, raw | 1171.0 | 1.0 breast | 1300 | 257.50 | 293 |
| 36022 | APPLEBEE'S, crunchy onion rings | 350.0 | 1.0 serving | 1246 | 16.03 | 60 |
| 07969 | Kielbasa, fully cooked, pan-fried | 370.0 | 1.0 link | 1232 | 45.73 | 56 |
| 13953 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 569.0 | 1.0 roast (yield from 690g raw meat) | 1201 | 148.22 | 125 |
| 21363 | McDONALD'S, Deluxe Breakfast, with syrup and margarine | 420.0 | 1.0 item 14.8 oz | 1197 | 31.75 | 55 |
| 36407 | Restaurant, Latino, Arroz con grandules (rice and pigeonpeas) | 653.0 | 1.0 serving | 1188 | 22.86 | 91 |
| 05711 | Turkey, retail parts, breast, meat only, cooked, roasted | 863.0 | 1.0 breast | 1174 | 254.67 | 242 |
| 19018 | Fruit syrup | 334.0 | 1.0 cup | 1139 | 0.00 | 3 |
| 19375 | Frostings, glaze, prepared-from-recipe | 327.0 | 1.0 recipe yield | 1115 | 1.44 | 7 |
| 19348 | Syrups, chocolate, fudge-type | 304.0 | 1.0 cup | 1064 | 13.98 | 146 |
| 21255 | BURGER KING, DOUBLE WHOPPER, with cheese | 399.0 | 1.0 item | 1061 | 57.74 | 76 |
| 19352 | Syrups, malt | 332.0 | 1.0 cup | 1056 | 20.58 | 239 |
| 18945 | Pie crust, deep dish, frozen, unbaked, made with enriched flour | 225.0 | 1.0 pie crust (average weight) | 1053 | 12.42 | 34 |
| 18947 | Pie crust, deep dish, frozen, baked, made with enriched flour | 202.0 | 1.0 pie crust (average weight) | 1052 | 12.32 | 34 |
| 19296 | Honey | 339.0 | 1.0 cup | 1031 | 1.02 | 7 |
| 18948 | Pie crust, refrigerated, regular, unbaked | 229.0 | 1.0 pie crust (average weight) | 1019 | 6.80 | 18 |
| 19362 | Syrups, table blends, corn, refiner, and sugar | 316.0 | 1.0 cup | 1008 | 0.00 | 28 |
| 18946 | Pie crust, refrigerated, regular, baked | 198.0 | 1.0 pie crust | 1002 | 6.75 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19304 | Molasses | 337.0 | 1.0 cup | 977 | 0.00 | 816 |
| 19350 | Syrups, corn, light | 341.0 | 1.0 cup | 965 | 0.00 | 3 |
| 12131 | Nuts, macadamia nuts, raw | 134.0 | 1.0 cup, whole or halves | 962 | 10.60 | 174 |
| 36032 | DENNY'S, spaghetti and meatballs | 565.0 | 1.0 serving | 960 | 44.30 | 130 |
| 19355 | Syrups, sorghum | 330.0 | 1.0 cup | 957 | 0.00 | 330 |
| 12065 | Nuts, almonds, oil roasted, without salt added | 157.0 | 1.0 cup whole kernels | 953 | 33.33 | 430 |
| 12565 | Nuts, almonds, oil roasted, with salt added | 157.0 | 1.0 cup whole kernels | 953 | 33.33 | 430 |
| 12665 | Nuts, almonds, oil roasted, lightly salted | 157.0 | 1.0 cup whole kernels | 953 | 33.33 | 430 |
| 12132 | Nuts, macadamia nuts, dry roasted, without salt added | 132.0 | 1.0 cup, whole or halves | 948 | 10.28 | 156 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 150.0 | 1.0 cup | 946 | 30.68 | 518 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 132.0 | 1.0 cup, whole or halves | 945 | 10.28 | 156 |
| 21389 | Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise | 374.0 | 1.0 item | 942 | 52.14 | 67 |
| 21254 | BURGER KING, DOUBLE WHOPPER, no cheese | 374.0 | 1.0 item | 942 | 52.14 | 67 |
| 19349 | Syrups, corn, dark | 328.0 | 1.0 cup | 938 | 0.00 | 26 |
| 36036 | Restaurant, family style, onion rings | 259.0 | 1.0 serving | 922 | 12.67 | 49 |
| 19085 | Candies, confectioner's coating, butterscotch | 170.0 | 1.0 cup chips | 916 | 3.74 | 8 |
| 12147 | Nuts, pine nuts, dried | 135.0 | 1.0 cup | 909 | 18.48 | 339 |
| 21270 | TACO BELL, Taco Salad | 533.0 | 1.0 item | 906 | 35.66 | 144 |
| 21399 | Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise | 355.0 | 1.0 item | 898 | 55.02 | 67 |
| 36625 | Restaurant, Chinese, vegetable lo mein, without meat | 741.0 | 1.0 order | 897 | 35.35 | 104 |
| 19086 | Candies, confectioner's coating, peanut butter | 168.0 | 1.0 cup chips | 889 | 30.74 | 185 |
| 19079 | Candies, confectioner's coating, yogurt | 170.0 | 1.0 cup chips | 887 | 9.98 | 31 |
| 12138 | Nuts, mixed nuts, oil roasted, without peanuts, without salt added | 144.0 | 1.0 cup | 886 | 22.35 | 361 |
| 12638 | Nuts, mixed nuts, oil roasted, without peanuts, with salt added | 144.0 | 1.0 cup | 886 | 22.35 | 361 |
| 18943 | Pie Crust, Cookie-type, Chocolate, Ready Crust | 182.0 | 1.0 crust | 881 | 11.07 | 73 |
| 12078 | Nuts, brazilnuts, dried, unblanched | 133.0 | 1.0 cup, whole | 876 | 19.05 | 500 |
| 19361 | Syrups, table blends, cane and 15% maple | 315.0 | 1.0 cup | 876 | 0.00 | 6 |
| 19351 | Syrups, corn, high-fructose | 310.0 | 1.0 cup | 871 | 0.00 | -- |
| 12145 | Nuts, pilinuts, dried | 120.0 | 1.0 cup | 863 | 12.96 | 362 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 144.0 | 1.0 cup, chopped | 863 | 40.36 | 253 |
| 16389 | Peanuts, all types, oil-roasted, without salt | 144.0 | 1.0 cup, | 863 | 40.36 | 253 |
| 19366 | Toppings, pineapple | 340.0 | 1.0 cup | 860 | 0.34 | 20 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 146.0 | 1.0 cup | 857 | 35.55 | 260 |
| 12062 | Nuts, almonds, blanched | 145.0 | 1.0 cup whole kernels | 856 | 31.03 | 389 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 12206 | Nuts, almonds, honey roasted, unblanched | 144.0 | 1.0 cup whole kernels | 855 | 26.16 | 346 |
| 36026 | CRACKER BARREL, onion rings, thick-cut | 261.0 | 1.0 serving | 853 | 12.48 | 55 |
| 12136 | Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend | 147.0 | 1.0 cup | 853 | 32.27 | 307 |
| 16392 | Peanuts, spanish, oil-roasted, without salt | 147.0 | 1.0 cup | 851 | 41.17 | 247 |
| 16092 | Peanuts, spanish, oil-roasted, with salt | 147.0 | 1.0 cup | 851 | 41.17 | 247 |
| 16094 | Peanuts, valencia, oil-roasted, with salt | 144.0 | 1.0 cup | 848 | 38.94 | 230 |
| 16394 | Peanuts, valencia, oil-roasted, without salt | 144.0 | 1.0 cup | 848 | 38.94 | 230 |
| 36041 | Restaurant, Italian, lasagna with meat | 457.0 | 1.0 serving | 845 | 49.49 | 101 |
| 36406 | Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans) | 590.0 | 1.0 serving | 838 | 23.36 | 124 |
| 19720 | Syrups, table blends, pancake, with 2% maple, with added potassium | 315.0 | 1.0 cup | 835 | 0.00 | 6 |
| 36043 | CARRABBA'S ITALIAN GRILL, lasagne | 437.0 | 1.0 serving | 835 | 45.80 | 105 |
| 12141 | Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER | 132.0 | 1.0 cup | 834 | 23.76 | 267 |
| 16093 | Peanuts, valencia, raw | 146.0 | 1.0 cup | 832 | 36.63 | 269 |
| 16091 | Peanuts, spanish, raw | 146.0 | 1.0 cup | 832 | 38.18 | 274 |
| 16108 | Soybeans, mature seeds, raw | 186.0 | 1.0 cup | 830 | 67.87 | 521 |
| 12039 | Seeds, sunflower seed kernels, toasted, without salt | 134.0 | 1.0 cup | 829 | 23.06 | 173 |
| 12539 | Seeds, sunflower seed kernels, toasted, with salt added | 134.0 | 1.0 cup | 829 | 23.06 | 173 |
| 12061 | Nuts, almonds | 143.0 | 1.0 cup, whole | 828 | 30.24 | 386 |
| 16096 | Peanuts, virginia, oil-roasted, with salt | 143.0 | 1.0 cup | 827 | 36.99 | 269 |
| 16396 | Peanuts, virginia, oil-roasted, without salt | 143.0 | 1.0 cup | 827 | 36.99 | 269 |
| 12563 | Nuts, almonds, dry roasted, with salt added | 138.0 | 1.0 cup whole kernels | 825 | 28.92 | 385 |
| 12063 | Nuts, almonds, dry roasted, without salt added | 138.0 | 1.0 cup whole kernels | 825 | 28.92 | 385 |
| 12023 | Seeds, sesame seeds, whole, dried | 144.0 | 1.0 cup | 825 | 25.53 | 505 |
| 16095 | Peanuts, virginia, raw | 146.0 | 1.0 cup | 822 | 36.78 | 250 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 137.0 | 1.0 cup | 814 | 23.70 | 308 |
| 12137 | Nuts, mixed nuts, oil roasted, with peanuts, without salt added | 134.0 | 1.0 cup | 813 | 26.85 | 307 |
| 12637 | Nuts, mixed nuts, oil roasted, with peanuts, with salt added | 134.0 | 1.0 cup | 813 | 26.85 | 307 |
| 19701 | Candies, semisweet chocolate, made with butter | 170.0 | 1.0 cup chips (6 oz package) | 811 | 7.14 | 196 |
| 16110 | Soybeans, mature seeds, roasted, salted | 172.0 | 1.0 cup | 807 | 66.31 | 249 |
| 16410 | Soybeans, mature seeds, roasted, no salt added | 172.0 | 1.0 cup | 807 | 66.31 | 249 |
| 36051 | ON THE BORDER, cheese quesadilla | 203.0 | 1.0 serving 1 quesadilla | 800 | 34.25 | 49 |
| 12538 | Seeds, sunflower seed kernels, oil roasted, with salt added | 135.0 | 1.0 cup | 799 | 27.08 | 171 |
| 12038 | Seeds, sunflower seed kernels, oil roasted, without salt | 135.0 | 1.0 cup | 799 | 27.08 | 171 |
| 36012 | Restaurant, family style, fried mozzarella sticks | 245.0 | 1.0 serving | 796 | 36.14 | 51 |
| 12135 | Nuts, mixed nuts, dry roasted, with peanuts, without salt added | 131.0 | 1.0 cup | 795 | 25.54 | 297 |

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|---|---|---|---|---|---|---|
| 21253 | BURGER KING, WHOPPER, with cheese | 316.0 | 1.0 item | 790 | 35.36 | 57 |
| 12130 | Nuts, hickorynuts, dried | 120.0 | 1.0 cup | 788 | 15.26 | 208 |
| 12144 | Nuts, pecans, oil roasted, without salt added | 110.0 | 1.0 cup | 786 | 10.12 | 133 |
| 12644 | Nuts, pecans, oil roasted, with salt added | 110.0 | 1.0 cup | 786 | 10.12 | 133 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 137.0 | 1.0 cup, halves and whole | 786 | 20.97 | 356 |
| 12085 | Nuts, cashew nuts, dry roasted, without salt added | 137.0 | 1.0 cup, halves and whole | 786 | 20.97 | 356 |
| 13379 | Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 235.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 785 | 63.87 | 47 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked | 154.0 | 1.0 pie crust (average weight of 1 baked crust) | 782 | 10.01 | 26 |
| 36619 | Restaurant, Chinese, kung pao chicken | 604.0 | 1.0 order | 779 | 58.95 | 145 |
| 36042 | OLIVE GARDEN, lasagna classico | 422.0 | 1.0 serving | 776 | 47.60 | 93 |
| 23436 | Beef, New Zealand, imported, subcutaneous fat, raw | 113.0 | 4.0 oz | 774 | 9.60 | 6 |
| 12154 | Nuts, walnuts, black, dried | 125.0 | 1.0 cup, chopped | 774 | 30.08 | 251 |
| 19126 | Candies, milk chocolate coated peanuts | 149.0 | 1.0 cup | 773 | 19.52 | 143 |
| 21101 | Fast foods, cheeseburger; triple, regular patty; plain | 249.0 | 1.0 item | 772 | 45.32 | 52 |
| 19247 | Frostings, white, fluffy, dry mix, prepared with water | 315.0 | 1.0 package yields | 769 | 4.72 | 6 |
| 19246 | Frostings, white, fluffy, dry mix | 207.0 | 1.0 package | 768 | 4.76 | 6 |
| 21341 | McDONALD'S, BIG BREAKFAST | 269.0 | 1.0 item 9.5 oz | 767 | 27.33 | 40 |
| 12155 | Nuts, walnuts, english | 117.0 | 1.0 cup, chopped | 765 | 17.82 | 185 |
| 10864 | Pork, bacon, rendered fat, cooked | 85.0 | 3.0 oz | 763 | 0.06 | 0 |
| 21396 | Fast foods, cheeseburger; double, large patty; with condiments | 280.0 | 1.0 item | 762 | 47.49 | 59 |
| 16056 | Chickpeas (garbanzo beans, bengal gram), mature seeds, raw | 200.0 | 1.0 cup | 756 | 40.94 | 158 |
| 20031 | Millet, raw | 200.0 | 1.0 cup | 756 | 22.04 | 228 |
| 36052 | Restaurant, Mexican, cheese quesadilla | 205.0 | 1.0 serving serving size varied on diameter and count of quesadila | 754 | 32.66 | 49 |
| 12160 | Seeds, cottonseed kernels, roasted (glandless) | 149.0 | 1.0 cup | 754 | 48.56 | 656 |
| 12142 | Nuts, pecans | 109.0 | 1.0 cup, chopped | 753 | 10.00 | 132 |
| 12586 | Nuts, cashew nuts, oil roasted, with salt added | 129.0 | 1.0 cup, whole | 749 | 21.72 | 352 |
| 12086 | Nuts, cashew nuts, oil roasted, without salt added | 129.0 | 1.0 cup, whole | 748 | 21.72 | 352 |
| 21243 | WENDY'S, CLASSIC DOUBLE, with cheese | 310.0 | 1.0 item | 747 | 51.21 | 59 |
| 12037 | Seeds, sunflower seed kernels, dry roasted, without salt | 128.0 | 1.0 cup | 745 | 24.74 | 165 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 128.0 | 1.0 cup | 745 | 24.74 | 165 |
| 16135 | Winged beans, mature seeds, raw | 182.0 | 1.0 cup | 744 | 53.96 | 326 |
| 11380 | Potatoes, mashed, dehydrated, granules without milk, dry form | 200.0 | 1.0 cup | 744 | 16.44 | 196 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 36060 | ON THE BORDER, soft taco with ground beef, cheese and lettuce | 324.0 | 1.0 serving varied from 2-3 tacos per serving | 742 | 42.74 | 97 |
| 36611 | DENNY'S, mozzarella cheese sticks | 228.0 | 1.0 serving | 739 | 30.92 | 48 |
| 19129 | Syrups, table blends, pancake | 314.0 | 1.0 cup | 735 | 0.00 | 6 |
| 12084 | Nuts, butternuts, dried | 120.0 | 1.0 cup | 734 | 29.88 | 284 |
| 21345 | McDONALD'S, DOUBLE QUARTER POUNDER with Cheese | 280.0 | 1.0 item | 734 | 47.49 | 59 |
| 36020 | T.G.I. FRIDAY'S, chicken fingers | 225.0 | 1.0 serving | 731 | 42.03 | 65 |
| 21099 | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham | 254.0 | 1.0 sandwich | 726 | 39.50 | 51 |
| 12029 | Seeds, sesame seed kernels, toasted, without salt added (decorticated) | 128.0 | 1.0 cup | 726 | 21.71 | 443 |
| 12529 | Seeds, sesame seed kernels, toasted, with salt added (decorticated) | 128.0 | 1.0 cup | 726 | 21.71 | 443 |
| 16067 | Hyacinth beans, mature seeds, raw | 210.0 | 1.0 cup | 722 | 50.19 | 594 |
| 16045 | Beans, small white, mature seeds, raw | 215.0 | 1.0 cup | 722 | 45.39 | 393 |
| 12120 | Nuts, hazelnuts or filberts | 115.0 | 1.0 cup, chopped | 722 | 17.19 | 187 |
| 36054 | OLIVE GARDEN, cheese ravioli with marinara sauce | 454.0 | 1.0 serving varied from 7-9 ravioli per serving | 722 | 33.78 | 104 |
| 43216 | Sweeteners, tabletop, fructose, dry, powder | 196.0 | 1.0 cup | 721 | 0.00 | -- |
| 12014 | Seeds, pumpkin and squash seed kernels, dried | 129.0 | 1.0 cup | 721 | 39.00 | 764 |
| 19106 | Candies, gumdrops, starch jelly pieces | 182.0 | 1.0 cup gumdrops | 721 | 0.00 | 2 |
| 16040 | Beans, pink, mature seeds, raw | 210.0 | 1.0 cup | 720 | 44.02 | 382 |
| 16080 | Mung beans, mature seeds, raw | 207.0 | 1.0 cup | 718 | 49.39 | 391 |
| 21411 | Fast foods, bagel, with breakfast steak, egg, cheese, and condiments | 254.0 | 1.0 item | 716 | 40.51 | 56 |
| 20001 | Amaranth grain, uncooked | 193.0 | 1.0 cup | 716 | 26.17 | 479 |
| 20052 | Rice, white, short-grain, enriched, uncooked | 200.0 | 1.0 cup | 716 | 13.00 | 46 |
| 20452 | Rice, white, short-grain, raw, unenriched | 200.0 | 1.0 cup | 716 | 13.00 | 46 |
| 11382 | Potatoes, mashed, dehydrated, granules with milk, dry form | 200.0 | 1.0 cup | 714 | 21.80 | 148 |
| 20142 | Teff, uncooked | 193.0 | 1.0 cup | 708 | 25.67 | 355 |
| 19822 | Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds | 146.0 | 1.0 cup | 707 | 20.73 | 235 |
| 19062 | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 146.0 | 1.0 cup | 707 | 20.73 | 235 |
| 16083 | Mungo beans, mature seeds, raw | 207.0 | 1.0 cup | 706 | 52.18 | 553 |
| 21100 | Fast foods, cheeseburger; double, large patty, with condiments and vegetables | 258.0 | 1.0 sandwich | 704 | 37.98 | 52 |
| 20005 | Barley, pearled, raw | 200.0 | 1.0 cup | 704 | 19.82 | 158 |
| 12152 | Nuts, pistachio nuts, dry roasted, without salt added | 123.0 | 1.0 cup | 704 | 25.89 | 134 |
| 16101 | Pigeon peas (red gram), mature seeds, raw | 205.0 | 1.0 cup | 703 | 44.48 | 375 |
| 20450 | Rice, white, medium-grain, raw, unenriched | 195.0 | 1.0 cup | 702 | 12.89 | 68 |
| 20050 | Rice, white, medium-grain, raw, enriched | 195.0 | 1.0 cup | 702 | 12.89 | 68 |

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|---|---|---|---|---|---|---|
| 16003 | Beans, adzuki, mature seeds, canned, sweetened | 296.0 | 1.0 cup | 702 | 11.25 | 92 |
| 16037 | Beans, navy, mature seeds, raw | 208.0 | 1.0 cup | 701 | 46.45 | 364 |
| 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 123.0 | 1.0 cup | 700 | 25.89 | 134 |
| 12536 | Seeds, sunflower seed kernels from shell, dry roasted, with salt added | 128.0 | 1.0 cup | 699 | 24.74 | 165 |
| 22528 | Turkey Pot Pie, frozen entree | 397.0 | 1.0 package yields | 699 | 25.80 | -- |
| 36057 | CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta | 339.0 | 1.0 serving | 698 | 64.41 | 102 |
| 21462 | Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise | 271.0 | 1.0 sandwich | 696 | 41.68 | 84 |
| 36405 | Restaurant, Latino, Arroz con frijoles negros (rice and black beans) | 461.0 | 1.0 serving | 696 | 21.39 | 120 |
| 16085 | Peas, green, split, mature seeds, raw | 197.0 | 1.0 cup | 693 | 46.93 | 97 |
| 19059 | Snacks, trail mix, regular | 150.0 | 1.0 cup | 693 | 20.70 | 237 |
| 19821 | Snacks, trail mix, regular, unsalted | 150.0 | 1.0 cup | 693 | 20.70 | 237 |
| 20446 | Rice, white, long-grain, parboiled, unenriched, dry | 185.0 | 1.0 cup | 692 | 13.89 | 50 |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry | 185.0 | 1.0 cup | 692 | 13.89 | 50 |
| 21115 | Fast foods, hamburger, large, triple patty, with condiments | 259.0 | 1.0 sandwich | 692 | 49.99 | 54 |
| 12151 | Nuts, pistachio nuts, raw | 123.0 | 1.0 cup | 689 | 24.80 | 149 |
| 20040 | Rice, brown, medium-grain, raw | 190.0 | 1.0 cup | 688 | 14.25 | 272 |
| 16144 | Lentils, pink or red, raw | 192.0 | 1.0 cup | 687 | 45.91 | 113 |
| 18401 | Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled | 129.0 | 1.0 cup | 685 | 4.77 | 13 |
| 20054 | Rice, white, glutinous, unenriched, uncooked | 185.0 | 1.0 cup | 684 | 12.60 | 43 |
| 23420 | Beef, New Zealand, imported, intermuscular fat, raw | 113.0 | 4.0 oz | 680 | 7.88 | 8 |
| 20036 | Rice, brown, long-grain, raw | 185.0 | 1.0 cup | 679 | 13.95 | 215 |
| 21252 | BURGER KING, WHOPPER, no cheese | 291.0 | 1.0 item | 678 | 31.25 | 52 |
| 36049 | ON THE BORDER, cheese enchilada | 250.0 | 1.0 serving serving size varied from 1 to 3 enchiladas | 678 | 29.18 | 75 |
| 12016 | Seeds, pumpkin and squash seed kernels, roasted, without salt | 118.0 | 1.0 cup | 677 | 35.21 | 649 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 118.0 | 1.0 cup | 677 | 35.21 | 649 |
| 16074 | Lima beans, thin seeded (baby), mature seeds, raw | 202.0 | 1.0 cup | 677 | 41.65 | 380 |
| 16047 | Beans, yellow, mature seeds, raw | 196.0 | 1.0 cup | 676 | 43.12 | 435 |
| 16069 | Lentils, raw | 192.0 | 1.0 cup | 676 | 47.29 | 90 |
| 20444 | Rice, white, long-grain, regular, raw, unenriched | 185.0 | 1.0 cup | 675 | 13.19 | 46 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185.0 | 1.0 cup | 675 | 13.19 | 46 |
| 16049 | Beans, white, mature seeds, raw | 202.0 | 1.0 cup | 673 | 47.19 | 384 |
| 16078 | Mothbeans, mature seeds, raw | 196.0 | 1.0 cup | 672 | 44.96 | 747 |
| 05305 | Ground turkey, raw | 453.6 | 1.0 lb | 671 | 89.18 | 104 |
| 36630 | Restaurant, Italian, spaghetti with meat sauce | 554.0 | 1.0 serving | 670 | 32.08 | 94 |

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|---|---|---|---|---|---|---|
| 16042 | Beans, pinto, mature seeds, raw | 193.0 | 1.0 cup | 670 | 41.34 | 340 |
| 16076 | Lupins, mature seeds, raw | 180.0 | 1.0 cup | 668 | 65.11 | 356 |
| 36050 | Restaurant, Mexican, cheese enchilada | 244.0 | 1.0 serving serving size varied from 1 to 3 enchiladas | 666 | 27.43 | 71 |
| 36001 | APPLEBEE'S, Double Crunch Shrimp | 206.0 | 1.0 serving | 665 | 25.36 | 47 |
| 16014 | Beans, black, mature seeds, raw | 194.0 | 1.0 cup | 662 | 41.90 | 332 |
| 36626 | Restaurant, Chinese, chicken and vegetables | 693.0 | 1.0 order | 658 | 56.69 | 104 |
| 36055 | Restaurant, Italian, cheese ravioli with marinara sauce | 427.0 | 1.0 serving serving size varied by diameter and count of raviloi | 658 | 30.19 | 94 |
| 20074 | Wheat, hard white | 192.0 | 1.0 cup | 657 | 21.72 | 179 |
| 36632 | CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce | 537.0 | 1.0 serving | 655 | 31.52 | 81 |
| 16019 | Beans, cranberry (roman), mature seeds, raw | 195.0 | 1.0 cup | 653 | 44.91 | 304 |
| 36056 | Restaurant, Mexican, cheese tamales | 302.0 | 1.0 serving serving size varied from 1 to 3 tamales | 652 | 27.15 | 91 |
| 20004 | Barley, hulled | 184.0 | 1.0 cup | 651 | 22.96 | 245 |
| 20076 | Wheat, durum | 192.0 | 1.0 cup | 651 | 26.27 | 276 |
| 20028 | Couscous, dry | 173.0 | 1.0 cup | 650 | 22.07 | 76 |
| 21095 | Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables | 228.0 | 1.0 sandwich | 650 | 29.73 | 36 |
| 18446 | Pie crust, standard-type, frozen, ready-to-bake, unenriched | 142.0 | 1.0 crust, single 9" | 649 | 5.54 | 23 |
| 16001 | Beans, adzuki, mature seeds, raw | 197.0 | 1.0 cup | 648 | 39.14 | 250 |
| 21410 | Fast foods, bagel, with egg, sausage patty, cheese, and condiments | 219.0 | 1.0 item | 646 | 28.43 | 44 |
| 20069 | Triticale | 192.0 | 1.0 cup | 645 | 25.06 | 250 |
| 43057 | Candies, gum drops, no sugar or low calorie (sorbitol) | 182.0 | 1.0 cup | 644 | 0.00 | -- |
| 36058 | OLIVE GARDEN, chicken parmigiana without pasta | 304.0 | 1.0 serving | 641 | 46.60 | 76 |
| 36031 | DENNY'S, onion rings | 166.0 | 1.0 serving | 639 | 8.78 | 33 |
| 36631 | OLIVE GARDEN, spaghetti with meat sauce | 525.0 | 1.0 serving | 635 | 30.45 | 94 |
| 21405 | McDONALD'S, Premium Crispy Chicken Club Sandwich | 254.0 | 1.0 item 9 oz | 635 | 39.07 | -- |
| 01212 | Milk, dry, whole, without added vitamin D | 128.0 | 1.0 cup | 635 | 33.69 | 109 |
| 21412 | Light Ice Cream, soft serve, blended with milk chocolate candies | 348.0 | 12.0 fl oz cup | 633 | 13.99 | 59 |
| 20067 | Sorghum grain | 192.0 | 1.0 cup | 632 | 20.39 | 317 |
| 20071 | Wheat, hard red spring | 192.0 | 1.0 cup | 632 | 29.57 | 238 |
| 16022 | Beans, french, mature seeds, raw | 184.0 | 1.0 cup | 631 | 34.61 | 346 |
| 20072 | Wheat, hard red winter | 192.0 | 1.0 cup | 628 | 24.21 | 242 |
| 20138 | Wheat, KAMUT khorasan, uncooked | 186.0 | 1.0 cup | 627 | 27.04 | 242 |
| 08159 | Cereals, corn grits, yellow, regular and quick, enriched, dry | 170.0 | 1.0 cup | 626 | 11.42 | 48 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 20035 | Quinoa, uncooked | 170.0 | 1.0 cup | 626 | 24.00 | 335 |
| 16016 | Beans, black turtle, mature seeds, raw | 184.0 | 1.0 cup | 624 | 39.10 | 294 |
| 23435 | Beef, New Zealand, imported, subcutaneous fat, cooked | 85.0 | 3.0 oz | 621 | 5.52 | 6 |
| 36023 | APPLEBEE'S, chicken tenders platter | 209.0 | 1.0 serving | 621 | 41.01 | 63 |
| 16024 | Beans, great northern, mature seeds, raw | 183.0 | 1.0 cup | 620 | 40.00 | 346 |
| 16032 | Beans, kidney, red, mature seeds, raw | 184.0 | 1.0 cup | 620 | 41.46 | 254 |
| 19061 | Snacks, trail mix, tropical | 140.0 | 1.0 cup | 619 | 8.82 | 134 |
| 05301 | Poultry, mechanically deboned, from backs and necks with skin, raw | 227.0 | 0.5 lb | 617 | 25.86 | 27 |
| 22906 | Chicken pot pie, frozen entree, prepared | 302.0 | 1.0 pie | 616 | 15.43 | 33 |
| 21338 | McDONALD'S, McFLURRY with M&M'S CANDIES | 348.0 | 1.0 regular (12 fl oz) | 616 | 13.99 | 59 |
| 36061 | Restaurant, Mexican, soft taco with ground beef, cheese and lettuce | 281.0 | 1.0 serving varied from 1 to 3 tacos per serving | 615 | 35.29 | 76 |
| 36059 | Restaurant, Italian, chicken parmesan without pasta | 301.0 | 1.0 serving | 614 | 48.67 | 78 |
| 16027 | Beans, kidney, all types, mature seeds, raw | 184.0 | 1.0 cup | 613 | 43.39 | 258 |
| 16030 | Beans, kidney, california red, mature seeds, raw | 184.0 | 1.0 cup | 607 | 44.84 | 294 |
| 36034 | Restaurant, family style, chicken tenders | 201.0 | 1.0 serving | 607 | 37.95 | 58 |
| 20038 | Oats | 156.0 | 1.0 cup | 607 | 26.35 | 276 |
| 20314 | Corn grain, white | 166.0 | 1.0 cup | 606 | 15.64 | 211 |
| 20014 | Corn grain, yellow | 166.0 | 1.0 cup | 606 | 15.64 | 211 |
| 16035 | Beans, kidney, royal red, mature seeds, raw | 184.0 | 1.0 cup | 605 | 46.61 | 254 |
| 21153 | Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato | 413.0 | 12.0 inch sub | 603 | 44.03 | 91 |
| 36603 | Restaurant, Chinese, beef and vegetables | 574.0 | 1.0 order | 603 | 40.64 | 86 |
| 10895 | Pork, cured, ham, separable fat, boneless, unheated | 117.0 | 4.0 oz | 603 | 8.78 | 13 |
| 16071 | Lima beans, large, mature seeds, raw | 178.0 | 1.0 cup | 602 | 38.20 | 399 |
| 12174 | Seeds, watermelon seed kernels, dried | 108.0 | 1.0 cup | 602 | 30.60 | 556 |
| 20466 | Semolina, unenriched | 167.0 | 1.0 cup | 601 | 21.18 | 78 |
| 20066 | Semolina, enriched | 167.0 | 1.0 cup | 601 | 21.18 | 78 |
| 21365 | McDONALD'S, Hotcakes (with 2 pats margarine & syrup) | 221.0 | 1.0 item | 601 | 8.95 | 29 |
| 08037 | Cereals ready-to-eat, granola, homemade | 122.0 | 1.0 cup | 597 | 16.68 | 205 |
| 21097 | Fast foods, cheeseburger; single, large patty; with condiments and bacon | 211.0 | 1.0 item | 595 | 33.30 | 49 |
| 20024 | Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched | 170.0 | 1.0 cup | 592 | 14.30 | 92 |
| 20324 | Cornmeal, white, self-rising, bolted, with wheat flour added, enriched | 170.0 | 1.0 cup | 592 | 14.30 | 92 |
| 22529 | Beef Pot Pie, frozen entree, prepared | 268.0 | 1.0 pie, cooked (average weight) | 590 | 19.43 | 35 |
| 21461 | Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise | 268.0 | 1.0 sandwich | 590 | 46.07 | 86 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 20140 | Spelt, uncooked | 174.0 | 1.0 cup | 588 | 25.35 | 237 |
| 12005 | Seeds, breadnut tree seeds, dried | 160.0 | 1.0 cup | 587 | 13.79 | 184 |
| 21407 | McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich | 240.0 | 1.0 item 8.5 oz | 586 | 35.28 | -- |
| 20131 | Barley malt flour | 162.0 | 1.0 cup | 585 | 16.65 | 157 |
| 20008 | Buckwheat | 170.0 | 1.0 cup | 583 | 22.52 | 393 |
| 20022 | Cornmeal, degermed, enriched, yellow | 157.0 | 1.0 cup | 581 | 11.16 | 50 |
| 20322 | Cornmeal, degermed, enriched, white | 157.0 | 1.0 cup | 581 | 11.16 | 50 |
| 20422 | Cornmeal, degermed, unenriched, yellow | 157.0 | 1.0 cup | 581 | 11.16 | 50 |
| 20522 | Cornmeal, degermed, unenriched, white | 157.0 | 1.0 cup | 581 | 11.16 | 50 |
| 16133 | Yardlong beans, mature seeds, raw | 167.0 | 1.0 cup | 579 | 40.63 | 564 |
| 21305 | Fast foods, griddle cake sandwich, egg, cheese, and sausage | 199.0 | 1.0 item | 579 | 21.43 | 28 |
| 21479 | DIGIORNO Pizza, supreme topping, rising crust, frozen, baked | 227.0 | 1.0 slice 1/4 of pie | 579 | 26.65 | 61 |
| 20061 | Rice flour, white, unenriched | 158.0 | 1.0 cup | 578 | 9.40 | 55 |
| 21111 | Fast foods, hamburger; double, regular patty; with condiments | 215.0 | 1.0 item | 576 | 31.82 | 45 |
| 21510 | WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single | 215.0 | 1.0 sandwich | 576 | 29.43 | 39 |
| 21397 | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise | 215.0 | 1.0 sandwich | 576 | 29.43 | 39 |
| 20650 | Sorghum flour, refined, unenriched | 161.0 | 1.0 cup | 575 | 15.34 | 50 |
| 20090 | Rice flour, brown | 158.0 | 1.0 cup | 574 | 11.42 | 177 |
| 16060 | Cowpeas, catjang, mature seeds, raw | 167.0 | 1.0 cup | 573 | 39.83 | 556 |
| 36027 | DENNY'S, chicken strips | 194.0 | 1.0 serving | 572 | 37.19 | 58 |
| 21258 | BURGER KING, Premium Fish Sandwich | 220.0 | 1.0 sandwich | 572 | 22.64 | 55 |
| 21400 | Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce | 219.0 | 1.0 item | 572 | 26.15 | 55 |
| 20062 | Rye grain | 169.0 | 1.0 cup | 571 | 17.47 | 186 |
| 11413 | Potato flour | 160.0 | 1.0 cup | 571 | 11.04 | 104 |
| 20088 | Wild rice, raw | 160.0 | 1.0 cup | 571 | 23.57 | 283 |
| 20075 | Wheat, soft white | 168.0 | 1.0 cup | 571 | 17.96 | 151 |
| 21413 | Light Ice Cream, soft serve, blended with cookie pieces | 337.0 | 12.0 fl oz cup | 570 | 13.38 | 47 |
| 36053 | CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce | 365.0 | 1.0 serving varied from 8 to 10 ravioli per serving | 569 | 29.05 | 77 |
| 21259 | BURGER KING, Original Chicken Sandwich | 199.0 | 1.0 sandwich | 569 | 24.16 | 46 |
| 21438 | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading | 212.0 | 1.0 breast, with skin | 568 | 45.03 | 51 |
| 20009 | Buckwheat groats, roasted, dry | 164.0 | 1.0 cup | 567 | 19.24 | 362 |
| 21105 | Fast foods, fish sandwich, with tartar sauce | 220.0 | 1.0 sandwich | 565 | 22.64 | 55 |
| 21364 | McDONALD'S, Hotcakes and Sausage | 192.0 | 1.0 item | 564 | 15.00 | 27 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21096 | Fast foods, cheeseburger; single, large patty; plain | 182.0 | 1.0 sandwich | 564 | 31.47 | 44 |
| 21329 | McDONALD'S, Sausage, Egg & Cheese McGRIDDLES | 199.0 | 1.0 item 7 oz | 563 | 21.43 | 28 |
| 21237 | McDONALD'S, BIG MAC | 219.0 | 1.0 item 7.6 oz | 563 | 25.89 | 44 |
| 16062 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw | 167.0 | 1.0 cup | 561 | 39.28 | 307 |
| 21390 | Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise | 247.0 | 1.0 item | 558 | 28.01 | 44 |
| 12175 | Nuts, chestnuts, japanese, dried | 155.0 | 1.0 cup | 558 | 8.14 | 178 |
| 20073 | Wheat, soft red winter | 168.0 | 1.0 cup | 556 | 17.39 | 212 |
| 21339 | McDONALD'S, McFLURRY with OREO cookies | 337.0 | 1.0 regular (12 fl oz) | 556 | 13.38 | 47 |
| 21008 | Fast foods, biscuit, with ham | 162.0 | 1.0 biscuit | 554 | 19.20 | 32 |
| 12117 | Nuts, coconut milk, raw (liquid expressed from grated meat and water) | 240.0 | 1.0 cup | 552 | 5.50 | 89 |
| 05303 | Poultry, mechanically deboned, from mature hens, raw | 227.0 | 0.5 lb | 552 | 33.41 | 27 |
| 21477 | DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked | 207.0 | 1.0 slice 1/4 of pie | 549 | 25.79 | 56 |
| 18140 | Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery | 144.0 | 1.0 piece (1/12 of a cake) | 546 | 4.55 | 29 |
| 17093 | Veal, composite of trimmed retail cuts, separable fat, cooked | 85.0 | 3.0 oz | 546 | 8.01 | 8 |
| 36007 | T.G.I. FRIDAY'S, french fries | 184.0 | 1.0 serving | 545 | 6.88 | 57 |
| 20068 | Tapioca, pearl, dry | 152.0 | 1.0 cup | 544 | 0.29 | 2 |
| 17285 | Lamb, Australian, imported, fresh, separable fat, cooked | 85.0 | 3.0 oz | 543 | 8.01 | 10 |
| 21114 | Fast foods, hamburger; double, large patty; with condiments and vegetables | 226.0 | 1.0 sandwich | 540 | 34.28 | 50 |
| 18096 | Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery | 138.0 | 1.0 piece (1/12 of a cake) | 537 | 4.80 | 43 |
| 21398 | Fast foods, cheeseburger; single, large patty; with condiments | 199.0 | 1.0 item | 535 | 30.27 | 52 |
| 01009 | Cheese, cheddar | 132.0 | 1.0 cup, diced | 533 | 30.19 | 36 |
| 21456 | POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading | 194.0 | 1.0 breast, with skin | 532 | 42.04 | 48 |
| 21393 | Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce | 205.0 | 1.0 item | 531 | 24.95 | 49 |
| 36046 | Restaurant, Italian, spaghetti with pomodoro sauce (no meat) | 510.0 | 1.0 serving | 530 | 19.89 | 82 |
| 21488 | Fast foods, quesadilla, with chicken | 180.0 | 1.0 each quesadilla | 529 | 27.09 | 45 |
| 36006 | T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded | 175.0 | 1.0 serving | 528 | 20.77 | 28 |
| 21014 | Fast foods, croissant, with egg, cheese, and sausage | 171.0 | 1.0 sandwich | 527 | 20.67 | 29 |
| 21383 | BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese | 171.0 | 1.0 sandwich | 527 | 20.67 | 29 |
| 43398 | Cheese, pasteurized process, cheddar or American, low sodium | 140.0 | 1.0 cup, diced | 526 | 31.08 | 31 |
| 01169 | Cheese, low-sodium, cheddar or colby | 132.0 | 1.0 cup, diced | 525 | 32.14 | 36 |
| 22988 | KASHI, Pilaf, 7 Whole Grain, unprepared | 140.0 | 0.5 cup | 525 | 19.33 | -- |
| 01043 | Cheese, pasteurized process, pimento | 140.0 | 1.0 cup, diced | 525 | 30.98 | 31 |
| 21403 | McDONALD'S, Premium Crispy Chicken Classic Sandwich | 230.0 | 1.0 item | 524 | 27.78 | 62 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21214 | SUBWAY, tuna sub on white bread with lettuce and tomato | 237.0 | 6.0 inch sub | 524 | 29.22 | 52 |
| 01134 | Egg, whole, dried, stabilized, glucose reduced | 85.0 | 1.0 cup, sifted | 523 | 40.94 | 42 |
| 21240 | WENDY'S, CLASSIC SINGLE Hamburger, with cheese | 236.0 | 1.0 item | 522 | 35.09 | 45 |
| 36016 | Restaurant, family style, shrimp, breaded and fried | 169.0 | 1.0 serving | 521 | 21.41 | 35 |
| 01011 | Cheese, colby | 132.0 | 1.0 cup, diced | 520 | 31.36 | 34 |
| 01040 | Cheese, swiss | 132.0 | 1.0 cup, diced | 519 | 35.59 | 44 |
| 21126 | Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato | 237.0 | 6.0 inch sub | 517 | 29.22 | 52 |
| 18010 | Biscuits, plain or buttermilk, dry mix | 120.0 | 1.0 cup, purchased | 514 | 9.60 | 30 |
| 01020 | Cheese, fontina | 132.0 | 1.0 cup, diced | 513 | 33.79 | 18 |
| 21235 | McDONALD'S, QUARTER POUNDER with Cheese | 199.0 | 1.0 item 7.1 oz | 513 | 29.03 | 44 |
| 36623 | Restaurant, Chinese, chicken chow mein | 604.0 | 1.0 order | 513 | 40.83 | 66 |
| 36024 | CRACKER BARREL, chicken tenderloin platter, fried | 175.0 | 1.0 serving | 513 | 31.60 | 49 |
| 21113 | Fast foods, hamburger; single, large patty; with condiments and vegetables | 218.0 | 1.0 sandwich | 512 | 25.83 | 44 |
| 01115 | Whey, sweet, dried | 145.0 | 1.0 cup | 512 | 18.75 | 255 |
| 16052 | Broadbeans (fava beans), mature seeds, raw | 150.0 | 1.0 cup | 512 | 39.18 | 288 |
| 20130 | Barley flour or meal | 148.0 | 1.0 cup | 511 | 15.54 | 142 |
| 36048 | CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce | 489.0 | 1.0 serving | 509 | 16.72 | 68 |
| 21362 | McDONALD'S, Sausage Biscuit with Egg | 163.0 | 1.0 item 5.7 oz | 507 | 18.37 | 21 |
| 21005 | Fast Foods, biscuit, with egg and sausage | 162.0 | 1.0 item | 505 | 18.03 | 21 |
| 36018 | APPLEBEE'S, fish, hand battered | 250.0 | 1.0 serving | 505 | 33.08 | 50 |
| 36607 | CRACKER BARREL, steak fries | 198.0 | 1.0 serving | 505 | 6.45 | 63 |
| 01133 | Egg, whole, dried | 85.0 | 1.0 cup, sifted | 503 | 40.84 | 29 |
| 32010 | Pasta mix, Italian lasagna, unprepared | 141.0 | 1.0 package | 502 | 15.37 | 52 |
| 35142 | Frybread, made with lard (Navajo) | 152.0 | 1.0 piece | 502 | 10.17 | 27 |
| 21476 | DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked | 179.0 | 1.0 slice 1/4 of pie | 499 | 24.92 | 47 |
| 09297 | Raisins, golden seedless | 165.0 | 1.0 cup, packed | 498 | 5.59 | 58 |
| 17006 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked | 85.0 | 3.0 oz | 498 | 10.34 | 11 |
| 17067 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked | 85.0 | 3.0 oz | 498 | 8.26 | 9 |
| 01069 | Cream substitute, powdered | 94.0 | 1.0 cup | 497 | 2.33 | 1 |
| 10000 | Pork, fresh, composite of separable fat, with added solution, cooked | 85.0 | 3.0 oz | 497 | 8.55 | 10 |
| 20084 | Wheat flour, white, cake, enriched | 137.0 | 1.0 cup unsifted, dipped | 496 | 11.23 | 22 |
| 10206 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted | 138.0 | 1.0 rack | 495 | 30.02 | 30 |
| 21269 | TACO BELL, Nachos Supreme | 222.0 | 1.0 serving | 495 | 13.79 | 73 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 36033 | Restaurant, family style, fish fillet, battered or breaded, fried | 226.0 | 1.0 serving | 495 | 30.49 | 52 |
| 20129 | Wheat flours, bread, unenriched | 137.0 | 1.0 cup unsifted, dipped | 495 | 16.41 | 34 |
| 20083 | Wheat flour, white, bread, enriched | 137.0 | 1.0 cup | 495 | 16.41 | 34 |
| 01167 | Cheese, mexican, queso chihuahua | 132.0 | 1.0 cup, diced | 494 | 28.46 | 30 |
| 36609 | CRACKER BARREL, macaroni n' cheese plate, from kid's menu | 257.0 | 1.0 serving | 493 | 16.60 | 44 |
| 25024 | Pretzels, soft, unsalted | 143.0 | 1.0 large | 493 | 11.73 | 30 |
| 09298 | Raisins, seedless | 165.0 | 1.0 cup, packed | 493 | 5.07 | 53 |
| 21404 | McDONALD'S, Premium Grilled Chicken Club Sandwich | 223.0 | 1.0 item 7.9 oz | 493 | 38.33 | -- |
| 22957 | Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved | 385.0 | 1.0 serving | 493 | 26.83 | 69 |
| 21384 | BURGER KING, CROISSAN'WICH with Sausage and Cheese | 131.0 | 1.0 item | 493 | 17.99 | 25 |
| 01165 | Cheese, mexican, queso anejo | 132.0 | 1.0 cup, crumbled | 492 | 28.30 | 37 |
| 01025 | Cheese, monterey | 132.0 | 1.0 cup, diced | 492 | 32.31 | 36 |
| 21244 | WENDY'S, Homestyle Chicken Fillet Sandwich | 230.0 | 1.0 item | 492 | 31.69 | 55 |
| 16082 | Noodles, chinese, cellophane or long rice (mung beans), dehydrated | 140.0 | 1.0 cup | 491 | 0.22 | 4 |
| 36014 | Restaurant, family style, french fries | 170.0 | 1.0 serving | 491 | 5.93 | 49 |
| 43447 | Snacks, corn-based, extruded, chips, unsalted | 88.0 | 1.0 cup, crushed | 490 | 5.81 | 62 |
| 20325 | Cornmeal, white, self-rising, degermed, enriched | 138.0 | 1.0 cup | 490 | 11.61 | 68 |
| 20025 | Cornmeal, yellow, self-rising, degermed, enriched | 138.0 | 1.0 cup | 490 | 11.61 | 68 |
| 21434 | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading | 212.0 | 1.0 breast, with skin | 490 | 46.51 | 53 |
| 01005 | Cheese, brick | 132.0 | 1.0 cup, diced | 490 | 30.68 | 32 |
| 09082 | Cranberry-orange relish, canned | 275.0 | 1.0 cup | 490 | 0.82 | 11 |
| 09299 | Raisins, seeded | 165.0 | 1.0 cup, packed | 488 | 4.16 | 50 |
| 20027 | Cornstarch | 128.0 | 1.0 cup | 488 | 0.33 | 4 |
| 36047 | OLIVE GARDEN, spaghetti with pomodoro sauce | 478.0 | 1.0 serving | 488 | 20.36 | 76 |
| 21080 | Fast foods, nachos, with cheese, beans, ground beef, and tomatoes | 222.0 | 1.0 serving | 486 | 13.79 | 73 |
| 01030 | Cheese, muenster | 132.0 | 1.0 cup, diced | 486 | 30.90 | 36 |
| 12176 | Nuts, coconut milk, frozen (liquid expressed from grated meat and water) | 240.0 | 1.0 cup | 485 | 3.86 | 77 |
| 43109 | Pretzels, soft | 143.0 | 1.0 large | 483 | 11.73 | 30 |
| 21130 | Fast foods, onion rings, breaded and fried | 117.0 | 1.0 package (18 onion rings) | 481 | 4.52 | 22 |
| 21098 | Fast foods, cheeseburger; single, large patty; with condiments and vegetables | 233.0 | 1.0 sandwich | 480 | 27.00 | 44 |
| 20012 | Bulgur, dry | 140.0 | 1.0 cup | 479 | 17.21 | 230 |
| 23419 | Beef, New Zealand, imported, intermuscular fat, cooked | 85.0 | 3.0 oz | 476 | 6.72 | 8 |
| 36002 | APPLEBEE'S, french fries | 164.0 | 1.0 serving | 476 | 5.43 | 48 |
| 14252 | Beverages, Malt liquor beverage | 1184.0 | 1.0 bottle | 474 | 4.14 | 59 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 36606 | CRACKER BARREL, farm raised catfish platter | 178.0 | 1.0 serving | 473 | 40.83 | 61 |
| 43241 | Cereals ready-to-eat, FAMILIA | 122.0 | 1.0 cup | 473 | 11.59 | 387 |
| 21307 | Fast foods, griddle cake sandwich, egg, cheese, and bacon | 174.0 | 1.0 item 6.1 oz | 473 | 20.93 | 37 |
| 20018 | Corn flour, yellow, degermed, unenriched | 126.0 | 1.0 cup | 472 | 7.04 | 23 |
| 21022 | Fast foods, english muffin, with egg, cheese, and sausage | 165.0 | 1.0 item | 472 | 22.08 | 28 |
| 05140 | Duck, domesticated, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 472 | 26.59 | 22 |
| 09259 | Pears, dried, sulfured, uncooked | 180.0 | 1.0 cup, halves | 472 | 3.37 | 59 |
| 36029 | DENNY'S, fish fillet, battered or breaded, fried | 201.0 | 1.0 serving | 470 | 27.64 | 50 |
| 01166 | Cheese, mexican, queso asadero | 132.0 | 1.0 cup, diced | 470 | 29.83 | 34 |
| 21440 | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading | 152.0 | 1.0 thigh, with skin | 470 | 26.10 | 30 |
| 36620 | Restaurant, Chinese, shrimp and vegetables | 601.0 | 1.0 order | 469 | 35.46 | 96 |
| 21474 | DIGIORNO Pizza, cheese topping, rising crust, frozen, baked | 183.0 | 1.0 slice 1/4 of pie | 468 | 23.42 | 49 |
| 21350 | McDONALD'S, BIG MAC (without Big Mac Sauce) | 200.0 | 1.0 item | 468 | 25.58 | 42 |
| 01044 | Cheese, pasteurized process, swiss | 140.0 | 1.0 cup, diced | 468 | 34.62 | 41 |
| 21102 | Fast foods, chicken fillet sandwich, plain with pickles | 187.0 | 1.0 sandwich | 468 | 30.44 | 45 |
| 21469 | Fast Foods, Fried Chicken, Breast, meat and skin and breading | 203.0 | 1.0 breast, with skin | 467 | 47.73 | 53 |
| 35143 | Tortilla, includes plain and from mutton sandwich (Navajo) | 197.0 | 1.0 serving | 467 | 14.34 | 37 |
| 19336 | Sugars, powdered | 120.0 | 1.0 cup unsifted | 467 | 0.00 | -- |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93.0 | 1.0 cup, shredded | 466 | 2.68 | 46 |
| 21526 | CHICK-FIL-A, chicken sandwich | 187.0 | 1.0 sandwich | 466 | 30.44 | 45 |
| 36610 | DENNY'S, french fries | 165.0 | 1.0 serving | 465 | 5.63 | 45 |
| 06167 | Sauce, homemade, white, thick | 250.0 | 1.0 cup | 465 | 9.98 | 35 |
| 01034 | Cheese, port de salut | 132.0 | 1.0 cup, diced | 465 | 31.39 | 32 |
| 21239 | WENDY'S, CLASSIC SINGLE Hamburger, no cheese | 218.0 | 1.0 item | 464 | 27.53 | 39 |
| 43114 | Vermicelli, made from soy | 140.0 | 1.0 cup | 463 | 0.14 | 3 |
| 01035 | Cheese, provolone | 132.0 | 1.0 cup, diced | 463 | 33.77 | 37 |
| 23322 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw | 114.0 | 4.0 oz | 462 | 16.58 | -- |
| 21227 | Pizza, meat and vegetable topping, rising crust, frozen, cooked | 170.0 | 1.0 serving 6 servings per 34.98 oz package | 461 | 21.47 | 46 |
| 21063 | Fast foods, burrito, with beans and beef | 241.0 | 1.0 item | 460 | 27.76 | 60 |
| 21120 | Fast foods, hotdog, with corn flour coating (corndog) | 175.0 | 1.0 sandwich | 460 | 16.80 | 18 |
| 07071 | Salami, dry or hard, pork | 113.0 | 1.0 package (4 oz) | 460 | 25.52 | 25 |
| 21092 | Fast foods, cheeseburger; double, regular patty; plain | 149.0 | 1.0 item | 459 | 25.57 | 31 |
| 19087 | Candies, white chocolate | 85.0 | 1.0 bar (3 oz) | 458 | 4.99 | 10 |
| 21157 | SUBWAY, meatball marinara sub on white bread (no toppings) | 209.0 | 6.0 inch sub | 458 | 20.42 | 61 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21158 | Fast foods, submarine sandwich, meatball marinara on white bread | 209.0 | 6.0 inch sub | 458 | 20.42 | 61 |
| 21473 | DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked | 164.0 | 1.0 slice 1/4 of pie | 458 | 22.11 | 44 |
| 21003 | Fast foods, biscuit, with egg and bacon | 150.0 | 1.0 biscuit | 458 | 17.00 | 24 |
| 17449 | Lamb, Australian, imported, fresh, external fat, cooked | 85.0 | 3.0 oz | 457 | 14.36 | 17 |
| 20003 | Arrowroot flour | 128.0 | 1.0 cup | 457 | 0.38 | 4 |
| 21506 | BURGER KING, Double Cheeseburger | 162.0 | 1.0 sandwich | 457 | 27.26 | 37 |
| 05304 | Turkey, mechanically deboned, from turkey frames, raw | 227.0 | 0.5 lb | 456 | 30.17 | 30 |
| 20381 | Wheat flour, white, all-purpose, enriched, calcium-fortified | 125.0 | 1.0 cup | 455 | 12.91 | 28 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125.0 | 1.0 cup | 455 | 12.91 | 28 |
| 20581 | Wheat flour, white, all-purpose, enriched, unbleached | 125.0 | 1.0 cup | 455 | 12.91 | 28 |
| 20481 | Wheat flour, white, all-purpose, unenriched | 125.0 | 1.0 cup | 455 | 12.91 | 28 |
| 20647 | Millet flour | 119.0 | 1.0 cup | 455 | 12.79 | 142 |
| 21267 | TACO BELL, BURRITO SUPREME with steak | 248.0 | 1.0 item | 454 | 22.64 | 67 |
| 21359 | McDONALD'S, Sausage McMUFFIN with Egg | 165.0 | 1.0 item 5.8 oz | 452 | 20.77 | 30 |
| 05302 | Poultry, mechanically deboned, from backs and necks without skin, raw | 227.0 | 0.5 lb | 452 | 31.30 | 30 |
| 43340 | Cheese, parmesan, low sodium | 100.0 | 1.0 cup, grated | 451 | 41.60 | 51 |
| 19130 | Candies, HERSHEY'S POT OF GOLD Almond Bar | 78.0 | 1.0 bar 2.8 oz | 450 | 10.00 | -- |
| 20086 | Wheat flour, white, tortilla mix, enriched | 111.0 | 1.0 cup | 450 | 10.72 | 23 |
| 05016 | Chicken, broilers or fryers, skin only, cooked, fried, batter | 114.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 449 | 11.76 | 14 |
| 21327 | McDONALD'S, Bacon, Egg & Cheese McGRIDDLES | 165.0 | 1.0 item 5.8 oz | 449 | 19.85 | -- |
| 01137 | Egg, yolk, dried | 67.0 | 1.0 cup, sifted | 448 | 22.53 | 17 |
| 09289 | Prunes, dehydrated (low-moisture), uncooked | 132.0 | 1.0 cup | 447 | 4.88 | 84 |
| 21060 | Fast foods, burrito, with beans | 217.0 | 2.0 pieces | 447 | 14.06 | 87 |
| 23320 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw | 114.0 | 4.0 oz | 447 | 16.62 | -- |
| 12118 | Nuts, coconut milk, canned (liquid expressed from grated meat and water) | 226.0 | 1.0 cup | 445 | 4.57 | 104 |
| 16104 | Bacon, meatless | 144.0 | 1.0 cup | 445 | 16.83 | 27 |
| 32020 | Chicken, thighs, frozen, breaded, reheated | 133.0 | 1.0 thigh with bone and breading | 444 | 24.82 | 41 |
| 10974 | Pork, ground, 72% lean / 28% fat, cooked, crumbles | 113.0 | 4.0 oz | 444 | 25.80 | 21 |
| 21266 | TACO BELL, BURRITO SUPREME with chicken | 248.0 | 1.0 item | 444 | 24.40 | 69 |
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 125.0 | 1.0 cup | 442 | 12.36 | 24 |
| 20320 | Cornmeal, whole-grain, white | 122.0 | 1.0 cup | 442 | 9.91 | 155 |
| 20020 | Cornmeal, whole-grain, yellow | 122.0 | 1.0 cup | 442 | 9.91 | 155 |
| 21265 | TACO BELL, BURRITO SUPREME with beef | 241.0 | 1.0 burrito | 441 | 16.94 | 55 |
| 42117 | Imitation cheese, american or cheddar, low cholesterol | 113.0 | 1.0 cup, shredded | 441 | 28.25 | 34 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09081 | Cranberry sauce, canned, sweetened | 277.0 | 1.0 cup | 440 | 2.49 | 6 |
| 21361 | McDONALD'S, Sausage Biscuit | 117.0 | 1.0 item 4.1 oz | 440 | 11.26 | 15 |
| 20070 | Triticale flour, whole-grain | 130.0 | 1.0 cup | 439 | 17.13 | 199 |
| 01024 | Cheese, limburger | 134.0 | 1.0 cup | 438 | 26.87 | 28 |
| 21202 | Fast foods, hamburger, large, single patty, with condiments | 171.0 | 1.0 item | 438 | 26.81 | 41 |
| 21094 | Fast foods, cheeseburger, double, regular patty and bun, with condiments | 155.0 | 1.0 sandwich | 437 | 25.17 | 33 |
| 21344 | McDONALD'S, Double Cheeseburger | 155.0 | 1.0 sandwich | 437 | 24.02 | 33 |
| 21395 | Fast foods, cheeseburger; double, regular patty; with condiments | 155.0 | 1.0 sandwich | 437 | 25.17 | 33 |
| 21007 | Fast foods, biscuit, with egg, cheese, and bacon | 145.0 | 1.0 item | 436 | 17.41 | 22 |
| 20648 | Sorghum flour, whole-grain | 121.0 | 1.0 cup | 434 | 10.20 | 149 |
| 21064 | Fast foods, burrito, with beans, cheese, and beef | 241.0 | 1.0 burrito | 434 | 16.94 | 55 |
| 32009 | Pasta mix, classic beef, unprepared | 122.0 | 1.0 package | 432 | 15.03 | 48 |
| 21360 | McDONALD'S, Bacon Egg & Cheese Biscuit | 142.0 | 1.0 item 4.9 oz | 432 | 19.10 | 17 |
| 09175 | Mammy-apple, (mamey), raw | 846.0 | 1.0 fruit without refuse | 431 | 4.23 | 135 |
| 10894 | Pork, cured, ham, separable fat, boneless, heated | 85.0 | 3.0 oz | 431 | 7.45 | 14 |
| 21306 | Fast foods, griddle cake sandwich, sausage | 135.0 | 1.0 item | 429 | 11.35 | 19 |
| 32008 | Pasta mix, classic cheeseburger macaroni, unprepared | 123.0 | 1.0 package | 429 | 14.27 | 43 |
| 18501 | KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry | 116.0 | 1.0 bar (NLEA serving) | 429 | 4.99 | 30 |
| 07057 | Pepperoni, beef and pork, sliced | 85.0 | 3.0 oz | 428 | 16.36 | 15 |
| 22958 | Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties) | 340.0 | 1.0 bowl | 428 | 19.21 | 48 |
| 10076 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 428 | 31.68 | 23 |
| 21458 | POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading | 138.0 | 1.0 thigh with skin | 428 | 26.41 | 29 |
| 43384 | Beef, bologna, reduced sodium | 138.0 | 1.0 cup pieces | 428 | 16.15 | 14 |
| 36605 | CRACKER BARREL, country fried shrimp platter | 149.0 | 1.0 serving | 428 | 18.80 | 28 |
| 05147 | Goose, domesticated, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 427 | 35.22 | 31 |
| 05091 | Chicken, broilers or fryers, thigh, meat and skin, raw | 193.0 | 1.0 thigh with skin | 427 | 31.88 | 35 |
| 21112 | Fast foods, hamburger; single, large patty; plain | 137.0 | 1.0 sandwich | 426 | 22.62 | 27 |
| 21004 | Fast foods, biscuit, with egg and ham | 182.0 | 1.0 biscuit | 424 | 19.36 | 29 |
| 18310 | Pie, chocolate creme, commercially prepared | 120.0 | 1.0 serving .167 pie | 424 | 4.98 | 23 |
| 20016 | Corn flour, whole-grain, yellow | 117.0 | 1.0 cup | 422 | 8.11 | 109 |
| 20316 | Corn flour, whole-grain, white | 117.0 | 1.0 cup | 422 | 8.11 | 109 |
| 21328 | McDONALD'S, Sausage McGRIDDLES | 135.0 | 1.0 item | 421 | 11.35 | 19 |
| 01263 | Ice cream, light, soft serve, chocolate | 298.0 | 1.0 medium | 420 | 10.01 | 107 |
| 20132 | Oat flour, partially debranned | 104.0 | 1.0 cup | 420 | 15.25 | 150 |
| 01032 | Cheese, parmesan, grated | 100.0 | 1.0 cup | 420 | 28.42 | 34 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 32036 | JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared | 128.0 | 1.0 biscuit | 420 | 11.89 | 19 |
| 21230 | Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise | 152.0 | 1.0 sandwich | 420 | 16.63 | 30 |
| 21213 | SUBWAY, cold cut sub on white bread with lettuce and tomato | 196.0 | 6.0 inch sub | 419 | 20.62 | 39 |
| 21490 | Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread | 230.0 | 1.0 sandwich | 419 | 39.88 | 53 |
| 22972 | Pulled pork in barbecue sauce | 249.0 | 1.0 cup | 418 | 32.84 | 55 |
| 09291 | Plums, dried (prunes), uncooked | 174.0 | 1.0 cup, pitted | 418 | 3.79 | 71 |
| 16111 | Soybeans, mature seeds, dry roasted | 93.0 | 1.0 cup | 418 | 40.29 | 212 |
| 21124 | Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato | 196.0 | 6.0 inch sub | 417 | 20.62 | 39 |
| 21234 | McDONALD'S, QUARTER POUNDER | 171.0 | 1.0 item | 417 | 24.11 | 38 |
| 21093 | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables | 166.0 | 1.0 sandwich | 417 | 21.25 | 30 |
| 21507 | WENDY'S, Double Stack, with cheese | 146.0 | 1.0 sandwich | 416 | 27.05 | 31 |
| 20063 | Rye flour, dark | 128.0 | 1.0 cup | 416 | 20.36 | 205 |
| 32017 | Pasta mix, Italian four cheese lasagna, unprepared | 117.0 | 1.0 package | 415 | 14.66 | 49 |
| 09087 | Dates, deglet noor | 147.0 | 1.0 cup, chopped | 415 | 3.60 | 63 |
| 20078 | Wheat germ, crude | 115.0 | 1.0 cup | 414 | 26.62 | 275 |
| 20317 | Corn flour, yellow, masa, enriched | 114.0 | 1.0 cup | 414 | 9.64 | 106 |
| 20019 | Corn flour, masa, unenriched, white | 114.0 | 1.0 cup | 414 | 9.64 | 106 |
| 20017 | Corn flour, masa, enriched, white | 114.0 | 1.0 cup | 414 | 9.64 | 106 |
| 11370 | Potatoes, hash brown, home-prepared | 156.0 | 1.0 cup | 413 | 4.68 | 55 |
| 36404 | Restaurant, Latino, arroz con leche (rice pudding) | 283.0 | 1.0 serving | 413 | 9.06 | 31 |
| 42155 | Cheese, monterey, low fat | 132.0 | 1.0 cup, diced | 413 | 37.22 | 36 |
| 21406 | McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich | 202.0 | 1.0 item 7.1 oz | 412 | 33.73 | -- |
| 21009 | Fast foods, biscuit, with sausage | 111.0 | 1.0 item | 412 | 10.73 | 14 |
| 16119 | Soy meal, defatted, raw | 122.0 | 1.0 cup | 411 | 60.02 | 373 |
| 19322 | Puddings, coconut cream, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 411 | 0.89 | 17 |
| 21478 | DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked | 145.0 | 1.0 slice 1/4 of pie | 410 | 19.17 | 41 |
| 21006 | Fast foods, biscuit with egg and steak | 148.0 | 1.0 biscuit | 410 | 17.94 | 25 |
| 32032 | Sausage, egg and cheese breakfast biscuit | 126.0 | 1.0 biscuit | 408 | 12.02 | 20 |
| 20080 | Wheat flour, whole-grain | 120.0 | 1.0 cup | 408 | 15.85 | 164 |
| 01053 | Cream, fluid, heavy whipping | 120.0 | 1.0 cup, whipped | 408 | 3.41 | 8 |
| 09085 | Currants, zante, dried | 144.0 | 1.0 cup | 408 | 5.88 | 59 |
| 20023 | Cornmeal, yellow, self-rising, bolted, plain, enriched | 122.0 | 1.0 cup | 407 | 10.10 | 105 |
| 20323 | Cornmeal, white, self-rising, bolted, plain, enriched | 122.0 | 1.0 cup | 407 | 10.10 | 105 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 01048 | Cheese spread, pasteurized process, American | 140.0 | 1.0 cup, diced | 406 | 22.97 | 41 |
| 42136 | Cream substitute, powdered, light | 94.0 | 1.0 cup | 405 | 1.79 | 0 |
| 21013 | Fast foods, croissant, with egg, cheese, and ham | 155.0 | 1.0 item | 405 | 19.30 | 26 |
| 21245 | WENDY'S, Ultimate Chicken Grill Sandwich | 225.0 | 1.0 item | 403 | 33.14 | 54 |
| 01136 | Egg, white, dried, powder, stabilized, glucose reduced | 107.0 | 1.0 cup, sifted | 402 | 88.17 | 77 |
| 20011 | Buckwheat flour, whole-groat | 120.0 | 1.0 cup | 402 | 15.14 | 301 |
| 05021 | Chicken, broilers or fryers, giblets, cooked, fried | 145.0 | 1.0 cup, chopped or diced | 402 | 47.18 | 36 |
| 21522 | McDONALD'S, Southern Style Chicken Biscuit | 132.0 | 1.0 biscuit regular size biscuit | 401 | 15.75 | 24 |
| 13148 | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised | 85.0 | 3.0 oz | 400 | 18.33 | 13 |
| 21012 | Fast foods, croissant, with egg, cheese, and bacon | 128.0 | 1.0 item | 399 | 16.10 | 23 |
| 42173 | Turkey and pork sausage, fresh, bulk, patty or link, cooked | 130.0 | 1.0 cup, cooked | 399 | 29.51 | 25 |
| 28002 | KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola | 150.0 | 1.0 pizza | 399 | 9.75 | 20 |
| 09447 | Plantains, yellow, fried, Latino restaurant | 169.0 | 1.0 cup | 399 | 2.40 | 76 |
| 19194 | Puddings, rice, dry mix | 106.0 | 1.0 package | 399 | 2.86 | 8 |
| 21475 | DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked | 161.0 | 1.0 slice 1/4 of pie | 398 | 20.87 | 43 |
| 44259 | Puddings, all flavors except chocolate, low calorie, regular, dry mix | 113.0 | 1.0 serving | 397 | 1.81 | 19 |
| 07913 | Salami, pork, beef, less sodium | 100.0 | 3.527 oz | 396 | 15.01 | 31 |
| 01019 | Cheese, feta | 150.0 | 1.0 cup, crumbled | 396 | 21.32 | 28 |
| 21010 | Fast foods, biscuit, with crispy chicken fillet | 132.0 | 1.0 item | 396 | 15.75 | 24 |
| 21480 | DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked | 155.0 | 1.0 slice 1/4 of pie | 395 | 17.69 | 43 |
| 21226 | Pizza, meat and vegetable topping, regular crust, frozen, cooked | 143.0 | 1.0 serving 5 servings per 24.2 oz package | 395 | 16.13 | 36 |
| 10071 | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 394 | 31.43 | 24 |
| 23449 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw | 114.0 | 4.0 oz | 393 | 18.02 | 15 |
| 16005 | Beans, baked, home prepared | 253.0 | 1.0 cup | 392 | 14.02 | 109 |
| 10168 | Pork, cured, shoulder, arm picnic, separable lean and fat, roasted | 140.0 | 1.0 cup | 392 | 28.60 | 20 |
| 09261 | Pears, dried, sulfured, stewed, with added sugar | 280.0 | 1.0 cup, halves | 392 | 2.41 | 42 |
| 07036 | Sausage, Italian, pork, raw | 113.0 | 1.0 link, 4/lb | 391 | 16.10 | 16 |
| 05170 | Turkey, skin from whole (light and dark), roasted | 85.0 | 1.0 serving | 390 | 20.35 | 28 |
| 01029 | Cheese, mozzarella, low moisture, part-skim | 132.0 | 1.0 cup, diced | 389 | 31.35 | 36 |
| 21377 | McDONALD'S Bacon Ranch Salad with Crispy Chicken | 319.0 | 1.0 item 11.3 oz | 389 | 28.14 | -- |
| 28001 | KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola | 150.0 | 1.0 pizza | 388 | 9.60 | 21 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 262.0 | 1.0 cup | 388 | 6.29 | 92 |
| 12109 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged | 85.0 | 1.0 cup | 388 | 2.66 | 43 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 22908 | Beef, corned beef hash, with potato, canned | 236.0 | 1.0 cup | 387 | 20.60 | 31 |
| 21146 | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen | 156.0 | 1.0 slice 1/8 per pizza | 387 | 21.26 | 61 |
| 21264 | TACO BELL, Bean Burrito | 185.0 | 1.0 each burrito | 387 | 13.60 | 63 |
| 09274 | Pineapple juice, frozen concentrate, unsweetened, undiluted | 216.0 | 1.0 can (6 fl oz) | 387 | 2.81 | 76 |
| 21011 | Fast foods, croissant, with egg and cheese | 127.0 | 1.0 croissant | 386 | 12.79 | 22 |
| 09213 | Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium | 262.0 | 1.0 cup | 385 | 6.29 | 92 |
| 23448 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 385 | 17.12 | 9 |
| 09038 | Avocados, raw, California | 230.0 | 1.0 cup, pureed | 384 | 4.51 | 67 |
| 21358 | McDONALD'S, Sausage McMUFFIN | 115.0 | 1.0 item 4 oz | 383 | 14.56 | 24 |
| 09246 | Peaches, dried, sulfured, uncooked | 160.0 | 1.0 cup, halves | 382 | 5.78 | 67 |
| 13921 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 140.0 | 1.0 steak (yield from 181 g raw meat) | 382 | 37.00 | 29 |
| 19705 | Puddings, banana, dry mix, instant, with added oil | 99.0 | 1.0 package (3.5 oz) | 382 | 0.00 | 2 |
| 01258 | Egg, white, dried, stabilized, glucose reduced | 107.0 | 1.0 cup, sifted | 382 | 89.97 | 88 |
| 19324 | Puddings, coconut cream, dry mix, regular | 88.0 | 1.0 package (3.12 oz) | 382 | 0.88 | 13 |
| 17402 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw | 113.0 | 4.0 oz | 381 | 18.27 | 17 |
| 09030 | Apricots, dehydrated (low-moisture), sulfured, uncooked | 119.0 | 1.0 cup | 381 | 5.83 | 75 |
| 21251 | BURGER KING, Cheeseburger | 133.0 | 1.0 item | 380 | 19.38 | 32 |
| 18944 | Pie, Dutch Apple, Commercially Prepared | 131.0 | 0.125 pie 1 pie (1/8 of 9" pie) | 380 | 2.84 | 10 |
| 21509 | BURGER KING, Onion Rings | 91.0 | 1.0 small | 379 | 3.51 | 17 |
| 21061 | Fast foods, burrito, with beans and cheese | 185.0 | 1.0 each burrito | 379 | 13.60 | 63 |
| 07005 | Blood sausage | 100.0 | 4.0 slices | 379 | 14.60 | 8 |
| 21232 | McDONALD'S, FILET-O-FISH | 134.0 | 1.0 sandwich | 378 | 15.09 | 36 |
| 18969 | Cream puff, eclair, custard or cream filled, iced | 113.0 | 4.0 oz | 377 | 4.98 | 11 |
| 23312 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw | 114.0 | 4.0 oz | 377 | 19.29 | -- |
| 09244 | Peaches, dehydrated (low-moisture), sulfured, uncooked | 116.0 | 1.0 cup | 377 | 5.67 | 66 |
| 21145 | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen | 155.0 | 1.0 slice 1/8 per pizza | 377 | 21.53 | 59 |
| 11450 | Soybeans, green, raw | 256.0 | 1.0 cup | 376 | 33.15 | 166 |
| 43128 | Chicken, meatless | 168.0 | 1.0 cup | 376 | 39.72 | 29 |
| 22960 | Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix | 198.0 | 1.0 cup | 376 | 9.68 | 34 |
| 23314 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw | 114.0 | 4.0 oz | 376 | 20.08 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21515 | MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared | 160.0 | 1.0 pizza | 376 | 16.96 | -- |
| 13498 | Beef, ground, 70% lean meat / 30% fat, raw | 113.0 | 4.0 oz | 375 | 16.22 | 16 |
| 20091 | Pasta, gluten-free, corn, dry | 105.0 | 1.0 cup | 375 | 7.83 | 125 |
| 19184 | Puddings, chocolate, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 374 | 2.28 | 45 |
| 19330 | Puddings, lemon, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 374 | 0.00 | -- |
| 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 134.0 | 1.0 sandwich | 374 | 15.09 | 36 |
| 06006 | Soup, bean with frankfurters, canned, condensed | 263.0 | 1.0 cup (8 fl oz) | 373 | 19.99 | 97 |
| 19202 | Puddings, vanilla, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 373 | 0.00 | 1 |
| 16116 | Soy flour, full-fat, roasted | 85.0 | 1.0 cup, stirred | 373 | 32.38 | 314 |
| 01046 | Cheese food, pasteurized process, American, vitamin D fortified | 113.0 | 1.0 cup | 373 | 19.05 | 31 |
| 01254 | Cheese food, pasteurized process, American, without added vitamin D | 113.0 | 1.0 cup | 373 | 19.05 | 31 |
| 20060 | Rice bran, crude | 118.0 | 1.0 cup | 373 | 15.75 | 922 |
| 21471 | Fast Foods, Fried Chicken, Thigh, meat and skin and breading | 136.0 | 1.0 thigh with skin | 373 | 26.15 | 30 |
| 21002 | Fast foods, biscuit, with egg | 136.0 | 1.0 biscuit | 373 | 11.60 | 19 |
| 35190 | Salmon, red (sockeye), filets with skin, smoked (Alaska Native) | 108.0 | 1.0 filet | 373 | 65.47 | 63 |
| 10993 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted | 138.0 | 1.0 rack | 373 | 36.43 | 33 |
| 43541 | Ice creams, chocolate, rich | 148.0 | 1.0 cup | 371 | 6.99 | 47 |
| 09094 | Figs, dried, uncooked | 149.0 | 1.0 cup | 371 | 4.92 | 101 |
| 13923 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 149.0 | 1.0 steak (yield from 1 raw steak weighing149g) | 371 | 28.86 | 30 |
| 20095 | Pasta, fresh-refrigerated, spinach, as purchased | 128.0 | 4.5 oz | 370 | 14.41 | 81 |
| 43597 | Cheese, mozzarella, low sodium | 132.0 | 1.0 cup, diced | 370 | 36.30 | 34 |
| 16113 | Natto | 175.0 | 1.0 cup | 369 | 33.95 | 201 |
| 20093 | Pasta, fresh-refrigerated, plain, as purchased | 128.0 | 4.5 oz | 369 | 14.48 | 59 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 369 | 36.22 | 30 |
| 21282 | DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust | 151.0 | 1.0 slice | 368 | 15.60 | 33 |
| 21159 | SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato | 201.0 | 6.0 inch sub | 368 | 24.70 | 44 |
| 21160 | Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato | 201.0 | 6.0 inch sub | 368 | 24.70 | 44 |
| 16008 | Beans, baked, canned, with franks | 259.0 | 1.0 cup | 368 | 17.48 | 73 |
| 06166 | Sauce, homemade, white, medium | 250.0 | 1.0 cup | 368 | 9.60 | 35 |
| 21285 | PAPA JOHN'S 14" The Works Pizza, Original Crust | 153.0 | 1.0 slice | 367 | 15.71 | 32 |
| 15041 | Fish, herring, Atlantic, pickled | 140.0 | 1.0 cup | 367 | 19.87 | 11 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21402 | McDONALD'S, Premium Grilled Chicken Classic Sandwich | 200.0 | 1.0 item 7 oz | 366 | 28.32 | 56 |
| 01229 | Cheese, white, queso blanco | 118.0 | 1.0 cup, crumbled | 366 | 24.05 | 34 |
| 21523 | McDONALD'S, RANCH SNACK WRAP, Crispy | 133.0 | 1.0 wrap | 366 | 15.27 | 25 |
| 21517 | Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce | 133.0 | 1.0 item | 366 | 15.27 | 25 |
| 21020 | Fast foods, english muffin, with cheese and sausage | 108.0 | 1.0 item | 365 | 14.34 | 23 |
| 01228 | Cheese, fresh, queso fresco | 122.0 | 1.0 cup, crumbled | 365 | 22.07 | 29 |
| 09446 | Plantains, green, fried | 118.0 | 1.0 cup | 365 | 1.77 | 68 |
| 16115 | Soy flour, full-fat, raw | 84.0 | 1.0 cup, stirred | 365 | 31.76 | 360 |
| 20065 | Rye flour, light | 102.0 | 1.0 cup | 364 | 10.02 | 33 |
| 21121 | Fast foods, roast beef sandwich, plain | 149.0 | 1.0 sandwich | 364 | 22.60 | 34 |
| 19318 | Puddings, banana, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 363 | 0.00 | 2 |
| 27043 | Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve | 519.0 | 1.0 can | 363 | 12.09 | 67 |
| 21436 | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading | 135.0 | 1.0 thigh, with skin | 363 | 25.52 | 30 |
| 43027 | Jellies, no sugar (with sodium saccharin), any flavors | 300.0 | 1.0 cup | 363 | 1.65 | 12 |
| 15215 | Fish, shad, american, cooked, dry heat | 144.0 | 1.0 fillet | 363 | 31.26 | 55 |
| 01208 | Cheese, provolone, reduced fat | 132.0 | 1.0 cup, diced | 362 | 32.60 | 37 |
| 06982 | Soup, ramen noodle, beef flavor, dry | 82.0 | 1.0 package without flavor packet | 362 | 8.25 | 20 |
| 21225 | Pizza, cheese topping, rising crust, frozen, cooked | 139.0 | 1.0 serving 6 servings per 29.25 oz package | 361 | 17.19 | 36 |
| 23321 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 114.0 | 4.0 oz | 361 | 19.46 | -- |
| 05132 | Chicken, stewing, dark meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 361 | 39.40 | 31 |
| 20048 | Rice, white, long-grain, precooked or instant, enriched, dry | 95.0 | 1.0 cup | 361 | 7.43 | 13 |
| 21527 | ARBY'S, roast beef sandwich, classic | 149.0 | 1.0 sandwich | 361 | 22.60 | 34 |
| 15197 | Fish, herring, Pacific, cooked, dry heat | 144.0 | 1.0 fillet | 360 | 30.25 | 59 |
| 17008 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 148.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 360 | 41.99 | 33 |
| 17229 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 148.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 360 | 41.99 | 33 |
| 21498 | PIZZA HUT 14" Sausage Pizza, Pan Crust | 125.0 | 1.0 slice | 359 | 13.85 | 26 |
| 19188 | Puddings, chocolate, dry mix, regular | 99.0 | 1.0 package (3.5 oz) | 358 | 2.57 | 66 |
| 21482 | Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust | 127.0 | 1.0 slice | 358 | 14.05 | 29 |
| 21355 | McDONALD'S, McCHICKEN Sandwich | 131.0 | 1.0 sandwich | 358 | 13.66 | 26 |
| 11414 | Potato salad, home-prepared | 250.0 | 1.0 cup | 358 | 6.70 | 38 |
| 21495 | DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust | 129.0 | 1.0 slice | 357 | 14.23 | 31 |
| 09422 | Durian, raw or frozen | 243.0 | 1.0 cup, chopped or diced | 357 | 3.57 | 73 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13150 | Beef, rib, shortribs, separable lean only, choice, cooked, braised | 121.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 357 | 37.22 | 27 |
| 05161 | Squab, (pigeon), meat only, raw | 251.0 | 1.0 unit (yield from 1 lb ready-to-cook squab) | 356 | 43.92 | 63 |
| 06583 | Soup, ramen noodle, any flavor, dry | 81.0 | 1.0 package without flavor packet | 356 | 8.24 | 20 |
| 21023 | Fast foods, french toast with butter | 135.0 | 2.0 slices | 356 | 10.34 | 16 |
| 16157 | Chickpea flour (besan) | 92.0 | 1.0 cup | 356 | 20.60 | 153 |
| 20064 | Rye flour, medium | 102.0 | 1.0 cup | 356 | 11.10 | 64 |
| 06983 | Soup, ramen noodle, chicken flavor, dry | 81.0 | 1.0 package without flavor packet | 356 | 8.28 | 20 |
| 43528 | Beverages, ABBOTT, ENSURE PLUS, ready-to-drink | 252.0 | 1.0 cup | 355 | 13.00 | 101 |
| 21110 | Fast foods, hamburger; double, regular, patty; plain | 120.0 | 1.0 item | 354 | 20.50 | 24 |
| 21150 | SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce | 228.0 | 6.0 inch sub | 353 | 24.87 | 52 |
| 21151 | Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce | 228.0 | 6.0 inch sub | 353 | 24.87 | 52 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 95.0 | 1.0 piece (1/12 of 9" dia) | 352 | 5.04 | 30 |
| 32003 | Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine | 238.0 | 1.0 cup | 352 | 7.00 | 26 |
| 16358 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids | 253.0 | 1.0 can drained | 352 | 17.84 | 66 |
| 16359 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water | 254.0 | 1.0 can drained, rinsed | 351 | 17.88 | 61 |
| 01052 | Cream, fluid, light whipping | 120.0 | 1.0 cup, whipped | 350 | 2.60 | 8 |
| 12167 | Nuts, chestnuts, european, roasted | 143.0 | 1.0 cup | 350 | 4.53 | 47 |
| 21508 | WEND'YS, Crispy Chicken Sandwich | 126.0 | 1.0 sandwich | 350 | 14.77 | 25 |
| 09017 | Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid | 211.0 | 1.0 can (6 fl oz) | 350 | 1.08 | 36 |
| 09410 | Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid | 211.0 | 1.0 can (6 fl oz) | 350 | 1.08 | 36 |
| 36015 | Restaurant, family style, chicken fingers, from kid's menu | 114.0 | 1.0 serving | 350 | 21.30 | 33 |
| 13861 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 349 | 18.83 | 17 |
| 05104 | Chicken, broilers or fryers, wing, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 349 | 31.89 | 22 |
| 19169 | Egg custards, dry mix | 85.0 | 1.0 package (3 oz) | 348 | 5.86 | 38 |
| 21281 | DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust | 123.0 | 1.0 slice | 348 | 14.17 | 30 |
| 21516 | KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared | 152.0 | 1.0 pizza | 348 | 16.26 | -- |
| 22903 | Pizza, pepperoni topping, regular crust, frozen, cooked | 127.0 | 0.25 pizza 12" diameter | 348 | 18.26 | 34 |
| 09041 | Bananas, dehydrated, or banana powder | 100.0 | 1.0 cup | 346 | 3.89 | 108 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 22928 | Burrito, beef and bean, microwaved | 116.0 | 1.0 burrito cooked | 346 | 10.13 | 42 |
| 17033 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 147.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 345 | 40.78 | 43 |
| 36011 | T.G.I. FRIDAY'S, classic sirloin steak (10 oz) | 176.0 | 1.0 serving | 345 | 54.60 | 49 |
| 10150 | Pork, cured, ham, whole, separable lean and fat, unheated | 140.0 | 1.0 cup | 344 | 25.89 | 21 |
| 32019 | Lasagna, cheese, frozen, unprepared | 237.0 | 1.0 cup 1 serving | 344 | 11.99 | 45 |
| 13848 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 343 | 17.55 | 16 |
| 05139 | Duck, domesticated, meat and skin, raw | 85.0 | 3.0 oz | 343 | 9.77 | 13 |
| 16117 | Soy flour, defatted | 105.0 | 1.0 cup | 343 | 54.03 | 304 |
| 21090 | Fast foods, cheeseburger; single, regular patty, with condiments | 127.0 | 1.0 item | 343 | 17.13 | 29 |
| 17076 | Lamb, New Zealand, imported, loin chop, separable lean and fat, raw | 115.0 | 1.0 serving | 343 | 17.71 | 21 |
| 22986 | KASHI Mayan Harvest Bake, frozen, unprepared | 283.0 | 1.0 entree | 342 | 8.49 | -- |
| 23438 | Beef, New Zealand, imported, sweetbread, raw | 113.0 | 4.0 oz | 342 | 13.01 | 17 |
| 21335 | McDONALD'S, Hot Caramel Sundae | 182.0 | 1.0 item (6.4 oz) | 342 | 6.52 | 22 |
| 05190 | Turkey, all classes, back, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 342 | 37.23 | 31 |
| 23285 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 135.0 | 1.0 fillet | 342 | 36.18 | 35 |
| 21497 | PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust | 119.0 | 1.0 slice | 342 | 14.18 | 27 |
| 09353 | Blueberries, wild, canned, heavy syrup, drained | 319.0 | 1.0 cup | 341 | 1.79 | 19 |
| 35145 | Stew, hominy with mutton (Navajo) | 411.0 | 1.0 serving | 341 | 27.58 | 82 |
| 12110 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned | 77.0 | 1.0 cup | 341 | 2.58 | 38 |
| 19706 | Puddings, banana, dry mix, regular, with added oil | 88.0 | 1.0 package (3.12 oz) | 341 | 0.00 | 7 |
| 05149 | Goose, domesticated, meat only, cooked, roasted | 143.0 | 1.0 unit (yield from 1 lb ready-to-cook goose) | 340 | 41.43 | 36 |
| 01214 | Milk, canned, evaporated, without added vitamin A and vitamin D | 252.0 | 1.0 cup | 340 | 17.16 | 60 |
| 01264 | Ice cream bar, stick or nugget, with crunch coating | 95.0 | 26.0 pieces | 340 | 2.00 | 10 |
| 13835 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 340 | 19.18 | 17 |
| 01240 | Ice cream cone, chocolate covered, with nuts, flavors other than chocolate | 96.0 | 1.0 unit | 340 | 5.00 | 28 |
| 43299 | Soybean, curd cheese | 225.0 | 1.0 cup | 340 | 28.12 | 513 |
| 21321 | McDONALD'S, Hotcakes (plain) | 149.0 | 3.0 hotcakes 5.3 oz | 340 | 8.94 | 28 |
| 36040 | CRACKER BARREL, macaroni n' cheese | 175.0 | 1.0 serving | 340 | 11.36 | 30 |
| 19198 | Puddings, tapioca, dry mix | 92.0 | 1.0 package (3.5 oz) | 339 | 0.09 | 2 |
| 19709 | Puddings, tapioca, dry mix, with no added salt | 92.0 | 1.0 package (3.5 oz) | 339 | 0.09 | 2 |
| 22996 | KASHI Three Cheese Penne, frozen, unprepared | 269.0 | 1.0 Entrée | 339 | 15.33 | 81 |
| 21303 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust | 118.0 | 1.0 slice | 339 | 13.56 | 27 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21284 | PAPA JOHN'S 14" Pepperoni Pizza, Original Crust | 123.0 | 1.0 slice | 338 | 14.72 | 28 |
| 20420 | Pasta, dry, unenriched | 91.0 | 1.0 cup spaghetti | 338 | 11.87 | 48 |
| 20120 | Pasta, dry, enriched | 91.0 | 1.0 cup spaghetti | 338 | 11.87 | 48 |
| 12007 | Seeds, cottonseed flour, partially defatted (glandless) | 94.0 | 1.0 cup | 337 | 38.50 | 678 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 337 | 24.70 | 20 |
| 10175 | Pork, fresh, variety meats and by-products, tail, cooked, simmered | 85.0 | 3.0 oz | 337 | 14.45 | 6 |
| 01026 | Cheese, mozzarella, whole milk | 112.0 | 1.0 cup, shredded | 336 | 24.83 | 22 |
| 16173 | Frijoles rojos volteados (Refried beans, red, canned) | 233.0 | 1.0 cup | 336 | 11.65 | 84 |
| 43283 | Pheasant, cooked, total edible | 140.0 | 1.0 cup, chopped or diced | 335 | 45.36 | 31 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 140.0 | 1.0 cup | 335 | 40.59 | 35 |
| 05009 | Chicken, broilers or fryers, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 335 | 38.22 | 32 |
| 36624 | Restaurant, Chinese, vegetable chow mein, without meat or noodles | 777.0 | 1.0 order | 334 | 10.41 | 70 |
| 13849 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 334 | 19.43 | 17 |
| 19206 | Puddings, vanilla, dry mix, regular | 88.0 | 1.0 package (3.12 oz) | 334 | 0.26 | 0 |
| 21336 | McDONALD'S, Hot Fudge Sundae | 179.0 | 1.0 item (6.3 oz) | 333 | 7.41 | 34 |
| 21604 | School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked | 133.0 | 1.0 piece 4" x 6" | 332 | 16.80 | 69 |
| 22917 | Burrito, beef and bean, frozen | 139.0 | 1.0 burrito frozen | 332 | 10.09 | 44 |
| 25015 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush | 80.0 | 1.0 bar | 332 | 20.00 | 140 |
| 21304 | Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust | 136.0 | 1.0 slice | 332 | 14.99 | 31 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 332 | 42.59 | 31 |
| 21605 | School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked | 129.0 | 1.0 slice per 1/10 pizza | 332 | 17.11 | 30 |
| 21356 | McDONALD'S, McCHICKEN Sandwich (without mayonnaise) | 138.0 | 1.0 item | 331 | 15.29 | 28 |
| 23577 | Beef, ground, 75% lean meat / 25% fat, raw | 113.0 | 4.0 oz | 331 | 17.81 | 17 |
| 21242 | WENDY'S, Jr. Hamburger, with cheese | 129.0 | 1.0 item | 330 | 16.85 | 28 |
| 16145 | Beans, kidney, red, mature seeds, canned, drained solids | 266.0 | 1.0 can drained solids | 330 | 21.23 | 80 |
| 10128 | Pork, cured, breakfast strips, raw or unheated | 85.0 | 3.0 oz | 330 | 9.98 | 10 |
| 11134 | Cassava, raw | 206.0 | 1.0 cup | 330 | 2.80 | 43 |
| 23319 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 114.0 | 4.0 oz | 329 | 20.14 | -- |
| 32023 | KASHI Mushroom & Asparagus Risotto, frozen, unprepared | 284.0 | 0.5 package | 329 | 12.21 | -- |
| 20135 | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry | 91.0 | 1.0 cup spaghetti | 329 | 12.29 | 95 |
| 21297 | PIZZA HUT 14" Pepperoni Pizza, Pan Crust | 113.0 | 1.0 slice | 329 | 12.96 | 25 |
| 20653 | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry | 91.0 | 1.0 cup spaghetti | 329 | 12.01 | 86 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11391 | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil | 150.0 | 1.0 cup prepared | 328 | 3.98 | 42 |
| 13834 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 328 | 18.66 | 17 |
| 07016 | Cheesefurter, cheese smokie, pork, beef | 100.0 | 2.33 links | 328 | 14.10 | 13 |
| 11656 | Corn pudding, home prepared | 250.0 | 1.0 cup | 328 | 11.05 | 38 |
| 16118 | Soy flour, low-fat | 88.0 | 1.0 cup, stirred | 327 | 43.83 | 251 |
| 14041 | Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink | 237.0 | 1.0 bottle | 327 | 12.75 | 90 |
| 43130 | Frankfurter, meatless | 140.0 | 1.0 cup, sliced | 326 | 27.45 | 25 |
| 18959 | Pastry, Pastelitos de Guava (guava pastries) | 86.0 | 1.0 piece | 326 | 4.71 | 13 |
| 22979 | KASHI Black Bean Mango, frozen, unprepared | 283.0 | 1.0 entree | 325 | 8.49 | -- |
| 11667 | Seaweed, spirulina, dried | 112.0 | 1.0 cup | 325 | 64.37 | 218 |
| 21484 | Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust | 116.0 | 1.0 slice | 325 | 13.34 | 28 |
| 19710 | Puddings, vanilla, dry mix, regular, with added oil | 88.0 | 1.0 package (3.12 oz) | 325 | 0.26 | 4 |
| 09260 | Pears, dried, sulfured, stewed, without added sugar | 255.0 | 1.0 cup, halves | 324 | 2.32 | 41 |
| 19172 | Gelatin desserts, dry mix | 85.0 | 1.0 package (3 oz) | 324 | 6.63 | 2 |
| 19702 | Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt | 85.0 | 1.0 package (3 oz) | 324 | 6.63 | 2 |
| 36013 | Restaurant, family style, sirloin steak | 166.0 | 1.0 serving | 324 | 49.47 | 45 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 245.0 | 1.0 cup | 323 | 12.40 | 49 |
| 11843 | Potatoes, au gratin, home-prepared from recipe using margarine | 245.0 | 1.0 cup | 323 | 12.40 | 49 |
| 36416 | Restaurant, Latino, bunuelos (fried yeast bread) | 70.0 | 1.0 piece | 323 | 5.61 | 13 |
| 23284 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 135.0 | 1.0 fillet | 323 | 36.99 | 36 |
| 21602 | School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked | 127.0 | 1.0 piece 4"x6" | 323 | 16.23 | 65 |
| 19320 | Puddings, banana, dry mix, regular | 88.0 | 1.0 package (3.12 oz) | 322 | 0.00 | 7 |
| 16007 | Beans, baked, canned, with beef | 266.0 | 1.0 cup | 322 | 16.97 | 66 |
| 09245 | Peaches, dehydrated (low-moisture), sulfured, stewed | 242.0 | 1.0 cup | 322 | 4.86 | 56 |
| 08144 | Cereals, whole wheat hot natural cereal, dry | 94.0 | 1.0 cup | 321 | 10.53 | 115 |
| 22961 | HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen | 127.0 | 1.0 hot pocket (1 NLEA serving) | 321 | 11.84 | 28 |
| 05356 | Chicken, broiler, rotisserie, BBQ, skin | 85.0 | 1.0 serving | 321 | 12.91 | 19 |
| 13843 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 321 | 19.12 | 16 |
| 21603 | School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked | 124.0 | 1.0 slice per 1/10 pizza | 321 | 17.79 | 51 |
| 21600 | School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked | 130.0 | 1.0 piece 4"x6" | 321 | 16.54 | 66 |
| 21511 | Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust | 117.0 | 1.0 slice 1/8 pizza | 321 | 14.31 | 26 |
| 21512 | PIZZA HUT 14" Cheese Pizza, Stuffed Crust | 117.0 | 1.0 slice | 321 | 14.31 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10977 | Pork, ground, 72% lean / 28% fat, cooked, pan-broiled | 85.0 | 3.0 oz grilled patties | 320 | 19.20 | 15 |
| 20124 | Pasta, whole-wheat, dry | 91.0 | 1.0 cup spaghetti | 320 | 12.62 | 116 |
| 21296 | PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust | 110.0 | 1.0 slice | 320 | 13.45 | 26 |
| 22995 | KASHI, Sweet and Sour Chicken, Frozen Entree | 283.0 | 1.0 package | 320 | 16.98 | 91 |
| 17401 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 320 | 17.41 | 13 |
| 16114 | Tempeh | 166.0 | 1.0 cup | 319 | 33.68 | 134 |
| 01182 | USDA Commodity, cheese, cheddar, reduced fat | 113.0 | 1.0 cup shredded | 319 | 30.74 | 40 |
| 32001 | Rice and vermicelli mix, beef flavor, prepared with 80% margarine | 247.0 | 1.0 cup | 319 | 6.97 | 25 |
| 05094 | Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | 137.0 | 1.0 thigh with skin | 318 | 31.87 | 30 |
| 42129 | Bologna, beef and pork, low fat | 138.0 | 1.0 cup pieces | 317 | 15.87 | 17 |
| 23120 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 141.0 | 1.0 steak | 317 | 45.42 | 31 |
| 10992 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled | 122.0 | 1.0 rack | 317 | 31.21 | 27 |
| 22999 | Rice and vermicelli mix, chicken flavor, prepared with 80% margarine | 233.0 | 1.0 cup | 317 | 6.17 | 23 |
| 09290 | Prunes, dehydrated (low-moisture), stewed | 280.0 | 1.0 cup | 316 | 3.44 | 59 |
| 10140 | Pork, cured, ham, regular (approximately 13% fat), canned, roasted | 140.0 | 1.0 cup | 316 | 28.74 | 24 |
| 13386 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 316 | 19.38 | 17 |
| 23234 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 316 | 19.84 | 19 |
| 32030 | KASHI Italian Vegetable Medley Pasta, frozen, unprepared | 298.0 | 0.5 package | 316 | 14.01 | -- |
| 16146 | Beans, pinto, canned, drained solids | 277.0 | 1.0 can drained solids | 316 | 19.36 | 89 |
| 32022 | KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared | 241.0 | 0.5 package | 316 | 13.26 | -- |
| 22956 | Lasagna, Vegetable, frozen, baked | 227.0 | 1.0 serving | 316 | 15.59 | 48 |
| 05146 | Goose, domesticated, meat and skin, raw | 85.0 | 3.0 oz | 315 | 13.48 | 15 |
| 01227 | Cheese, dry white, queso seco | 97.0 | 1.0 cup grated | 315 | 23.77 | 26 |
| 23040 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 179.0 | 1.0 steak | 315 | 47.72 | 50 |
| 21601 | School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked | 124.0 | 1.0 slice per 1/10 pizza | 315 | 18.13 | 50 |
| 31022 | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil | 130.0 | 1.0 cup prepared | 315 | 4.21 | 42 |
| 13842 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 314 | 17.73 | 15 |
| 11432 | Radishes, oriental, dried | 116.0 | 1.0 cup | 314 | 9.16 | 197 |
| 09031 | Apricots, dehydrated (low-moisture), sulfured, stewed | 249.0 | 1.0 cup | 314 | 4.81 | 62 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16617 | MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared | 255.0 | 1.0 entree | 314 | 14.79 | -- |
| 05036 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour | 110.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 314 | 29.94 | 26 |
| 09032 | Apricots, dried, sulfured, uncooked | 130.0 | 1.0 cup, halves | 313 | 4.41 | 42 |
| 10209 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted | 138.0 | 1.0 rack | 313 | 40.30 | 30 |
| 21302 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust | 111.0 | 1.0 slice | 313 | 13.03 | 27 |
| 05030 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter | 113.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 313 | 26.61 | 25 |
| 21233 | McDONALD'S, Cheeseburger | 119.0 | 1.0 item 4 oz | 313 | 15.43 | 24 |
| 17084 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw | 115.0 | 1.0 serving | 313 | 18.58 | 20 |
| 21278 | DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust | 118.0 | 1.0 slice | 313 | 12.70 | 28 |
| 18612 | MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered | 57.0 | 1.0 serving | 312 | 4.56 | -- |
| 22915 | Lasagna with meat & sauce, low-fat, frozen entree | 309.0 | 1.0 package | 312 | 21.04 | 59 |
| 35146 | Stew, mutton, corn, squash (Navajo) | 303.0 | 1.0 serving | 312 | 26.12 | 64 |
| 16600 | MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared | 269.0 | 1.0 package | 312 | 14.26 | 56 |
| 13924 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 119.0 | 1.0 steak (yield from 1 raw steak weighing 151g) | 312 | 31.51 | 27 |
| 21300 | Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust | 115.0 | 1.0 slice | 312 | 12.43 | 26 |
| 28288 | Bread, roll, Mexican, bollilo | 98.0 | 1.0 piece | 312 | 10.44 | 29 |
| 21385 | BURGER KING, CROISSAN'WICH with Egg and Cheese | 110.0 | 1.0 item | 311 | 11.38 | 19 |
| 21494 | DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust | 114.0 | 1.0 slice | 311 | 12.63 | 28 |
| 19708 | Puddings, lemon, dry mix, regular, with added oil, potassium, sodium | 85.0 | 1.0 package (3 oz) | 311 | 0.08 | 3 |
| 35144 | Stew, dumpling with mutton (Navajo) | 308.0 | 1.0 serving | 311 | 26.83 | 25 |
| 21154 | Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato | 198.0 | 6.0 inch sub | 311 | 21.46 | 44 |
| 21211 | SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato | 198.0 | 6.0 inch sub | 311 | 21.46 | 44 |
| 17416 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw | 113.0 | 4.0 oz | 311 | 19.23 | 20 |
| 10073 | Pork, fresh, shoulder, whole, separable lean only, cooked, roasted | 135.0 | 1.0 cup, diced | 310 | 34.20 | 27 |
| 13829 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 310 | 19.21 | 17 |
| 23119 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 141.0 | 1.0 steak | 310 | 45.22 | 31 |
| 32005 | Macaroni and cheese, box mix with cheese sauce, prepared | 189.0 | 1.0 cup prepared | 310 | 12.63 | 28 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15088 | Fish, sardine, Atlantic, canned in oil, drained solids with bone | 149.0 | 1.0 cup, drained | 310 | 36.68 | 58 |
| 21294 | PIZZA HUT 14" Cheese Pizza, Pan Crust | 112.0 | 1.0 slice | 309 | 12.15 | 24 |
| 12097 | Nuts, chestnuts, european, raw, unpeeled | 145.0 | 1.0 cup | 309 | 3.51 | 46 |
| 36411 | Restaurant, Latino, tamale, corn | 166.0 | 1.0 piece | 309 | 5.78 | 48 |
| 14058 | Beverages, Whey protein powder isolate | 86.0 | 3.0 scoop | 309 | 50.00 | 200 |
| 21276 | PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust | 127.0 | 1.0 slice | 309 | 13.84 | 29 |
| 19332 | Puddings, lemon, dry mix, regular | 85.0 | 1.0 package (3 oz) | 309 | 0.08 | 3 |
| 21280 | DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust | 113.0 | 1.0 slice | 308 | 12.71 | 27 |
| 17408 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw | 113.0 | 4.0 oz | 308 | 18.71 | 21 |
| 22992 | KASHI, Southwest Style Chicken, Frozen Entree | 283.0 | 1.0 package | 308 | 16.13 | 93 |
| 20105 | Macaroni, vegetable, enriched, dry | 84.0 | 1.0 cup spiral shaped | 308 | 11.04 | 39 |
| 07008 | Bologna, beef and pork | 100.0 | 3.527 oz | 308 | 15.20 | 17 |
| 05079 | Chicken, broilers or fryers, leg, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 308 | 33.84 | 28 |
| 06026 | Soup, chili beef, canned, condensed | 263.0 | 1.0 cup (8 fl oz) | 308 | 13.39 | 50 |
| 09293 | Plums, dried (prunes), stewed, with added sugar | 248.0 | 1.0 cup, pitted | 308 | 2.70 | 47 |
| 22963 | Lean Pockets, Meatballs & Mozzarella | 128.0 | 1.0 each | 307 | 13.43 | 29 |
| 08120 | Cereals, oats, regular and quick, not fortified, dry | 81.0 | 1.0 cup | 307 | 10.65 | 112 |
| 17030 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 307 | 18.81 | 20 |
| 10940 | Pork, fresh, spareribs, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 307 | 17.76 | 15 |
| 05010 | Chicken, broilers or fryers, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 307 | 34.55 | 27 |
| 05012 | Chicken, broilers or fryers, meat only, cooked, fried | 140.0 | 1.0 cup, chopped or diced | 307 | 42.80 | 38 |
| 36608 | CRACKER BARREL, grilled sirloin steak | 151.0 | 1.0 steak | 307 | 47.60 | 42 |
| 42303 | Cheese, muenster, low fat | 113.0 | 1.0 cup, shredded | 306 | 27.91 | 31 |
| 22537 | HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen | 127.0 | 1.0 serving (1 hot pocket) | 306 | 11.63 | 23 |
| 23233 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 306 | 20.60 | 19 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 305 | 17.95 | 17 |
| 13855 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 305 | 18.94 | 17 |
| 13818 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 305 | 22.41 | 16 |
| 09034 | Apricots, dried, sulfured, stewed, with added sugar | 270.0 | 1.0 cup, halves | 305 | 3.16 | 40 |
| 21298 | PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust | 123.0 | 1.0 slice | 305 | 13.95 | 28 |
| 13371 | Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 304 | 20.00 | 15 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21283 | PAPA JOHN'S 14" Cheese Pizza, Original Crust | 117.0 | 1.0 slice | 304 | 13.49 | 28 |
| 25032 | Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors | 78.0 | 1.0 bar | 304 | 13.00 | 250 |
| 43410 | Chicken, meatless, breaded, fried | 130.0 | 1.0 cup, diced | 304 | 27.66 | 16 |
| 22402 | Beef macaroni with tomato sauce, frozen entree, reduced fat | 269.0 | 1.0 serving | 304 | 15.84 | 46 |
| 21032 | Fast foods, sundae, caramel | 155.0 | 1.0 sundae | 304 | 7.30 | 28 |
| 21514 | KASHI Pizza, Tikka Masala, single serve, frozen, unprepared | 159.0 | 1.0 pizza | 304 | 16.22 | -- |
| 17085 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 303 | 23.98 | 15 |
| 21162 | Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread | 148.0 | 6.0 inch sub | 303 | 14.89 | 33 |
| 21161 | SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato | 148.0 | 6.0 inch sub | 303 | 14.89 | 33 |
| 28287 | Bread, naan, whole wheat, commercially prepared, refrigerated | 106.0 | 1.0 piece | 303 | 10.81 | 72 |
| 21147 | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen | 130.0 | 1.0 piece 4" x 6" | 303 | 15.70 | 62 |
| 36604 | CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu | 103.0 | 1.0 serving | 303 | 19.23 | 30 |
| 21513 | KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared | 149.0 | 1.0 pizza | 302 | 16.54 | -- |
| 21148 | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen | 127.0 | 1.0 piece 4"x6" | 302 | 15.42 | 62 |
| 21152 | SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato | 207.0 | 6.0 inch sub | 302 | 22.07 | 46 |
| 09125 | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 207.0 | 1.0 can (6 fl oz) | 302 | 4.08 | 79 |
| 10987 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted | 138.0 | 1.0 rack | 302 | 40.30 | 36 |
| 21340 | McDONALD'S, Sausage Burrito | 109.0 | 1.0 burrito | 302 | 12.10 | 20 |
| 21519 | Fast foods, breakfast burrito, with egg, cheese, and sausage | 109.0 | 1.0 burrito | 302 | 12.10 | 20 |
| 13840 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 302 | 19.56 | 17 |
| 10991 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled | 122.0 | 1.0 rack | 301 | 32.06 | 29 |
| 21382 | McDONALD'S, FILET-O-FISH (without tartar sauce) | 124.0 | 1.0 item | 301 | 15.46 | 29 |
| 13860 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 301 | 20.51 | 19 |
| 22983 | KASHI, Chicken Florentine, Frozen Entree | 283.0 | 1.0 package | 300 | 22.36 | -- |
| 36409 | Restaurant, Latino, pupusas con queso (pupusas, cheese) | 117.0 | 1.0 piece | 300 | 13.71 | 42 |
| 13828 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 299 | 18.92 | 17 |
| 28011 | KELLOGG'S, EGGO, Waffles, Cinnamon Toast | 92.0 | 3.0 sets | 299 | 5.06 | 14 |
| 16326 | Beans, great northern, mature seeds, canned, low sodium | 262.0 | 1.0 cup | 299 | 19.31 | 134 |
| 16051 | Beans, white, mature seeds, canned | 262.0 | 1.0 cup | 299 | 19.02 | 134 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16026 | Beans, great northern, mature seeds, canned | 262.0 | 1.0 cup | 299 | 19.31 | 134 |
| 22535 | HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen | 127.0 | 1.0 serving (1 hot pocket) | 298 | 11.30 | 23 |
| 32015 | Turnover, cheese-filled, tomato-based sauce, frozen, unprepared | 127.0 | 1.0 serving 4.5 oz | 298 | 13.00 | 29 |
| 43214 | Butter replacement, without fat, powder | 80.0 | 1.0 cup | 298 | 1.60 | 0 |
| 13826 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 298 | 19.35 | 17 |
| 43287 | Dove, cooked (includes squab) | 140.0 | 1.0 cup, chopped or diced | 298 | 33.46 | 36 |
| 05130 | Chicken, stewing, light meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 298 | 46.26 | 32 |
| 36403 | Restaurant, Latino, empanadas, beef, prepared | 89.0 | 1.0 piece | 298 | 10.07 | 19 |
| 06630 | Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve | 60.0 | 0.25 cup | 298 | 4.01 | 26 |
| 09067 | Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup | 298 | 1.85 | 13 |
| 23121 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 141.0 | 1.0 steak | 298 | 44.92 | 31 |
| 21496 | PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust | 92.0 | 1.0 slice | 297 | 12.83 | 22 |
| 36000 | APPLEBEE'S, 9 oz house sirloin steak | 157.0 | 1.0 serving | 297 | 42.15 | 38 |
| 13808 | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 297 | 20.74 | 16 |
| 11983 | Pickles, chowchow, with cauliflower onion mustard, sweet | 245.0 | 1.0 cup | 296 | 3.68 | 51 |
| 21125 | Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato | 190.0 | 6.0 inch sub | 296 | 23.12 | 38 |
| 21119 | Fast foods, hotdog, with chili | 114.0 | 1.0 sandwich | 296 | 13.51 | 10 |
| 16039 | Beans, navy, mature seeds, canned | 262.0 | 1.0 cup | 296 | 19.73 | 123 |
| 22991 | KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree | 269.0 | 1.0 package | 296 | 16.41 | 54 |
| 22989 | KASHI, Red Curry Chicken, Frozen Entree | 269.0 | 1.0 package | 296 | 15.87 | 27 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172.0 | 1.0 cup | 296 | 31.32 | 148 |
| 16409 | Soybeans, mature seeds, cooked, boiled, with salt | 172.0 | 1.0 cup | 296 | 31.32 | 148 |
| 19187 | Flan, caramel custard, dry mix | 85.0 | 1.0 package (3 oz) | 296 | 0.00 | -- |
| 43028 | Jams and preserves, no sugar (with sodium saccharin), any flavor | 224.0 | 1.0 cup | 296 | 0.67 | 11 |
| 23286 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 135.0 | 1.0 fillet | 296 | 38.20 | 36 |
| 21229 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 96.0 | 6.0 pieces | 295 | 15.28 | 23 |
| 21210 | SUBWAY, roast beef sub on white bread with lettuce and tomato | 190.0 | 6.0 inch sub | 294 | 23.12 | 38 |
| 16302 | Beans, adzuki, mature seed, cooked, boiled, with salt | 230.0 | 1.0 cup | 294 | 17.30 | 120 |
| 16002 | Beans, adzuki, mature seeds, cooked, boiled, without salt | 230.0 | 1.0 cup | 294 | 17.30 | 120 |
| 22985 | KASHI, Lemongrass Coconut Chicken, Frozen Entree | 283.0 | 1.0 package | 294 | 17.83 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 294 | 25.83 | 22 |
| 32014 | Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared | 99.0 | 1.0 serving (3.5 oz) | 294 | 12.97 | 35 |
| 18964 | Cinnamon buns, frosted (includes honey buns) | 65.0 | 1.0 bun | 294 | 2.89 | 9 |
| 17052 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 293 | 24.23 | 20 |
| 43566 | Snacks, tortilla chips, light (baked with less oil) | 63.0 | 1.0 cup, crushed | 293 | 5.48 | 61 |
| 08690 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry | 75.0 | 1.0 package (1 NLEA serving) | 292 | 6.14 | 64 |
| 22910 | Lasagna, cheese, frozen, prepared | 225.0 | 1.0 cup 1 serving | 292 | 14.72 | 47 |
| 17036 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 292 | 24.38 | 20 |
| 36025 | CRACKER BARREL, coleslaw | 167.0 | 1.0 serving | 292 | 1.49 | 18 |
| 21127 | Fast foods, coleslaw | 191.0 | 1.0 cup | 292 | 1.81 | 15 |
| 21091 | Fast foods, cheeseburger; single, regular patty, with condiments and vegetables | 115.0 | 1.0 sandwich | 292 | 15.02 | 25 |
| 22962 | LEAN POCKETS, Ham N Cheddar | 127.0 | 1.0 hot pocket (1 NLEA serving) | 292 | 13.06 | 27 |
| 13928 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 292 | 20.43 | 20 |
| 17265 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 291 | 25.02 | 15 |
| 22980 | KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree | 269.0 | 1.0 package | 291 | 14.26 | 35 |
| 15040 | Fish, herring, Atlantic, cooked, dry heat | 143.0 | 1.0 fillet | 290 | 32.93 | 59 |
| 08692 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry | 75.0 | 1.0 package (1 NLEA serving) | 290 | 7.58 | 86 |
| 14315 | Beverages, OVALTINE, chocolate malt powder | 78.0 | 1.0 cup | 290 | 0.00 | 170 |
| 11356 | Potatoes, Russet, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia. | 290 | 7.86 | 90 |
| 13816 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 290 | 22.76 | 16 |
| 17241 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 290 | 18.55 | 17 |
| 13852 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 290 | 19.16 | 17 |
| 23235 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 290 | 21.73 | 20 |
| 16510 | WORTHINGTON Chili, canned, unprepared | 230.0 | 1.0 cup | 290 | 23.92 | -- |
| 32028 | Turnover, filled with egg, meat and cheese, frozen | 127.0 | 1.0 piece turnover 1 serving | 290 | 9.99 | 20 |
| 19161 | Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars | 54.0 | 1.0 package (1.89 oz, 2 bars) | 289 | 4.96 | 33 |
| 15119 | Fish, tuna, light, canned in oil, drained solids | 146.0 | 1.0 cup, solid or chunks | 289 | 42.53 | 45 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17240 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 289 | 19.60 | 20 |
| 21293 | PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust | 105.0 | 1.0 slice | 289 | 12.58 | 25 |
| 36408 | Restaurant, Latino, pupusas con frijoles (pupusas, bean) | 126.0 | 1.0 piece | 289 | 7.04 | 68 |
| 17251 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 288 | 24.58 | 20 |
| 17353 | Lamb, Australian, ground, 85% lean / 15% fat, raw | 113.0 | 1.0 serving (4 oz) | 288 | 19.37 | -- |
| 08693 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry | 73.0 | 1.0 package (1 NLEA serving) | 288 | 8.77 | 75 |
| 13839 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 287 | 18.32 | 16 |
| 17243 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 287 | 25.04 | 21 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 126.0 | 1.0 sandwich | 287 | 17.19 | 25 |
| 21357 | McDONALD'S, Egg McMUFFIN | 126.0 | 1.0 sandwich | 287 | 17.19 | 25 |
| 23273 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 138.0 | 1.0 fillet | 287 | 39.12 | 39 |
| 23572 | Beef, ground, 80% lean meat / 20% fat, raw | 113.0 | 4.0 oz | 287 | 19.40 | 19 |
| 05045 | Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 287 | 38.32 | 32 |
| 09322 | Tamarinds, raw | 120.0 | 1.0 cup, pulp | 287 | 3.36 | 110 |
| 17247 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 286 | 26.44 | 22 |
| 07968 | Kielbasa, fully cooked, grilled | 85.0 | 3.0 oz | 286 | 10.58 | 14 |
| 13825 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 286 | 19.06 | 17 |
| 07910 | Bratwurst, veal, cooked | 84.0 | 1.0 serving 2.96 oz | 286 | 11.75 | 13 |
| 19160 | Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars | 57.0 | 1.0 package (2 oz) | 286 | 2.80 | 15 |
| 21275 | PIZZA HUT 12" Pepperoni Pizza, Pan Crust | 96.0 | 1.0 slice | 286 | 11.49 | 21 |
| 19250 | Candies, HERSHEY, KIT KAT BIG KAT Bar | 55.0 | 1.0 bar 1.94 oz | 286 | 3.43 | 1 |
| 22987 | KASHI Pesto Pasta Primavera, frozen, unprepared | 283.0 | 1.0 entree | 286 | 10.75 | -- |
| 21263 | TACO BELL, Soft Taco with steak | 127.0 | 1.0 item | 286 | 15.00 | 27 |
| 05070 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 286 | 35.45 | 28 |
| 23237 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 286 | 13.39 | 14 |
| 07089 | Sausage, Italian, pork, cooked | 83.0 | 1.0 link, 4/lb | 286 | 15.87 | 15 |
| 12663 | Seeds, pumpkin and squash seeds, whole, roasted, with salt added | 64.0 | 1.0 cup | 285 | 11.87 | 168 |
| 12163 | Seeds, pumpkin and squash seeds, whole, roasted, without salt | 64.0 | 1.0 cup | 285 | 11.87 | 168 |
| 22919 | Macaroni and Cheese, canned, microwavable | 213.0 | 7.5 oz 1 serving | 285 | 12.74 | 28 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 22918 | Burrito, bean and cheese, frozen | 129.0 | 1.0 burrito | 285 | 9.12 | 40 |
| 10859 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled | 150.0 | 1.0 chop boneless (yield from 189g raw meat) | 285 | 42.52 | 42 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 135.0 | 1.0 cup, diced | 285 | 39.70 | 34 |
| 23469 | Beef, New Zealand, imported, striploin, separable lean and fat, raw | 113.0 | 4.0 oz | 285 | 20.89 | 19 |
| 17414 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw | 113.0 | 4.0 oz | 285 | 19.10 | 20 |
| 21299 | Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust | 107.0 | 1.0 slice | 285 | 12.19 | 26 |
| 35147 | Tamales (Navajo) | 186.0 | 1.0 piece | 285 | 11.68 | 41 |
| 21033 | Fast foods, sundae, hot fudge | 158.0 | 1.0 sundae | 284 | 5.64 | 33 |
| 21241 | WENDY'S, Jr. Hamburger, without cheese | 117.0 | 1.0 item | 284 | 14.77 | 25 |
| 18499 | KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake | 116.0 | 3.0 pancakes (NLEA serving) | 284 | 6.15 | 1 |
| 10064 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled | 145.0 | 1.0 chop | 284 | 38.60 | 38 |
| 43132 | Meatballs, meatless | 144.0 | 1.0 cup | 284 | 30.24 | 26 |
| 22911 | Chili, no beans, canned entree | 240.0 | 1.0 cup | 283 | 18.07 | 48 |
| 12104 | Nuts, coconut meat, raw | 80.0 | 1.0 cup, shredded | 283 | 2.66 | 26 |
| 07013 | Bratwurst, pork, cooked | 85.0 | 1.0 link cooked | 283 | 11.66 | 18 |
| 13846 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 283 | 19.89 | 17 |
| 22981 | KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree | 255.0 | 1.0 package | 283 | 12.50 | 26 |
| 36410 | Restaurant, Latino, pupusas del cerdo (pupusas, pork) | 122.0 | 1.0 piece | 283 | 14.04 | 46 |
| 22984 | KASHI, Chicken Pasta Pomodoro, Frozen Entree | 283.0 | 1.0 package | 283 | 19.81 | 99 |
| 23323 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw | 114.0 | 4.0 oz | 283 | 21.09 | -- |
| 21483 | Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust | 88.0 | 1.0 slice | 282 | 11.76 | 22 |
| 28305 | Pancakes, plain, reduced fat | 105.0 | 1.0 serving 3 pancakes | 282 | 6.00 | 17 |
| 22902 | Pizza, meat topping, thick crust, frozen, cooked | 103.0 | 1.0 slice 1/8 of 12" pizza | 282 | 12.11 | 26 |
| 17406 | Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 282 | 18.28 | 19 |
| 10013 | Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 282 | 36.49 | 34 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 281 | 32.87 | 28 |
| 13804 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 281 | 21.97 | 17 |
| 13387 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 281 | 19.96 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13922 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 281 | 20.31 | 22 |
| 07207 | OSCAR MAYER, Braunschweiger Liver Sausage (sliced) | 85.0 | 3.0 oz | 281 | 12.11 | 12 |
| 05128 | Chicken, stewing, giblets, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 281 | 37.31 | 29 |
| 21334 | McDONALD'S, Strawberry Sundae | 178.0 | 1.0 item (6.3 oz) | 281 | 5.68 | 20 |
| 06061 | Soup, tomato beef with noodle, canned, condensed | 251.0 | 1.0 cup (8 fl oz) | 281 | 8.91 | 15 |
| 11357 | Potatoes, white, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia) | 281 | 6.28 | 81 |
| 11426 | Pumpkin pie mix, canned | 270.0 | 1.0 cup | 281 | 2.94 | 43 |
| 13832 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 280 | 19.64 | 17 |
| 42183 | Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars | 51.0 | 2.0 cookie 2011 label | 280 | 3.72 | 23 |
| 21089 | Fast foods, cheeseburger; single, regular patty; plain | 91.0 | 1.0 sandwich | 280 | 15.02 | 24 |
| 01161 | Cheese substitute, mozzarella | 113.0 | 1.0 cup, shredded | 280 | 12.96 | 46 |
| 21268 | TACO BELL, Nachos | 80.0 | 1.0 serving | 280 | 3.46 | 34 |
| 21272 | PIZZA HUT 12" Cheese Pizza, Pan Crust | 100.0 | 1.0 slice | 280 | 11.73 | 21 |
| 19155 | Candies, MARS SNACKFOOD US, SNICKERS Bar | 57.0 | 1.0 bar (2 oz) | 280 | 4.29 | 41 |
| 21289 | LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust | 115.0 | 1.0 slice | 279 | 13.94 | 28 |
| 21109 | Fast foods, hamburger; single, regular patty; with condiments and vegetables | 110.0 | 1.0 item | 279 | 12.91 | 22 |
| 09093 | Figs, canned, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup | 279 | 0.99 | 26 |
| 19239 | Candies, REESE'S NUTRAGEOUS Candy Bar | 54.0 | 1.0 bar 1.92 oz | 279 | 6.09 | 37 |
| 21083 | Fast foods, taco salad | 198.0 | 1.5 cup | 279 | 13.23 | 51 |
| 19913 | Candies, NESTLE, BUTTERFINGER Crisp | 60.0 | 1.0 piece | 279 | 4.00 | 53 |
| 06128 | Soup, chicken noodle, dry, mix | 74.0 | 1.0 packet | 279 | 11.41 | 28 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 240.0 | 1.0 cup | 278 | 0.94 | 29 |
| 10186 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried | 142.0 | 1.0 chop | 278 | 41.69 | 36 |
| 05692 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted | 130.0 | 1.0 thigh with skin | 278 | 30.51 | 30 |
| 19140 | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies | 54.0 | 1.0 serving 1 singles bag | 278 | 5.17 | 37 |
| 09248 | Peaches, dried, sulfured, stewed, with added sugar | 270.0 | 1.0 cup | 278 | 2.86 | 32 |
| 21209 | SUBWAY, black forest ham sub on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 278 | 16.78 | 37 |
| 21156 | Fast foods, submarine sandwich, ham on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 278 | 16.78 | 37 |
| 23084 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 141.0 | 1.0 steak | 278 | 47.31 | 32 |
| 21277 | DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust | 108.0 | 1.0 slice | 278 | 11.66 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19896 | Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar | 56.0 | 1.0 serving 1 bar | 277 | 5.00 | 34 |
| 21503 | KASHI Pizza, Mediterranean, frozen, unprepared | 120.0 | 0.33 pizza | 277 | 15.24 | -- |
| 09095 | Figs, dried, stewed | 259.0 | 1.0 cup | 277 | 3.68 | 75 |
| 07059 | Polish sausage, pork | 85.0 | 3.0 oz | 277 | 11.98 | 12 |
| 22994 | KASHI Spinach Artichoke Pasta, frozen, unprepared | 269.0 | 1.0 entree | 277 | 13.45 | -- |
| 22990 | KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree | 269.0 | 1.0 package | 277 | 14.80 | 16 |
| 07970 | Kielbasa, fully cooked, unheated | 85.0 | 3.0 oz | 276 | 9.21 | 12 |
| 28259 | KELLOGG'S, EGGO Minis, Pancakes, Buttermilk | 110.0 | 11.0 pancakes | 276 | 6.05 | 1 |
| 13344 | Beef, cured, breakfast strips, raw or unheated | 68.0 | 3.0 slices | 276 | 8.50 | 7 |
| 09039 | Avocados, raw, Florida | 230.0 | 1.0 cup, pureed | 276 | 5.13 | 55 |
| 17080 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw | 115.0 | 1.0 serving | 276 | 20.84 | 23 |
| 05060 | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 276 | 41.72 | 38 |
| 21291 | LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust | 104.0 | 1.0 slice | 276 | 13.45 | 28 |
| 19111 | Candies, NESTLE, BABY RUTH Bar | 60.0 | 1.0 serving 2.1 oz bar | 275 | 3.24 | 26 |
| 23236 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 275 | 13.73 | 14 |
| 13845 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 275 | 18.32 | 16 |
| 13919 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 275 | 20.31 | 19 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar | 60.0 | 1.0 serving 2.1 oz bar | 275 | 3.24 | 29 |
| 23443 | Beef, New Zealand, imported, variety meats and by-products, tongue, raw | 113.0 | 4.0 oz | 275 | 20.08 | 18 |
| 13858 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 275 | 19.35 | 17 |
| 21078 | Fast foods, nachos, with cheese | 80.0 | 1.0 serving | 274 | 3.46 | 34 |
| 23248 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 135.0 | 1.0 fillet | 274 | 39.14 | 34 |
| 07006 | Bockwurst, pork, veal, raw | 91.0 | 1.0 sausage | 274 | 12.77 | 24 |
| 17415 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 274 | 22.77 | 17 |
| 16106 | Meat extender | 88.0 | 1.0 cup | 274 | 36.70 | 190 |
| 44158 | Pie fillings, blueberry, canned | 151.0 | 1.0 serving | 273 | 0.62 | 15 |
| 21524 | McDONALD'S, RANCH SNACK WRAP, Grilled | 123.0 | 1.0 wrap | 273 | 16.94 | 25 |
| 21518 | Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce | 123.0 | 1.0 item | 273 | 16.94 | 25 |
| 32027 | Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen | 127.0 | 1.0 piece turnover 1 serving | 273 | 12.00 | 23 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15225 | Fish, yellowtail, mixed species, cooked, dry heat | 146.0 | 0.5 fillet | 273 | 43.32 | 55 |
| 05099 | Chicken, broilers or fryers, thigh, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 273 | 35.00 | 29 |
| 28329 | Cookies, chocolate, made with rice cereal | 62.0 | 1.0 cookie | 273 | 2.00 | 24 |
| 16594 | MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared | 284.0 | 1.0 entree | 273 | 20.16 | -- |
| 07075 | Sausage, smoked link sausage, pork and beef | 85.0 | 3.0 oz | 272 | 10.20 | 11 |
| 19074 | Candies, caramels | 71.0 | 1.0 package (2.5 oz) | 271 | 3.27 | 12 |
| 13338 | Beef, variety meats and by-products, thymus, cooked, braised | 85.0 | 3.0 oz | 271 | 18.57 | 8 |
| 28006 | KELLOGG'S, CINNABON, Pancakes, Original | 105.0 | 3.0 pancakes | 271 | 5.25 | 0 |
| 18995 | KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese | 105.0 | 1.0 bscuit | 271 | 9.24 | 15 |
| 21155 | Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 270 | 16.78 | 42 |
| 21207 | SUBWAY, turkey breast sub on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 270 | 16.78 | 42 |
| 23437 | Beef, New Zealand, imported, sweetbread, cooked, boiled | 85.0 | 3.0 oz | 270 | 10.65 | 14 |
| 13820 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 270 | 23.23 | 17 |
| 08689 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry | 70.0 | 1.0 package (1 NLEA serving) | 270 | 6.87 | 69 |
| 23310 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw | 114.0 | 4.0 oz | 270 | 21.51 | -- |
| 17314 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 270 | 24.24 | 32 |
| 10063 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised | 135.0 | 1.0 chop | 270 | 39.42 | 31 |
| 36613 | DENNY'S, macaroni & cheese, from kid's menu | 180.0 | 1.0 serving | 270 | 9.34 | 41 |
| 19098 | Candies, 5TH AVENUE Candy Bar | 56.0 | 1.0 bar 2 oz | 270 | 4.92 | 35 |
| 16619 | MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared | 241.0 | 1.0 entree | 270 | 14.22 | -- |
| 16603 | MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared | 105.0 | 1.0 biscuit | 270 | 9.76 | -- |
| 01291 | Milk, evaporated, 2% fat, with added vitamin A and vitamin D | 252.0 | 1.0 cup | 270 | 16.81 | 60 |
| 17263 | Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 269 | 16.88 | 13 |
| 23126 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 269 | 21.47 | 17 |
| 16357 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt | 164.0 | 1.0 cup | 269 | 14.53 | 79 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164.0 | 1.0 cup | 269 | 14.53 | 79 |
| 21274 | PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust | 96.0 | 1.0 slice | 269 | 12.35 | 22 |
| 05046 | Chicken, broilers or fryers, dark meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 269 | 36.36 | 28 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11349 | Poi | 240.0 | 1.0 cup | 269 | 0.91 | 58 |
| 05040 | Chicken, broilers or fryers, light meat, meat only, cooked, fried | 140.0 | 1.0 cup | 269 | 45.95 | 41 |
| 23272 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 135.0 | 1.0 fillet | 269 | 38.84 | 38 |
| 12036 | Seeds, sunflower seed kernels, dried | 46.0 | 1.0 cup, with hulls, edible yield | 269 | 9.56 | 150 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 269 | 21.39 | 20 |
| 13925 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 269 | 20.31 | 19 |
| 21290 | LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust | 102.0 | 1.0 slice | 268 | 12.88 | 28 |
| 05026 | Chicken, heart, all classes, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 268 | 38.29 | 29 |
| 16009 | Beans, baked, canned, with pork | 253.0 | 1.0 cup | 268 | 13.13 | 86 |
| 23086 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 141.0 | 1.0 steak | 268 | 46.97 | 32 |
| 28005 | KELLOGG'S, CINNABON, Pancakes, Caramel | 105.0 | 3.0 pancakes | 268 | 5.25 | 0 |
| 21034 | Fast foods, sundae, strawberry | 153.0 | 1.0 sundae | 268 | 6.26 | 24 |
| 17077 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 268 | 19.92 | 16 |
| 13831 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 268 | 19.32 | 17 |
| 22939 | SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce | 252.0 | 1.0 cup (1 serving) | 267 | 11.01 | -- |
| 23293 | Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw | 114.0 | 4.0 oz (4 oz) | 267 | 20.20 | -- |
| 23313 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw | 114.0 | 4.0 oz | 267 | 23.20 | -- |
| 18996 | KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese | 105.0 | 1.0 bscuit | 267 | 9.24 | 15 |
| 14062 | Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink | 254.0 | 8.0 fl oz | 267 | 9.65 | 107 |
| 20453 | Rice, white, short-grain, cooked, unenriched | 205.0 | 1.0 cup | 266 | 4.84 | 16 |
| 19089 | Ice creams, vanilla, rich | 107.0 | 0.5 cup | 266 | 3.74 | 12 |
| 21491 | PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust | 80.0 | 1.0 slice | 266 | 11.30 | 20 |
| 01139 | Egg, goose, whole, fresh, raw | 144.0 | 1.0 egg | 266 | 19.97 | 23 |
| 22982 | KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree | 269.0 | 1.0 package | 266 | 16.68 | 16 |
| 09075 | Cherries, sweet, canned, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup, pitted | 266 | 1.54 | 21 |
| 11358 | Potatoes, red, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia. | 266 | 6.88 | 84 |
| 13933 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 85.0 | 3.0 oz | 266 | 24.45 | 24 |
| 23186 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 266 | 19.30 | 19 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05013 | Chicken, broilers or fryers, meat only, roasted | 140.0 | 1.0 cup, chopped or diced | 266 | 40.50 | 35 |
| 43449 | Beans, baked, canned, no salt added | 253.0 | 1.0 cup | 266 | 12.14 | 81 |
| 28004 | KELLOGG'S, EGGO, Pancakes, Chocolate Chip | 105.0 | 3.0 pancakes | 266 | 5.78 | 5 |
| 23062 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 150.0 | 1.0 steak | 266 | 40.68 | 39 |
| 19252 | Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats | 56.0 | 2.0 oz bar | 265 | 4.85 | 27 |
| 09292 | Plums, dried (prunes), stewed, without added sugar | 248.0 | 1.0 cup, pitted | 265 | 2.38 | 45 |
| 22959 | Macaroni and cheese dinner with dry sauce mix, boxed, uncooked | 70.0 | 1.0 serving (makes about 1 cup prepared) | 265 | 9.70 | 34 |
| 05347 | Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning | 102.0 | 1.0 back | 265 | 23.69 | 23 |
| 13392 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 265 | 21.02 | 20 |
| 01204 | Cheese, parmesan, dry grated, reduced fat | 100.0 | 1.0 cup | 265 | 20.00 | 38 |
| 10988 | Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled | 131.0 | 1.0 chop | 265 | 32.40 | 31 |
| 01109 | Milk, sheep, fluid | 245.0 | 1.0 cup | 265 | 14.65 | 44 |
| 19135 | Candies, MARS SNACKFOOD US, MILKY WAY Bar | 58.0 | 1.0 serving 2.05 oz bar | 264 | 2.33 | 12 |
| 17323 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 264 | 25.24 | 20 |
| 18139 | Cake, white, prepared from recipe without frosting | 74.0 | 1.0 piece (1/12 of 9" dia) | 264 | 4.00 | 9 |
| 16059 | Chili with beans, canned | 256.0 | 1.0 cup | 264 | 15.67 | 115 |
| 19143 | Candies, MR. GOODBAR Chocolate Bar | 49.0 | 1.0 bar (1.75 oz) | 264 | 5.01 | 23 |
| 09285 | Plums, canned, purple, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup, pitted | 264 | 0.94 | 13 |
| 10985 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled | 122.0 | 1.0 rack | 264 | 33.95 | 32 |
| 10986 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled | 122.0 | 1.0 rack | 264 | 33.95 | 29 |
| 13916 | Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 264 | 22.03 | 20 |
| 06628 | Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated | 63.0 | 0.25 cup | 263 | 6.19 | 30 |
| 19118 | Candies, NESTLE, OH HENRY! Bar | 57.0 | 1.0 bar 2 oz | 263 | 4.39 | 29 |
| 06626 | Sauce, pesto, ready-to-serve, refrigerated | 63.0 | 0.25 cup | 263 | 6.19 | 30 |
| 23247 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 135.0 | 1.0 fillet | 263 | 39.60 | 35 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 146.0 | 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) | 263 | 39.07 | 38 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23188 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 263 | 19.46 | 18 |
| 17025 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 263 | 19.17 | 20 |
| 13342 | Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw | 85.0 | 3.0 oz | 263 | 14.02 | 14 |
| 22993 | KASHI Spicy Black Bean Enchilada, frozen, unprepared | 255.0 | 1.0 entree | 263 | 7.65 | -- |
| 13812 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 263 | 25.67 | 17 |
| 06165 | Sauce, homemade, white, thin | 250.0 | 1.0 cup | 262 | 9.42 | 38 |
| 32012 | Pizza rolls, frozen, unprepared | 80.0 | 1.0 serving 6 rolls | 262 | 6.98 | 16 |
| 18141 | Cake, yellow, commercially prepared, with vanilla frosting | 67.0 | 1.0 serving | 262 | 2.00 | 4 |
| 28307 | Bread, naan, plain, commercially prepared, refrigerated | 90.0 | 1.0 piece | 262 | 8.66 | 24 |
| 13927 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 262 | 21.47 | 22 |
| 19159 | Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar | 60.0 | 1.0 serving 2.13 oz bar | 262 | 1.56 | 17 |
| 21485 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust | 79.0 | 1.0 slice | 261 | 11.07 | 20 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 249.0 | 1.0 cup | 261 | 11.25 | 75 |
| 01271 | Cheese, mozzarella, low moisture, part-skim, shredded | 86.0 | 1.0 cup | 261 | 20.32 | 25 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 99.0 | 1.0 bagel | 261 | 10.45 | 29 |
| 18603 | GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry | 67.0 | 1.0 serving | 261 | 8.91 | -- |
| 07066 | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) | 128.0 | 1.0 cup | 261 | 21.76 | 27 |
| 17412 | Lamb, New Zealand, imported, neck chops, separable lean and fat, raw | 113.0 | 4.0 oz | 261 | 19.70 | 20 |
| 23189 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 261 | 20.00 | 18 |
| 17411 | Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 261 | 24.25 | 18 |
| 21271 | PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust | 96.0 | 1.0 slice | 260 | 11.45 | 21 |
| 23182 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 260 | 23.59 | 22 |
| 13380 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 260 | 22.43 | 16 |
| 21501 | KASHI Pizza, Margherita, frozen, unprepared | 113.0 | 0.33 pizza | 260 | 14.46 | -- |
| 06627 | Sauce, pesto, ready-to-serve, shelf stable | 61.0 | 0.25 cup | 260 | 3.05 | 27 |
| 21499 | KASHI Pizza, Roasted Vegetable, frozen, unprepared | 116.0 | 0.33 pizza | 260 | 14.50 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05076 | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter | 95.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 259 | 20.68 | 19 |
| 17315 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 85.0 | 3.0 oz | 259 | 24.21 | 20 |
| 17063 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked | 85.0 | 3.0 oz | 259 | 20.76 | 16 |
| 23125 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 259 | 21.66 | 17 |
| 23238 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 259 | 14.24 | 14 |
| 21492 | DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust | 79.0 | 1.0 slice | 259 | 10.97 | 20 |
| 22904 | Chili con carne with beans, canned entree | 242.0 | 1.0 cup | 259 | 14.04 | 68 |
| 13854 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 258 | 20.85 | 17 |
| 14245 | Beverages, Eggnog-flavor mix, powder, prepared with whole milk | 272.0 | 1.0 cup (8 fl oz) | 258 | 7.97 | 27 |
| 23187 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 258 | 19.71 | 18 |
| 21250 | BURGER KING, Hamburger | 99.0 | 1.0 sandwich | 258 | 14.70 | 25 |
| 09258 | Pears, canned, extra heavy syrup pack, solids and liquids | 266.0 | 1.0 cup, halves | 258 | 0.51 | 11 |
| 05061 | Chicken, broilers or fryers, breast, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 258 | 38.35 | 31 |
| 11514 | Sweet potato, canned, mashed | 255.0 | 1.0 cup | 258 | 5.05 | 61 |
| 23195 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 258 | 19.48 | 18 |
| 23135 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 258 | 23.09 | 14 |
| 23199 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 258 | 20.33 | 18 |
| 28286 | Bread, paratha, whole wheat, commercially prepared, frozen | 79.0 | 1.0 piece | 258 | 5.02 | 29 |
| 09306 | Raspberries, frozen, red, sweetened | 250.0 | 1.0 cup, thawed | 258 | 1.75 | 32 |
| 28003 | KELLOGG'S, EGGO, Pancakes, Blueberry | 105.0 | 3.0 pancakes | 257 | 5.56 | 0 |
| 08571 | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola | 55.0 | 0.75 cup (1 NLEA serving) | 257 | 6.18 | 22 |
| 16100 | Peanut flour, low fat | 60.0 | 1.0 cup | 257 | 20.28 | 29 |
| 13810 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 257 | 25.60 | 17 |
| 21286 | PAPA JOHN'S 14" Cheese Pizza, Thin Crust | 87.0 | 1.0 slice | 257 | 10.69 | 19 |
| 23455 | Beef, New Zealand, imported, cube roll, separable lean and fat, raw | 114.0 | 4.0 oz | 256 | 20.77 | 21 |
| 22929 | SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce | 259.0 | 1.0 cup | 256 | 11.01 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05038 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed | 110.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 256 | 25.85 | 20 |
| 10978 | Pork, ground, 84% lean / 16% fat, cooked, pan-broiled | 85.0 | 3.0 oz grilled patties | 256 | 23.07 | 19 |
| 23468 | Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 256 | 21.16 | 18 |
| 05037 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | 101.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 256 | 26.23 | 22 |
| 23085 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 141.0 | 1.0 steak | 255 | 46.47 | 32 |
| 21108 | Fast foods, hamburger; single, regular patty; with condiments | 97.0 | 1.0 sandwich | 255 | 12.90 | 21 |
| 23191 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 255 | 19.95 | 18 |
| 23222 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 255 | 22.49 | 20 |
| 16348 | Beans, yellow, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 255 | 16.21 | 131 |
| 16048 | Beans, yellow, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 255 | 16.21 | 131 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182.0 | 1.0 cup | 255 | 14.98 | 96 |
| 16338 | Beans, navy, mature seeds, cooked, boiled, with salt | 182.0 | 1.0 cup | 255 | 14.98 | 96 |
| 22997 | KASHI, Tuscan Veggie Bake, Frozen Entree | 283.0 | 1.0 package | 255 | 5.66 | -- |
| 22401 | Spaghetti with meat sauce, frozen entree | 283.0 | 1.0 serving | 255 | 14.29 | 42 |
| 15239 | Fish, salmon, coho, farmed, cooked, dry heat | 143.0 | 1.0 fillet | 255 | 34.75 | 49 |
| 20143 | Teff, cooked | 252.0 | 1.0 cup | 255 | 9.75 | 126 |
| 17379 | Lamb, New Zealand, imported, tongue - swiss cut, raw | 113.0 | 4.0 oz | 254 | 16.13 | 17 |
| 23311 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw | 114.0 | 4.0 oz | 254 | 22.97 | -- |
| 05677 | Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised | 111.0 | 1.0 thigh without skin | 254 | 25.05 | 26 |
| 16346 | Beans, small white, mature seeds, cooked, boiled, with salt | 179.0 | 1.0 cup | 254 | 16.06 | 122 |
| 16046 | Beans, small white, mature seeds, cooked, boiled, without salt | 179.0 | 1.0 cup | 254 | 16.06 | 122 |
| 23180 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 254 | 24.11 | 22 |
| 22900 | Ravioli, meat-filled, with tomato sauce or meat sauce, canned | 262.0 | 1.0 cup | 254 | 8.49 | 31 |
| 32018 | Spanish rice mix, dry mix, unprepared | 70.0 | 0.5 cup | 254 | 7.43 | 26 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 254 | 22.23 | 108 |
| 11853 | Soybeans, green, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 254 | 22.23 | 108 |
| 14182 | Beverages, chocolate syrup, prepared with whole milk | 282.0 | 1.0 cup (8 fl oz) | 254 | 8.66 | 51 |
| 10858 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled | 150.0 | 1.0 chop boneless | 254 | 43.42 | 42 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05108 | Chicken, broilers or fryers, wing, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 253 | 38.05 | 25 |
| 36413 | Restaurant, Latino, black bean soup | 246.0 | 1.0 cup | 253 | 12.55 | 101 |
| 05035 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter | 85.0 | 3.0 oz | 253 | 18.57 | 17 |
| 23660 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 253 | 24.36 | 15 |
| 13797 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 114.0 | 4.0 oz | 253 | 22.56 | 22 |
| 16136 | Winged beans, mature seeds, cooked, boiled, without salt | 172.0 | 1.0 cup | 253 | 18.27 | 93 |
| 16436 | Winged beans, mature seeds, cooked, boiled, with salt | 172.0 | 1.0 cup | 253 | 18.27 | 93 |
| 36614 | DENNY'S, chicken nuggets, star shaped, from kid's menu | 67.0 | 1.0 serving 4 pieces in serving | 253 | 10.90 | 15 |
| 13373 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 252 | 24.60 | 16 |
| 10220 | Pork, fresh, ground, cooked | 85.0 | 3.0 oz | 252 | 21.84 | 20 |
| 17237 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 252 | 22.15 | 21 |
| 20657 | Pasta, gluten-free, corn and rice flour, cooked | 141.0 | 1.0 cup spaghetti | 252 | 4.51 | 16 |
| 11683 | Carrot, dehydrated | 74.0 | 1.0 cup | 252 | 5.99 | 87 |
| 20655 | Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST | 166.0 | 1.0 cup spaghetti packed | 252 | 5.36 | 68 |
| 43275 | Cheese, pasteurized process, American, low fat | 140.0 | 1.0 cup, diced | 252 | 34.44 | 34 |
| 16041 | Beans, pink, mature seeds, cooked, boiled, without salt | 169.0 | 1.0 cup | 252 | 15.31 | 110 |
| 16341 | Beans, pink, mature seeds, cooked, boiled, with salt | 169.0 | 1.0 cup | 252 | 15.31 | 110 |
| 17319 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 252 | 20.04 | 18 |
| 23134 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 252 | 23.54 | 14 |
| 17261 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 252 | 20.75 | 17 |
| 28007 | KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll | 76.0 | 2.0 waffles | 252 | 3.65 | 10 |
| 09242 | Peaches, canned, extra heavy syrup pack, solids and liquids | 262.0 | 1.0 cup, halves or slices | 252 | 1.23 | 13 |
| 19368 | Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies | 62.0 | 1.0 serving 2.1 oz bag | 251 | 0.12 | -- |
| 19370 | Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies | 62.0 | 1.0 serving 2.17 oz pack | 251 | 0.12 | 1 |
| 20002 | Amaranth grain, cooked | 246.0 | 1.0 cup | 251 | 9.35 | 160 |
| 21500 | KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared | 113.0 | 0.33 pizza | 251 | 14.35 | -- |
| 10068 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled | 145.0 | 1.0 chop | 251 | 39.99 | 39 |
| 21228 | McDONALD'S, Hamburger | 95.0 | 1.0 sandwich | 251 | 12.27 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13317 | Beef, ground, patties, frozen, cooked, broiled | 85.0 | 3.0 oz | 251 | 19.59 | 16 |
| 13814 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 251 | 25.54 | 17 |
| 05160 | Squab, (pigeon), meat and skin, raw | 85.0 | 3.0 oz | 250 | 15.70 | 19 |
| 17002 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked | 85.0 | 3.0 oz | 250 | 20.84 | 20 |
| 13908 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 250 | 20.58 | 14 |
| 17417 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 250 | 17.75 | 17 |
| 10805 | USDA Commodity, pork, ground, fine/coarse, frozen, raw | 113.0 | 1.0 oz crumbles | 250 | 17.41 | 23 |
| 10949 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw | 146.0 | 1.0 chop | 250 | 28.40 | 31 |
| 16596 | MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared | 114.0 | 1.0 burger | 250 | 25.99 | -- |
| 35204 | Chokecherries, raw, pitted (Northern Plains Indians) | 154.0 | 1.0 cup | 249 | 4.68 | 42 |
| 11876 | Sweet potato, cooked, boiled, without skin, with salt | 328.0 | 1.0 cup, mashed | 249 | 4.49 | 59 |
| 11510 | Sweet potato, cooked, boiled, without skin | 328.0 | 1.0 cup, mashed | 249 | 4.49 | 59 |
| 19363 | Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies | 62.0 | 1.0 serving 2.1 oz bag | 249 | 0.12 | -- |
| 05120 | Chicken, roasting, dark meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 249 | 32.55 | 28 |
| 10136 | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted | 140.0 | 1.0 cup | 249 | 31.67 | 31 |
| 21493 | DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust | 78.0 | 1.0 slice | 249 | 9.96 | 20 |
| 16050 | Beans, white, mature seeds, cooked, boiled, without salt | 179.0 | 1.0 cup | 249 | 17.42 | 113 |
| 16350 | Beans, white, mature seeds, cooked, boiled, with salt | 179.0 | 1.0 cup | 249 | 17.42 | 113 |
| 21324 | McDONALD'S, Baked Apple Pie | 77.0 | 2.7 oz | 249 | 2.36 | 5 |
| 22901 | Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased | 81.0 | 0.75 cup | 249 | 10.94 | 17 |
| 10046 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled | 112.0 | 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g) | 249 | 27.35 | 27 |
| 20037 | Rice, brown, long-grain, cooked | 202.0 | 1.0 cup | 248 | 5.53 | 79 |
| 23249 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 135.0 | 1.0 fillet | 248 | 40.30 | 36 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 248 | 19.56 | 14 |
| 23198 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 248 | 20.66 | 18 |
| 23221 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 248 | 23.00 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17020 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 248 | 20.94 | 19 |
| 01070 | Dessert topping, powdered | 43.0 | 1.5 oz | 248 | 2.11 | 3 |
| 05014 | Chicken, broilers or fryers, meat only, stewed | 140.0 | 1.0 cup, chopped or diced | 248 | 38.21 | 29 |
| 32021 | Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine) | 198.0 | 1.0 cup | 248 | 6.47 | 26 |
| 23316 | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 247 | 22.57 | -- |
| 10044 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw | 133.0 | 1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g) | 247 | 26.97 | 31 |
| 23197 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 247 | 20.14 | 19 |
| 13367 | Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 247 | 22.77 | 18 |
| 23099 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 247 | 22.70 | 16 |
| 13851 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 247 | 21.97 | 19 |
| 23170 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 247 | 22.98 | 20 |
| 05002 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter | 85.0 | 3.0 oz | 247 | 19.41 | 18 |
| 17327 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 247 | 18.45 | 17 |
| 17463 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 247 | 22.07 | 18 |
| 08691 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry | 70.0 | 1.0 package (1 NLEA serving) | 247 | 7.92 | 79 |
| 36412 | Restaurant, Latino, tamale, pork | 142.0 | 1.0 piece | 247 | 10.44 | 37 |
| 21376 | McDONALD'S, Bacon Ranch Salad with Grilled Chicken | 305.0 | 1.0 item 10.8 oz | 247 | 31.35 | -- |
| 25017 | Formulated bar, POWER BAR, chocolate | 68.0 | 1.0 bar | 247 | 9.62 | 169 |
| 43134 | Vegetarian fillets | 85.0 | 1.0 fillet | 246 | 19.55 | -- |
| 17238 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 246 | 19.78 | 20 |
| 23190 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 246 | 19.86 | 18 |
| 20141 | Spelt, cooked | 194.0 | 1.0 cup | 246 | 10.67 | 95 |
| 10972 | Pork, ground, 84% lean / 16% fat, raw | 113.0 | 4.0 oz | 246 | 20.33 | 18 |
| 43476 | Tofu yogurt | 262.0 | 1.0 cup | 246 | 9.17 | 105 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 22912 | Spaghetti, with meatballs in tomato sauce, canned | 246.0 | 1.0 cup | 246 | 10.75 | 32 |
| 09288 | Prunes, canned, heavy syrup pack, solids and liquids | 234.0 | 1.0 cup | 246 | 2.04 | 35 |
| 21288 | LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust | 90.0 | 1.0 slice | 246 | 12.23 | 25 |
| 10975 | Pork, ground, 84% lean / 16% fat, cooked, crumbles | 85.0 | 3.0 oz grilled patties | 246 | 22.69 | 20 |
| 05007 | Chicken, broilers or fryers, meat and skin, cooked, fried, batter | 85.0 | 3.0 oz | 246 | 19.16 | 18 |
| 23006 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 246 | 20.91 | 15 |
| 13806 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 246 | 24.50 | 16 |
| 18146 | Cake, yellow, prepared from recipe without frosting | 68.0 | 1.0 piece (1/12 of 8" dia) | 245 | 3.60 | 8 |
| 43112 | Beans, chili, barbecue, ranch style, cooked | 253.0 | 1.0 cup | 245 | 12.65 | 114 |
| 23031 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 141.0 | 1.0 steak | 245 | 40.59 | 37 |
| 36401 | Restaurant, Latino, chicken and rice, entree, prepared | 141.0 | 1.0 cup | 245 | 16.95 | 25 |
| 18968 | Bagels, wheat | 98.0 | 1.0 bagel | 245 | 10.00 | 50 |
| 13381 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 245 | 23.09 | 17 |
| 09320 | Strawberries, frozen, sweetened, sliced | 255.0 | 1.0 cup, thawed | 245 | 1.35 | 18 |
| 17056 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 245 | 27.50 | 22 |
| 16343 | Beans, pinto, mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 245 | 15.41 | 86 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 245 | 15.41 | 86 |
| 36030 | DENNY'S, hash browns | 124.0 | 1.0 serving | 244 | 3.09 | 32 |
| 10181 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried | 142.0 | 1.0 chop | 244 | 43.25 | 37 |
| 32002 | Rice and vermicelli mix, rice pilaf flavor, unprepared | 68.0 | 0.333 cup | 244 | 7.09 | 22 |
| 06142 | Sauce, sofrito, prepared from recipe | 103.0 | 0.5 cup | 244 | 13.18 | 26 |
| 83110 | Fish, mackerel, salted | 80.0 | 1.0 piece (5-1/2" x 1-1/2" x 1/2") | 244 | 14.80 | 48 |
| 22969 | Chili with beans, microwavable bowls | 244.0 | 1.0 cup | 244 | 14.27 | 61 |
| 13795 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 114.0 | 4.0 oz | 244 | 22.81 | 22 |
| 23184 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 244 | 24.89 | 22 |
| 23127 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 244 | 21.94 | 18 |
| 10171 | Pork, cured, shoulder, blade roll, separable lean and fat, roasted | 85.0 | 3.0 oz | 244 | 14.69 | 11 |
| 17413 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 244 | 18.23 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11383 | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 210.0 | 1.0 cup | 244 | 4.47 | 42 |
| 01155 | Milk, dry, nonfat, instant, without added vitamin A and vitamin D | 68.0 | 1.0 cup | 243 | 23.87 | 80 |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A and vitamin D | 68.0 | 1.0 cup | 243 | 23.87 | 80 |
| 42148 | Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies | 46.0 | 1.0 serving 1.63 oz singles bag | 243 | 4.67 | 37 |
| 07972 | Meatballs, frozen, Italian style | 85.0 | 3.0 oz | 243 | 12.24 | 26 |
| 23454 | Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 243 | 23.62 | 19 |
| 10109 | Pork, fresh, variety meats and by-products, leaf fat, raw | 28.35 | 1.0 oz | 243 | 0.50 | 0 |
| 31036 | Potatoes, mashed, ready-to-eat | 229.0 | 1.0 cup | 243 | 4.51 | 32 |
| 13393 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 242 | 21.17 | 20 |
| 23228 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 242 | 20.31 | 20 |
| 17087 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised | 85.0 | 3.0 oz | 242 | 28.95 | 17 |
| 23136 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 242 | 24.20 | 16 |
| 05124 | Chicken, stewing, meat and skin, cooked, stewed | 85.0 | 3.0 oz | 242 | 22.85 | 17 |
| 05041 | Chicken, broilers or fryers, light meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 242 | 43.27 | 38 |
| 13335 | Beef, variety meats and by-products, suet, raw | 28.35 | 1.0 oz | 242 | 0.43 | 0 |
| 21118 | Fast foods, hotdog, plain | 98.0 | 1.0 sandwich | 242 | 10.39 | 13 |
| 20656 | Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES | 121.0 | 1.0 cup spaghetti | 242 | 5.09 | 63 |
| 10204 | Pork, fresh, loin, country-style ribs, separable lean and fat, raw | 128.0 | 1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g) | 242 | 24.76 | 27 |
| 20051 | Rice, white, medium-grain, enriched, cooked | 186.0 | 1.0 cup | 242 | 4.43 | 24 |
| 20451 | Rice, white, medium-grain, cooked, unenriched | 186.0 | 1.0 cup | 242 | 4.43 | 24 |
| 20053 | Rice, white, short-grain, enriched, cooked | 186.0 | 1.0 cup | 242 | 4.39 | 15 |
| 21295 | PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust | 79.0 | 1.0 slice | 242 | 10.56 | 19 |
| 28008 | KELLOGG'S, EGGO, Wafflers, Strawberry Strudel | 76.0 | 2.0 waffles | 242 | 3.80 | 10 |
| 23117 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 241 | 23.46 | 17 |
| 13340 | Beef, variety meats and by-products, tongue, cooked, simmered | 85.0 | 3.0 oz | 241 | 16.40 | 13 |
| 07979 | Sausage, pork, turkey, and beef, reduced sodium | 85.0 | 3.0 oz | 241 | 9.10 | 14 |
| 17235 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 241 | 21.21 | 20 |
| 17105 | Veal, loin, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 241 | 25.66 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13906 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 241 | 21.12 | 17 |
| 16320 | Beans, cranberry (roman), mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 241 | 16.53 | 88 |
| 16020 | Beans, cranberry (roman), mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 241 | 16.53 | 88 |
| 21415 | POPEYES, biscuit | 60.0 | 1.0 biscuit | 241 | 3.60 | 8 |
| 17040 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 241 | 27.89 | 23 |
| 17225 | Lamb, ground, cooked, broiled | 85.0 | 3.0 oz | 241 | 21.04 | 20 |
| 23141 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 241 | 21.21 | 18 |
| 13375 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 241 | 24.85 | 16 |
| 13460 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 85.0 | 3.0 oz | 241 | 20.07 | 19 |
| 16317 | Beans, black turtle, mature seeds, cooked, boiled, with salt | 185.0 | 1.0 cup | 240 | 15.13 | 91 |
| 16017 | Beans, black turtle, mature seeds, cooked, boiled, without salt | 185.0 | 1.0 cup | 240 | 15.13 | 91 |
| 09037 | Avocados, raw, all commercial varieties | 150.0 | 1.0 cup, cubes | 240 | 3.00 | 44 |
| 23274 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 129.0 | 1.0 fillet | 240 | 37.91 | 35 |
| 23168 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 240 | 23.53 | 21 |
| 17273 | Veal, breast, plate half, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 240 | 22.04 | 16 |
| 22940 | SPAGHETTIOS, SpaghettiOs with Meatballs | 252.0 | 1.0 cup (1 serving) | 239 | 11.01 | 40 |
| 22942 | SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs | 252.0 | 1.0 cup (1 serving) | 239 | 11.01 | 0 |
| 14163 | Beverages, chocolate drink, milk and soy based, ready to drink, fortified | 237.0 | 8.0 fl oz | 239 | 10.00 | 100 |
| 17010 | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 128.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 239 | 39.69 | 29 |
| 05116 | Chicken, roasting, giblets, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 239 | 38.82 | 29 |
| 17299 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 239 | 21.15 | 20 |
| 23223 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 239 | 23.76 | 22 |
| 23008 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 239 | 21.40 | 18 |
| 13915 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw | 85.0 | 3.0 oz | 239 | 16.15 | 15 |
| 17054 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 239 | 18.91 | 19 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17045 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 239 | 20.77 | 22 |
| 06249 | Soup, pea, green, canned, prepared with equal volume milk | 254.0 | 1.0 cup (8 fl oz) | 239 | 12.62 | 56 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254.0 | 1.0 cup | 239 | 12.06 | 69 |
| 01073 | Dessert topping, semi solid, frozen | 75.0 | 1.0 cup | 238 | 0.94 | 2 |
| 36602 | Restaurant, Chinese, fried rice, without meat | 137.0 | 1.0 cup | 238 | 5.55 | 14 |
| 05049 | Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter | 72.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 238 | 15.82 | 14 |
| 13055 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 238 | 24.62 | 16 |
| 10169 | Pork, cured, shoulder, arm picnic, separable lean only, roasted | 140.0 | 1.0 cup | 238 | 34.92 | 22 |
| 05138 | Chicken, capons, giblets, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 238 | 38.27 | 29 |
| 06725 | Soup, chicken corn chowder, chunky, ready-to-serve, single brand | 240.0 | 1.0 serving | 238 | 7.44 | -- |
| 21611 | School Lunch, chicken nuggets, whole grain breaded | 88.0 | 5.0 pieces | 238 | 13.79 | 21 |
| 11934 | Potatoes, mashed, home-prepared, whole milk and butter added | 210.0 | 1.0 cup | 237 | 3.91 | 38 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210.0 | 1.0 cup | 237 | 4.12 | 40 |
| 11930 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added | 210.0 | 1.0 cup | 237 | 3.99 | 38 |
| 09035 | Apricots, frozen, sweetened | 242.0 | 1.0 cup | 237 | 1.69 | 22 |
| 17046 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 237 | 19.15 | 20 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 237 | 30.21 | 25 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 237 | 21.73 | 17 |
| 19162 | Candies, WHATCHAMACALLIT Candy Bar | 48.0 | 1.0 bar 1.7 oz | 237 | 3.86 | 13 |
| 17072 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw | 115.0 | 1.0 serving | 237 | 21.44 | 24 |
| 14558 | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk | 266.0 | 1.0 serving | 237 | 8.70 | 37 |
| 32016 | Macaroni or noodles with cheese, microwaveable, unprepared | 61.0 | 1.0 serving 1 pouch | 237 | 7.00 | 30 |
| 01108 | Milk, indian buffalo, fluid | 244.0 | 1.0 cup | 237 | 9.15 | 76 |
| 07920 | Swisswurst, pork and beef, with swiss cheese, smoked | 77.0 | 1.0 serving 2.7 oz | 236 | 9.77 | 10 |
| 17037 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 236 | 20.76 | 22 |
| 17053 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 236 | 19.62 | 20 |
| 13857 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 236 | 23.09 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13912 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 236 | 22.24 | 18 |
| 23658 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 236 | 15.40 | 16 |
| 09029 | Apricots, canned, extra heavy syrup pack, without skin, solids and liquids | 246.0 | 1.0 cup, whole, without pits | 236 | 1.35 | 20 |
| 19141 | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies | 48.0 | 1.0 package (1.69 oz) | 236 | 2.08 | 21 |
| 19315 | Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews | 59.0 | 1.0 serving 2.07 oz pack | 236 | 0.23 | -- |
| 19302 | Candies, MARS SNACKFOOD US, SNICKERS Almond bar | 50.0 | 1.0 serving 1.76 oz bar | 236 | 2.70 | -- |
| 21287 | LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust | 89.0 | 1.0 slice | 236 | 11.92 | 25 |
| 09046 | Blackberries, canned, heavy syrup, solids and liquids | 256.0 | 1.0 cup | 236 | 3.35 | 44 |
| 23200 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 235 | 21.12 | 19 |
| 23140 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 235 | 21.23 | 19 |
| 23580 | Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 235 | 22.34 | 19 |
| 13805 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 235 | 15.25 | 15 |
| 13497 | Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 235 | 21.57 | 16 |
| 10088 | Pork, fresh, spareribs, separable lean and fat, raw | 85.0 | 3.0 oz | 235 | 13.15 | 14 |
| 12193 | Seeds, sisymbrium sp. seeds, whole, dried | 74.0 | 1.0 cup | 235 | 8.98 | 232 |
| 25051 | Snacks, CLIF BAR, mixed flavors | 68.0 | 1.0 bar | 235 | 10.00 | 100 |
| 06980 | Soup, beef stroganoff, canned, chunky style, ready-to-serve | 240.0 | 1.0 cup | 235 | 12.24 | 5 |
| 09250 | Peaches, frozen, sliced, sweetened | 250.0 | 1.0 cup, thawed | 235 | 1.58 | 12 |
| 09321 | Sugar-apples, (sweetsop), raw | 250.0 | 1.0 cup, pulp | 235 | 5.15 | 52 |
| 23304 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 114.0 | 4.0 oz | 235 | 22.47 | -- |
| 05744 | Turkey, back, from whole bird, meat and skin, with added solution, raw | 114.0 | 4.0 oz | 235 | 19.22 | 19 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 86.0 | 1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g) | 235 | 22.78 | 20 |
| 19065 | Candies, ALMOND JOY Candy Bar | 49.0 | 1.0 package 1.76 oz | 235 | 2.02 | -- |
| 17464 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled | 85.0 | 3.0 oz | 235 | 26.26 | 22 |
| 23659 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 235 | 15.10 | 15 |
| 13459 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 235 | 20.37 | 19 |
| 17038 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 235 | 19.13 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23002 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 235 | 21.59 | 17 |
| 20118 | Noodles, flat, crunchy, Chinese restaurant | 45.0 | 1.0 cup | 234 | 4.65 | 9 |
| 05277 | Chicken, canned, meat only, with broth | 142.0 | 1.0 can (5 oz) | 234 | 30.91 | 17 |
| 11956 | Tomatoes, sun-dried, packed in oil, drained | 110.0 | 1.0 cup | 234 | 5.57 | 89 |
| 14351 | Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk | 266.0 | 1.0 cup (8 fl oz) | 234 | 7.98 | 32 |
| 08202 | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond | 60.0 | 1.0 cup (1 NLEA serving) | 234 | 5.93 | 40 |
| 11658 | Spinach souffle | 136.0 | 1.0 cup | 234 | 10.73 | 41 |
| 06002 | Soup, black bean, canned, condensed | 257.0 | 1.0 cup (8 fl oz) | 234 | 12.41 | 85 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 140.0 | 1.0 cup | 234 | 29.32 | 28 |
| 05114 | Chicken, roasting, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 234 | 35.01 | 29 |
| 23389 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 234 | 21.84 | 17 |
| 15178 | Mollusks, whelk, unspecified, cooked, moist heat | 85.0 | 3.0 oz | 234 | 40.53 | 146 |
| 23116 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 234 | 24.00 | 17 |
| 17221 | Lamb, variety meats and by-products, tongue, cooked, braised | 85.0 | 3.0 oz | 234 | 18.33 | 14 |
| 09317 | Strawberries, canned, heavy syrup pack, solids and liquids | 254.0 | 1.0 cup | 234 | 1.42 | 20 |
| 19151 | Candies, REESE'S PIECES Candy | 47.0 | 0.25 cup | 234 | 5.86 | 41 |
| 19115 | Candies, MARS SNACKFOOD US, MARS Almond Bar | 50.0 | 1.0 bar (1.76 oz) | 234 | 4.05 | 36 |
| 25039 | Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors | 60.0 | 1.0 bar | 233 | 4.00 | 41 |
| 19084 | Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES | 41.0 | 13.0 pieces | 233 | 4.91 | -- |
| 20654 | Pasta, gluten-free, brown rice flour, cooked, TINKYADA | 169.0 | 1.0 cup spaghetti not packed | 233 | 5.85 | 61 |
| 14312 | Beverages, Malted drink mix, natural, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 233 | 10.23 | 45 |
| 22974 | Chicken, nuggets, dark and white meat, precooked, frozen, not reheated | 87.0 | 1.0 serving | 233 | 10.46 | 22 |
| 09304 | Raspberries, canned, red, heavy syrup pack, solids and liquids | 256.0 | 1.0 cup | 233 | 2.12 | 31 |
| 09066 | Cherries, sour, red, canned, heavy syrup pack, solids and liquids | 256.0 | 1.0 cup | 233 | 1.87 | 15 |
| 17407 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 233 | 17.96 | 18 |
| 06437 | CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili | 245.0 | 1.0 cup | 233 | 14.99 | -- |
| 06398 | CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili | 245.0 | 1.0 cup | 233 | 14.99 | -- |
| 09013 | Apples, dried, sulfured, stewed, with added sugar | 280.0 | 1.0 cup | 232 | 0.56 | 8 |
| 05320 | Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven) | 96.0 | 1.0 serving | 232 | 21.35 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05689 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted | 129.0 | 1.0 drumstick with skin | 232 | 31.89 | 26 |
| 25005 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR | 55.0 | 1.0 bar | 232 | 10.17 | 140 |
| 11512 | Sweet potato, canned, vacuum pack | 255.0 | 1.0 cup, mashed | 232 | 4.21 | 56 |
| 17187 | Lamb, variety meats and by-products, brain, cooked, pan-fried | 85.0 | 3.0 oz | 232 | 14.42 | 19 |
| 10197 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 232 | 21.95 | 20 |
| 23196 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 232 | 21.11 | 20 |
| 09278 | Plantains, cooked | 200.0 | 1.0 cup, mashed | 232 | 1.58 | 64 |
| 14079 | Beverages, yellow green colored citrus soft drink with caffeine | 473.0 | 16.0 fl oz | 232 | 0.00 | 14 |
| 21107 | Fast foods, hamburger; single, regular patty; plain | 78.0 | 1.0 sandwich | 232 | 12.89 | 21 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196.0 | 1.0 cup | 231 | 16.35 | 71 |
| 20033 | Oat bran, raw | 94.0 | 1.0 cup | 231 | 16.26 | 221 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 246.0 | 1.0 cup | 231 | 12.67 | 84 |
| 18955 | Bread, pan dulce, sweet yeast bread | 63.0 | 1.0 slice (average weight of 1 slice) | 231 | 5.93 | 15 |
| 05003 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour | 85.0 | 3.0 oz | 231 | 24.28 | 21 |
| 17378 | Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered | 85.0 | 3.0 oz | 231 | 14.88 | 13 |
| 23575 | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 231 | 22.95 | 20 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 231 | 43.43 | 41 |
| 43379 | Cheese, pasteurized process, swiss, low fat | 140.0 | 1.0 cup, diced | 231 | 35.70 | 34 |
| 10183 | Pork, cured, ham, boneless, extra lean and regular, roasted | 140.0 | 1.0 cup | 231 | 30.76 | 27 |
| 06211 | Soup, cheese, canned, prepared with equal volume milk | 251.0 | 1.0 cup | 231 | 9.46 | 20 |
| 36418 | Restaurant, Mexican, refried beans | 148.0 | 1.0 cup | 231 | 10.23 | 65 |
| 06007 | Soup, bean with ham, canned, chunky, ready-to-serve | 243.0 | 1.0 cup (8 fl oz) | 231 | 12.61 | 46 |
| 15052 | Fish, mackerel, spanish, cooked, dry heat | 146.0 | 1.0 fillet | 231 | 34.44 | 55 |
| 08245 | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin | 62.0 | 1.0 cup (1 NLEA serving) | 231 | 5.27 | 40 |
| 06629 | Sauce, pesto, CLASSICO, basil pesto, ready-to-serve | 62.0 | 0.25 cup | 231 | 2.58 | 25 |
| 15047 | Fish, mackerel, Atlantic, cooked, dry heat | 88.0 | 1.0 fillet | 231 | 20.99 | 85 |
| 20117 | Noodles, japanese, somen, cooked | 176.0 | 1.0 cup | 231 | 7.04 | 4 |
| 14316 | Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 231 | 8.72 | 45 |
| 09076 | Cherries, sweet, frozen, sweetened | 259.0 | 1.0 cup, thawed | 231 | 2.98 | 26 |
| 08129 | Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water | 240.0 | 1.0 cup | 230 | 5.69 | 58 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10122 | Pork, fresh, variety meats and by-products, tongue, cooked, braised | 85.0 | 3.0 oz | 230 | 20.48 | 17 |
| 23227 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 230 | 21.12 | 20 |
| 23442 | Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled | 85.0 | 3.0 oz | 230 | 15.56 | 14 |
| 17227 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 85.0 | 3.0 oz | 230 | 21.68 | 20 |
| 07978 | Pork sausage, reduced sodium, cooked | 85.0 | 3.0 oz | 230 | 8.00 | 9 |
| 13332 | Beef, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 230 | 23.04 | 18 |
| 10004 | Pork, fresh, backfat, raw | 28.35 | 1.0 oz | 230 | 0.83 | 1 |
| 42297 | Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch | 59.0 | 1.0 cup (1 NLEA serving) | 230 | 5.78 | 58 |
| 22952 | SWANSON, Chicken and Dumplings | 247.0 | 1.0 cup (1 serving) | 230 | 10.99 | -- |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198.0 | 1.0 cup | 230 | 17.86 | 71 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 258.0 | 1.0 cup, pitted | 230 | 0.93 | 13 |
| 20523 | Spaghetti, protein-fortified, cooked, enriched (n x 6.25) | 140.0 | 1.0 cup | 230 | 12.40 | 42 |
| 15046 | Fish, mackerel, Atlantic, raw | 112.0 | 1.0 fillet | 230 | 20.83 | 85 |
| 21301 | Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust | 76.0 | 1.0 slice | 230 | 9.77 | 18 |
| 10067 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised | 135.0 | 1.0 chop | 230 | 41.23 | 31 |
| 17255 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 230 | 21.47 | 16 |
| 11392 | Potatoes, hash brown, frozen, with butter sauce, unprepared | 170.0 | 1.0 package (6 oz) | 230 | 3.18 | 19 |
| 17359 | Lamb, New Zealand, imported, breast, separable lean only, cooked, braised | 85.0 | 3.0 oz | 230 | 23.94 | 17 |
| 13494 | Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 230 | 21.73 | 17 |
| 17253 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 230 | 19.23 | 20 |
| 19359 | Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER | 47.0 | 1.0 serving 1.66 oz bar | 229 | 3.22 | -- |
| 21238 | McDONALD'S, french fries | 71.0 | 1.0 small serving | 229 | 2.42 | 26 |
| 16375 | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt | 182.0 | 1.0 cup | 229 | 14.63 | 96 |
| 16075 | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt | 182.0 | 1.0 cup | 229 | 14.63 | 96 |
| 05191 | Turkey, all classes, breast, meat and skin, raw | 146.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 229 | 31.96 | 35 |
| 08353 | Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch | 60.0 | 1.0 cup (1 NLEA serving) | 229 | 6.36 | 64 |
| 21441 | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading | 68.0 | 1.0 wing, with skin | 229 | 14.14 | 15 |
| 09231 | Passion-fruit, (granadilla), purple, raw | 236.0 | 1.0 cup | 229 | 5.19 | 68 |
| 42131 | Milk dessert, frozen, milk-fat free, chocolate | 137.0 | 1.0 cup | 229 | 5.89 | 62 |
| 07916 | Sausage, Polish, pork and beef, smoked | 76.0 | 1.0 serving 2.67 oz | 229 | 9.17 | 9 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16055 | Carob flour | 103.0 | 1.0 cup | 229 | 4.76 | 56 |
| 17248 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 229 | 21.17 | 23 |
| 10083 | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 229 | 19.64 | 15 |
| 17245 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 229 | 19.30 | 20 |
| 05008 | Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 85.0 | 3.0 oz | 229 | 24.28 | 21 |
| 08284 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins | 60.0 | 0.667 cup (1 NLEA serving) | 229 | 5.40 | 41 |
| 01168 | Cheese, low fat, cheddar or colby | 132.0 | 1.0 cup, diced | 228 | 32.14 | 21 |
| 16323 | Beans, french, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 228 | 12.48 | 99 |
| 16023 | Beans, french, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 228 | 12.48 | 99 |
| 05284 | Turkey, canned, meat only, with broth | 135.0 | 1.0 cup, drained | 228 | 31.97 | 27 |
| 19164 | Candies, SPECIAL DARK Chocolate Bar | 41.0 | 1.0 bar 1.45 oz | 228 | 2.27 | 13 |
| 09092 | Figs, canned, heavy syrup pack, solids and liquids | 259.0 | 1.0 cup | 228 | 0.98 | 26 |
| 07917 | Sausage, pork and beef, with cheddar cheese, smoked | 77.0 | 12.0 oz serving 2.7 oz | 228 | 9.93 | 10 |
| 09106 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids | 259.0 | 1.0 cup | 228 | 0.85 | 13 |
| 14310 | Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 228 | 9.73 | 40 |
| 20651 | Rice, brown, parboiled, cooked, UNCLE BENS | 155.0 | 1.0 cup | 228 | 4.79 | 60 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245.0 | 1.0 cup (unprepared) | 228 | 5.19 | 34 |
| 13798 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 85.0 | 3.0 oz | 228 | 21.97 | 17 |
| 17244 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 228 | 20.26 | 21 |
| 23172 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 228 | 24.35 | 22 |
| 36038 | Restaurant, family style, spaghetti and meatballs | 134.0 | 1.0 cup | 228 | 10.51 | 31 |
| 14239 | Alcoholic beverage, malt beer, hard lemonade | 335.0 | 11.2 fl oz | 228 | 0.00 | 13 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 145.0 | 1.0 cup chopped or dice | 228 | 39.37 | 20 |
| 19910 | Candies, crispy bar with peanut butter filling | 42.0 | 1.0 serving 1.5 oz | 228 | 4.00 | 21 |
| 19152 | Candies, ROLO Caramels in Milk Chocolate | 48.0 | 1.0 package 1 package | 228 | 2.44 | 0 |
| 16386 | Peas, split, mature seeds, cooked, boiled, with salt | 196.0 | 1.0 cup | 227 | 16.35 | 71 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 172.0 | 1.0 cup | 227 | 15.24 | 120 |
| 20139 | Wheat, KAMUT khorasan, cooked | 172.0 | 1.0 cup | 227 | 9.82 | 83 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16315 | Beans, black, mature seeds, cooked, boiled, with salt | 172.0 | 1.0 cup | 227 | 15.24 | 120 |
| 19186 | Desserts, apple crisp, prepared-from-recipe | 141.0 | 0.5 cup | 227 | 2.47 | 11 |
| 16368 | Hyacinth beans, mature seeds, cooked, boiled, with salt | 194.0 | 1.0 cup | 227 | 15.79 | 159 |
| 16068 | Hyacinth beans, mature seeds, cooked, boiled, without salt | 194.0 | 1.0 cup | 227 | 15.79 | 159 |
| 07966 | Pork sausage, link/patty, reduced fat, cooked, pan-fried | 85.0 | 3.0 oz | 227 | 17.80 | 19 |
| 13463 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0 | 3.0 oz ( 1serving ) | 227 | 20.80 | 19 |
| 13918 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 227 | 22.49 | 19 |
| 17252 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 227 | 19.96 | 20 |
| 17249 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted | 85.0 | 3.0 oz | 227 | 19.49 | 20 |
| 10081 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 227 | 21.31 | 20 |
| 23142 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 227 | 21.28 | 19 |
| 23305 | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 227 | 22.69 | -- |
| 11381 | Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 210.0 | 1.0 cup | 227 | 4.30 | 40 |
| 10182 | Pork, cured, ham, boneless, extra lean and regular, unheated | 140.0 | 1.0 cup | 227 | 25.56 | 25 |
| 22522 | Pasta with Sliced Franks in Tomato Sauce, canned entree | 252.0 | 1.0 serving (1 cup) | 227 | 11.01 | 35 |
| 11929 | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine | 210.0 | 1.0 cup | 227 | 4.30 | 40 |
| 09059 | Breadfruit, raw | 220.0 | 1.0 cup | 227 | 2.35 | 55 |
| 22945 | SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included) | 103.0 | 0.167 box (NLEA serving) | 227 | 10.05 | -- |
| 21425 | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed | 152.0 | 1.0 breast without skin | 226 | 40.87 | 41 |
| 07015 | Brotwurst, pork, beef, link | 70.0 | 1.0 link | 226 | 10.01 | 11 |
| 14177 | Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk | 266.0 | 1.0 cup (8 fl oz) | 226 | 8.59 | 48 |
| 17272 | Veal, breast, whole, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 226 | 22.92 | 17 |
| 13897 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 85.0 | 3.0 oz | 226 | 28.04 | 28 |
| 16370 | Lentils, mature seeds, cooked, boiled, with salt | 198.0 | 1.0 cup | 226 | 17.86 | 71 |
| 21521 | Fast foods, strawberry banana smoothie made with ice and low-fat yogurt | 347.0 | 12.0 fl oz | 226 | 2.98 | 38 |
| 09052 | Blueberries, canned, heavy syrup, solids and liquids | 256.0 | 1.0 cup | 225 | 1.66 | 10 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09056 | Boysenberries, canned, heavy syrup | 256.0 | 1.0 cup | 225 | 2.53 | 28 |
| 13096 | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 225 | 22.59 | 19 |
| 14318 | Beverages, Malted drink mix, chocolate, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 225 | 8.93 | 40 |
| 23399 | Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised | 85.0 | 3.0 oz | 225 | 24.95 | 12 |
| 23545 | Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 225 | 25.47 | 22 |
| 19248 | Candies, HERSHEY'S, ALMOND JOY BITES | 40.0 | 18.0 pieces | 225 | 2.23 | 15 |
| 18997 | KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon | 90.0 | 2.0 pieces | 225 | 4.32 | 11 |
| 16333 | Beans, kidney, red, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 225 | 15.35 | 80 |
| 16028 | Beans, kidney, all types, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 225 | 15.35 | 74 |
| 16328 | Beans, kidney, all types, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 225 | 15.35 | 80 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 225 | 15.35 | 80 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 224 | 14.43 | 85 |
| 17393 | Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised | 85.0 | 3.0 oz | 224 | 26.69 | 19 |
| 23391 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 224 | 22.25 | 17 |
| 13910 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 224 | 22.47 | 19 |
| 10954 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 85.0 | 3.0 oz | 224 | 21.96 | 17 |
| 23004 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 224 | 22.28 | 17 |
| 13066 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 224 | 22.93 | 20 |
| 01057 | Eggnog | 254.0 | 1.0 cup | 224 | 11.56 | 48 |
| 17456 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 223 | 23.46 | 21 |
| 05024 | Chicken, gizzard, all classes, cooked, simmered | 145.0 | 1.0 cup chopped or dice | 223 | 44.07 | 4 |
| 19292 | Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies | 47.0 | 1.0 serving 1.6 oz bag | 223 | 2.01 | -- |
| 19093 | Candies, SYMPHONY Milk Chocolate Bar | 42.0 | 1.0 bar 1.5 oz | 223 | 3.57 | -- |
| 11778 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 223 | 14.43 | 85 |
| 21457 | POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading | 76.0 | 1.0 drumstick, with skin | 223 | 15.53 | 17 |
| 05042 | Chicken, broilers or fryers, light meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 223 | 40.43 | 31 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 36601 | Restaurant, Chinese, egg rolls, assorted | 89.0 | 1.0 piece | 222 | 7.37 | 16 |
| 11195 | Cowpeas (blackeyes), immature seeds, frozen, unprepared | 160.0 | 1.0 cup | 222 | 14.37 | 88 |
| 14161 | Beverages, Kiwi Strawberry Juice Drink | 473.0 | 16.0 fl oz | 222 | 0.00 | -- |
| 36044 | ON THE BORDER, Mexican rice | 114.0 | 1.0 cup | 222 | 4.06 | 17 |
| 32025 | Dumpling, potato- or cheese-filled, frozen | 114.0 | 3.0 pieces pierogies | 222 | 6.00 | 18 |
| 20137 | Quinoa, cooked | 185.0 | 1.0 cup | 222 | 8.14 | 118 |
| 21439 | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading | 81.0 | 1.0 drumstick, with skin | 222 | 16.70 | 17 |
| 23118 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 222 | 24.80 | 17 |
| 10045 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 222 | 22.66 | 16 |
| 19094 | Desserts, flan, caramel custard, prepared-from-recipe | 153.0 | 0.5 cup | 222 | 6.93 | 14 |
| 21246 | WENDY'S, Chicken Nuggets | 68.0 | 5.0 pieces | 222 | 11.19 | 15 |
| 19236 | Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES | 39.0 | 17.0 pieces | 222 | 3.81 | 23 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 71.0 | 1.0 serving small | 222 | 2.44 | 25 |
| 42196 | Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar | 50.0 | 1.0 serving 1.76 oz bar | 222 | 1.60 | 29 |
| 23401 | Beef, New Zealand, imported, brisket navel end, separable lean only, raw | 114.0 | 4.0 oz | 221 | 22.50 | 19 |
| 23484 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked | 114.0 | 4.0 oz | 221 | 33.00 | 26 |
| 07038 | Knackwurst, knockwurst, pork, beef | 72.0 | 1.0 link | 221 | 7.99 | 8 |
| 09325 | Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids | 257.0 | 1.0 cup | 221 | 1.05 | 33 |
| 21024 | Fast foods, french toast sticks | 65.0 | 3.0 pieces | 221 | 3.90 | 12 |
| 10196 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 221 | 23.49 | 22 |
| 23193 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 221 | 15.23 | 15 |
| 42186 | Frozen yogurts, chocolate | 174.0 | 1.0 cup | 221 | 5.22 | 44 |
| 42187 | Frozen yogurts, flavors other than chocolate | 174.0 | 1.0 cup | 221 | 5.22 | 17 |
| 20510 | Noodles, egg, cooked, unenriched, with added salt | 160.0 | 1.0 cup | 221 | 7.26 | 34 |
| 11496 | Succotash, (corn and limas), cooked, boiled, drained, without salt | 192.0 | 1.0 cup | 221 | 9.73 | 102 |
| 20110 | Noodles, egg, enriched, cooked | 160.0 | 1.0 cup | 221 | 7.26 | 34 |
| 20410 | Noodles, egg, unenriched, cooked, without added salt | 160.0 | 1.0 cup | 221 | 7.26 | 34 |
| 20310 | Noodles, egg, cooked, enriched, with added salt | 160.0 | 1.0 cup | 221 | 7.26 | 34 |
| 08633 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches | 56.0 | 1.0 cup (1 NLEA serving) | 221 | 4.42 | 42 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15113 | Fish, tilefish, cooked, dry heat | 150.0 | 0.5 fillet | 220 | 36.73 | 50 |
| 10082 | Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 220 | 21.74 | 18 |
| 05308 | Chicken, cornish game hens, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 220 | 18.93 | 15 |
| 13796 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked | 85.0 | 3.0 oz | 220 | 22.19 | 17 |
| 17147 | Game meat, bear, cooked, simmered | 85.0 | 3.0 oz | 220 | 27.56 | 20 |
| 23267 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 220 | 20.60 | 21 |
| 08081 | Cereals ready-to-eat, POST, Honey Nut Shredded Wheat | 59.0 | 1.0 cup (1 NLEA serving) | 220 | 5.02 | 55 |
| 19145 | Candies, NESTLE, CRUNCH Bar and Dessert Topping | 44.0 | 1.0 bar 1.55 oz | 220 | 2.20 | -- |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 140.0 | 1.0 cup | 220 | 35.07 | 31 |
| 28367 | SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies | 44.0 | 3.0 cookies | 220 | 1.38 | 7 |
| 16031 | Beans, kidney, california red, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 219 | 16.16 | 85 |
| 16331 | Beans, kidney, california red, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 219 | 16.16 | 85 |
| 17257 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 219 | 22.92 | 13 |
| 05052 | Chicken, broilers or fryers, back, meat and skin, cooked, stewed | 85.0 | 3.0 oz | 219 | 18.85 | 14 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 219 | 21.72 | 20 |
| 11295 | Onion rings, breaded, par fried, frozen, unprepared | 85.0 | 6.0 rings | 219 | 2.68 | 12 |
| 05123 | Chicken, stewing, meat and skin, raw | 85.0 | 3.0 oz | 219 | 14.92 | 17 |
| 05669 | Ground turkey, 85% lean, 15% fat, pan-broiled crumbles | 85.0 | 3.0 oz | 219 | 21.34 | 24 |
| 13474 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 85.0 | 3.0 oz | 219 | 20.44 | 20 |
| 08365 | Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal | 63.0 | 3.0 biscuits (1 NLEA serving) | 219 | 7.08 | 108 |
| 22941 | SPAGHETTIOS, SpaghettiOs with Sliced Franks | 252.0 | 1.0 cup (1 serving) | 219 | 9.00 | 33 |
| 28357 | GLUTINO, Gluten Free Cookies, Vanilla Creme | 45.0 | 3.0 cookies | 219 | 0.99 | 4 |
| 18478 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon | 50.0 | 1.0 pastry | 219 | 2.70 | 8 |
| 32000 | Rice and vermicelli mix, beef flavor, unprepared | 61.0 | 0.333 cup | 219 | 6.61 | 21 |
| 13799 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw | 114.0 | 4.0 oz | 219 | 21.73 | 22 |
| 19249 | Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate | 42.0 | 1.0 serving 1.5 oz | 219 | 4.00 | 21 |
| 05336 | USDA Commodity Chicken, canned, meat only, drained | 135.0 | 1.0 cup drained | 219 | 37.15 | 30 |
| 13932 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 218 | 22.78 | 19 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16018 | Beans, black turtle, mature seeds, canned | 240.0 | 1.0 cup | 218 | 14.47 | 84 |
| 21149 | School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen | 91.0 | 1.0 piece 3.2 oz | 218 | 9.45 | 25 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 84.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 218 | 20.87 | 20 |
| 20041 | Rice, brown, medium-grain, cooked | 195.0 | 1.0 cup | 218 | 4.52 | 86 |
| 16316 | Beans, black, mature seeds, canned, low sodium | 240.0 | 1.0 cup | 218 | 14.47 | 84 |
| 17371 | Lamb, New Zealand, imported, ground lamb, raw | 113.0 | 4.0 oz | 218 | 22.97 | 20 |
| 25004 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar | 55.0 | 1.0 bar | 218 | 13.36 | 140 |
| 23295 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw | 114.0 | 4.0 oz | 218 | 23.02 | -- |
| 16036 | Beans, kidney, royal red, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 218 | 16.80 | 74 |
| 16336 | Beans, kidney, royal red, mature seeds, cooked, boiled with salt | 177.0 | 1.0 cup | 218 | 16.80 | 74 |
| 10178 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 218 | 21.27 | 17 |
| 17069 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised | 85.0 | 1.0 serving | 218 | 25.80 | 18 |
| 17281 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 218 | 20.84 | 19 |
| 17213 | Veal, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 218 | 24.74 | 20 |
| 23570 | Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 218 | 23.57 | 21 |
| 10180 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 218 | 22.79 | 17 |
| 19109 | Candies, KIT KAT Wafer Bar | 42.0 | 1.0 bar (1.5 oz) | 218 | 2.73 | 16 |
| 06018 | Soup, chunky chicken noodle, canned, ready-to-serve | 530.0 | 1.0 can | 217 | 16.38 | 37 |
| 21464 | Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed | 142.0 | 1.0 breast without skin | 217 | 39.66 | 40 |
| 08192 | Cereals ready-to-eat, POST SELECTS Blueberry Morning | 55.0 | 1.25 cup (1 NLEA serving) | 217 | 3.58 | 31 |
| 21224 | Pizza, cheese topping, regular crust, frozen, cooked | 81.0 | 1.0 serving 9 servings per 24 oz package | 217 | 8.39 | 19 |
| 09314 | Sapote, mamey, raw | 175.0 | 1.0 cup 1" pieces | 217 | 2.54 | 19 |
| 28335 | Cookies, gluten-free, vanilla sandwich, with creme filling | 44.0 | 3.0 cookies | 217 | 1.17 | 6 |
| 10029 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 217 | 22.56 | 16 |
| 23192 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 217 | 15.41 | 15 |
| 23541 | Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 217 | 19.98 | 20 |
| 17182 | Game meat, raccoon, cooked, roasted | 85.0 | 3.0 oz | 217 | 24.82 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10195 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 217 | 22.35 | 14 |
| 17382 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised | 85.0 | 3.0 oz | 217 | 26.40 | 19 |
| 10981 | Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only | 85.0 | 3.0 oz | 217 | 20.53 | 14 |
| 11039 | Lima beans, immature seeds, frozen, baby, unprepared | 164.0 | 1.0 cup | 216 | 12.45 | 82 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188.0 | 1.0 cup | 216 | 14.66 | 81 |
| 16372 | Lima beans, large, mature seeds, cooked, boiled, with salt | 188.0 | 1.0 cup | 216 | 14.66 | 81 |
| 19911 | Syrup, maple, Canadian | 80.0 | 60.0 milliliter | 216 | 0.00 | 17 |
| 19268 | Candies, dark chocolate coated coffee beans | 40.0 | 1.0 serving 28 pieces | 216 | 3.00 | 43 |
| 13872 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 216 | 27.92 | 18 |
| 10031 | Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 216 | 20.65 | 16 |
| 23576 | Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 216 | 21.46 | 16 |
| 05103 | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | 85.0 | 1.0 piece | 216 | 20.22 | 16 |
| 23581 | Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 216 | 20.88 | 15 |
| 16021 | Beans, cranberry (roman), mature seeds, canned | 260.0 | 1.0 cup | 216 | 14.40 | 83 |
| 09271 | Pineapple, canned, extra heavy syrup pack, solids and liquids | 260.0 | 1.0 cup, crushed, sliced, or chunks | 216 | 0.88 | 39 |
| 01036 | Cheese, ricotta, whole milk | 124.0 | 0.5 cup | 216 | 13.96 | 14 |
| 05029 | Chicken, broilers or fryers, light meat, meat and skin, raw | 116.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 216 | 23.51 | 27 |
| 23257 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 124.0 | 1.0 fillet | 216 | 37.76 | 35 |
| 19132 | Candies, milk chocolate, with almonds | 41.0 | 1.0 bar (1.45 oz) | 216 | 3.69 | 37 |
| 11844 | Potatoes, scalloped, home-prepared with margarine | 245.0 | 1.0 cup | 216 | 7.03 | 47 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245.0 | 1.0 cup | 216 | 7.03 | 47 |
| 21139 | Fast foods, potato, mashed | 242.0 | 1.0 cup | 215 | 3.99 | 36 |
| 18120 | Cake, pound, commercially prepared, butter (includes fresh and frozen) | 61.0 | 0.167 loaf 1/6 of the loaf | 215 | 3.05 | 5 |
| 18998 | KELLOGG'S, EGGO, French Toaster Sticks, Original | 90.0 | 2.0 pieces | 215 | 4.77 | 12 |
| 17081 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted | 85.0 | 1.0 serving | 215 | 18.75 | 19 |
| 13389 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 215 | 23.40 | 21 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 215 | 26.40 | 20 |
| 23215 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 215 | 24.56 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23202 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 215 | 15.63 | 16 |
| 16029 | Beans, kidney, all types, mature seeds, canned | 256.0 | 1.0 cup | 215 | 13.36 | 69 |
| 08554 | Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch | 52.0 | 0.75 cup (1 NLEA serving) | 215 | 4.42 | 44 |
| 09352 | Blueberries, canned, light syrup, drained | 244.0 | 1.0 cup | 215 | 2.54 | 10 |
| 05361 | Chicken, broiler, rotisserie, BBQ, thigh meat and skin | 95.0 | 1.0 thigh | 215 | 21.38 | 20 |
| 36415 | Restaurant, Latino, arepa (unleavened cornmeal bread) | 98.0 | 1.0 piece | 215 | 5.37 | 26 |
| 36417 | Restaurant, Mexican, spanish rice | 116.0 | 1.0 cup | 215 | 3.80 | 15 |
| 10104 | Pork, fresh, variety meats and by-products, heart, cooked, braised | 145.0 | 1.0 cup | 215 | 34.22 | 35 |
| 15116 | Fish, trout, rainbow, wild, cooked, dry heat | 143.0 | 1.0 fillet | 214 | 32.78 | 44 |
| 18954 | Bread, pound cake type, pan de torta salvadoran | 55.0 | 1.0 serving | 214 | 3.88 | 10 |
| 19295 | Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar | 40.0 | 1.0 serving 1.42 oz bar | 214 | 6.10 | -- |
| 18476 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry | 52.0 | 1.0 pastry | 214 | 2.39 | 8 |
| 21430 | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed | 140.0 | 1.0 breast, without skin | 214 | 38.15 | 39 |
| 05118 | Chicken, roasting, light meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 214 | 37.98 | 32 |
| 23460 | Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 214 | 27.08 | 14 |
| 16103 | Refried beans, canned, traditional style (includes USDA commodity) | 238.0 | 1.0 cup | 214 | 11.85 | 83 |
| 23183 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 214 | 15.91 | 17 |
| 10198 | Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 214 | 22.94 | 19 |
| 23452 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 214 | 25.43 | 15 |
| 17135 | Veal, sirloin, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 214 | 26.57 | 23 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258.0 | 1.0 cup, halves | 214 | 1.37 | 18 |
| 09028 | Apricots, canned, heavy syrup pack, without skin, solids and liquids | 258.0 | 1.0 cup, whole, without pits | 214 | 1.32 | 21 |
| 05066 | Chicken, broilers or fryers, drumstick, meat and skin, raw | 133.0 | 1.0 drumstick with skin | 214 | 24.05 | 24 |
| 22975 | Chicken, nuggets, white meat, precooked, frozen, not reheated | 82.0 | 1.0 serving | 214 | 11.78 | 29 |
| 20087 | Wheat, sprouted | 108.0 | 1.0 cup | 214 | 8.09 | 89 |
| 21247 | WENDY'S, french fries | 71.0 | 1.0 kid's meal Serving | 214 | 2.65 | 23 |
| 11398 | Potato puffs, frozen, unprepared | 120.0 | 1.0 cup | 214 | 2.32 | 19 |
| 36037 | Restaurant, family style, chili with meat and beans | 136.0 | 1.0 cup | 214 | 17.08 | 24 |
| 36019 | APPLEBEE'S, chili | 136.0 | 1.0 cup | 214 | 17.08 | 24 |
| 08220 | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins | 55.0 | 0.666 cup (1 NLEA serving) | 213 | 4.63 | 55 |
| 32026 | Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen | 127.0 | 1.0 piece turnover 1 serving | 213 | 9.99 | 39 |
| 05121 | Chicken, stewing, meat and skin, and giblets and neck, raw | 85.0 | 3.0 oz | 213 | 14.86 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13347 | Beef, cured, corned beef, brisket, cooked | 85.0 | 3.0 oz | 213 | 15.44 | 10 |
| 17111 | Veal, rib, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 213 | 27.57 | 21 |
| 05357 | Chicken, broiler, rotisserie, BBQ, back meat and skin | 85.0 | 3.0 oz | 213 | 17.25 | 16 |
| 05683 | Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted | 130.0 | 1.0 thigh with skin | 213 | 31.50 | 31 |
| 17454 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 213 | 23.91 | 24 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 57.0 | 1.0 cup (1 NLEA serving) | 213 | 4.39 | 24 |
| 20622 | Spaghetti, protein-fortified, dry, enriched (n x 6.25) | 57.0 | 2.0 oz | 213 | 12.41 | 37 |
| 11871 | Succotash, (corn and limas), cooked, boiled, drained, with salt | 192.0 | 1.0 cup | 213 | 9.73 | 102 |
| 16590 | MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared | 142.0 | 1.0 sauce | 213 | 16.19 | -- |
| 07077 | Smoked link sausage, pork and beef, nonfat dry milk added | 68.0 | 1.0 link (4" long x 1-1/8" dia) | 213 | 9.03 | 11 |
| 08632 | Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple | 56.0 | 1.0 cup (1 NLEA serving) | 213 | 6.33 | 64 |
| 13914 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 212 | 22.71 | 20 |
| 13895 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 212 | 28.98 | 20 |
| 23450 | Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 212 | 27.15 | 15 |
| 09033 | Apricots, dried, sulfured, stewed, without added sugar | 250.0 | 1.0 cup, halves | 212 | 3.00 | 28 |
| 13980 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 212 | 24.51 | 20 |
| 15208 | Fish, sablefish, cooked, dry heat | 85.0 | 3.0 oz | 212 | 14.61 | 60 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 212 | 22.04 | 18 |
| 19113 | Syrups, table blends, pancake, with butter | 73.0 | 1.0 serving 1/4 cup | 212 | 0.00 | -- |
| 11378 | Potatoes, mashed, dehydrated, flakes without milk, dry form | 60.0 | 1.0 cup | 212 | 5.00 | 40 |
| 25020 | Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut | 55.0 | 1.0 bar | 212 | 8.90 | 138 |
| 25016 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors | 55.0 | 1.0 bar | 212 | 12.05 | 174 |
| 08214 | Cereals ready-to-eat, QUAKER, Oatmeal Squares | 56.0 | 1.0 cup (1 NLEA serving) | 212 | 6.37 | 64 |
| 08215 | Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon | 56.0 | 1.0 cup (1 NLEA serving) | 212 | 6.29 | 64 |
| 16381 | Mung beans, mature seeds, cooked, boiled, with salt | 202.0 | 1.0 cup | 212 | 14.18 | 97 |
| 11834 | Potatoes, microwaved, cooked, in skin, flesh and skin, with salt | 202.0 | 1.0 potato (2-1/3" x 4-3/4") | 212 | 4.93 | 55 |
| 16081 | Mung beans, mature seeds, cooked, boiled, without salt | 202.0 | 1.0 cup | 212 | 14.18 | 97 |
| 11675 | Potatoes, microwaved, cooked in skin, flesh and skin, without salt | 202.0 | 1.0 potato (2-3/4" dia by 4-3/4" long) | 212 | 4.93 | 55 |
| 10165 | Pork, cured, salt pork, raw | 28.35 | 1.0 oz | 212 | 1.43 | 2 |
| 08216 | Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps | 57.0 | 1.25 cup (1 NLEA serving) | 212 | 7.06 | 96 |
| 20126 | Spaghetti, spinach, dry | 57.0 | 2.0 oz | 212 | 7.61 | 99 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10950 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled | 107.0 | 1.0 chop | 212 | 30.31 | 30 |
| 16403 | Refried beans, canned, traditional, reduced sodium | 238.0 | 1.0 cup | 212 | 11.85 | 83 |
| 43245 | Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits | 55.0 | 1.0 cup (1 NLEA serving) | 212 | 3.90 | 66 |
| 11647 | Sweet potato, canned, syrup pack, drained solids | 196.0 | 1.0 cup | 212 | 2.51 | 24 |
| 05192 | Turkey, all classes, breast, meat and skin, cooked, roasted | 112.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 212 | 32.16 | 30 |
| 05670 | Ground turkey, 85% lean, 15% fat, patties, broiled | 85.0 | 3.0 oz | 212 | 22.00 | 21 |
| 13952 | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 212 | 23.18 | 20 |
| 13391 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 212 | 23.18 | 20 |
| 23280 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 212 | 21.68 | 20 |
| 22951 | SWANSON, Chicken A La King | 298.0 | 1.0 can (1 serving) | 212 | 14.01 | -- |
| 21610 | School Lunch, chicken patty, whole grain breaded | 86.0 | 1.0 patty | 212 | 15.17 | 22 |
| 05065 | Chicken, broilers or fryers, breast, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 211 | 40.57 | 34 |
| 10107 | Pork, fresh, variety meats and by-products, kidneys, cooked, braised | 140.0 | 1.0 cup | 211 | 35.56 | 25 |
| 16360 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium | 240.0 | 1.0 cup | 211 | 11.81 | 65 |
| 20112 | Noodles, egg, spinach, enriched, cooked | 160.0 | 1.0 cup | 211 | 8.06 | 38 |
| 14030 | Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12 | 480.0 | 16.0 fl oz | 211 | 0.00 | -- |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids | 240.0 | 1.0 cup | 211 | 11.81 | 65 |
| 08133 | Cereals, oats, instant, fortified, with raisins and spice, prepared with water | 240.0 | 1.0 cup | 211 | 4.75 | 46 |
| 25031 | Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors | 50.0 | 1.0 bar | 211 | 15.00 | 40 |
| 19136 | Candies, HERSHEY'S SKOR Toffee Bar | 39.0 | 1.0 bar 1.4 oz | 211 | 1.22 | 4 |
| 23579 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 211 | 19.93 | 17 |
| 23194 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 211 | 15.67 | 15 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 211 | 22.94 | 18 |
| 17274 | Veal, breast, point half, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 211 | 24.00 | 18 |
| 10023 | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 211 | 23.03 | 22 |
| 01129 | Egg, whole, cooked, hard-boiled | 136.0 | 1.0 cup, chopped | 211 | 17.11 | 14 |
| 23229 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 211 | 22.35 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06392 | CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup | 245.0 | 1.0 cup | 211 | 7.01 | -- |
| 09272 | Pineapple, frozen, chunks, sweetened | 245.0 | 1.0 cup, chunks | 211 | 0.98 | 24 |
| 17068 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw | 115.0 | 1.0 serving | 210 | 23.10 | 22 |
| 17404 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw | 113.0 | 4.0 oz | 210 | 20.78 | 23 |
| 07074 | Smoked link sausage, pork | 68.0 | 1.0 link (4" long x 1-1/8" dia) | 210 | 8.15 | 7 |
| 21261 | TACO BELL, Soft Taco with beef, cheese and lettuce | 102.0 | 1.0 each taco | 210 | 9.44 | 19 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins | 51.0 | 0.5 cup (1 NLEA serving) | 210 | 4.93 | 56 |
| 21486 | Fast foods, taco with beef, cheese and lettuce, soft | 102.0 | 1.0 each taco | 210 | 9.44 | 19 |
| 09074 | Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids | 253.0 | 1.0 cup | 210 | 1.52 | 23 |
| 13869 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 210 | 27.85 | 18 |
| 13917 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 210 | 16.67 | 17 |
| 23390 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 210 | 22.88 | 18 |
| 17403 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 210 | 25.15 | 18 |
| 13473 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 210 | 20.55 | 20 |
| 19110 | Candies, KRACKEL Chocolate Bar | 41.0 | 1.0 bar 1.45 oz | 210 | 2.71 | 5 |
| 42261 | Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal | 52.0 | 0.75 cup (1 NLEA serving) | 210 | 4.68 | 51 |
| 08277 | Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA | 55.0 | 0.667 cup (1 NLEA serving) | 210 | 4.34 | 24 |
| 11344 | Pigeonpeas, immature seeds, raw | 154.0 | 1.0 cup | 209 | 11.09 | 105 |
| 08038 | Cereals ready-to-eat, POST, GRAPE-NUTS Cereal | 58.0 | 0.5 cup (1 NLEA serving) | 209 | 6.51 | 72 |
| 05157 | Quail, meat and skin, raw | 109.0 | 1.0 quail | 209 | 21.40 | 25 |
| 13856 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 209 | 16.63 | 17 |
| 13920 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 209 | 16.85 | 17 |
| 11032 | Lima beans, immature seeds, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 209 | 11.58 | 126 |
| 23574 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 209 | 20.43 | 18 |
| 17073 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 209 | 21.09 | 17 |
| 23266 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 209 | 20.96 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11714 | Lima beans, immature seeds, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 209 | 11.58 | 126 |
| 21273 | PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust | 69.0 | 1.0 slice | 209 | 10.55 | 17 |
| 09011 | Apples, dried, sulfured, uncooked | 86.0 | 1.0 cup | 209 | 0.80 | 14 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 209 | 14.74 | 88 |
| 16325 | Beans, great northern, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 209 | 14.74 | 88 |
| 05688 | Chicken, dark meat, drumstick, meat and skin, with added solution, raw | 143.0 | 1.0 drumstick with skin | 209 | 25.78 | 21 |
| 12041 | Seeds, sunflower seed flour, partially defatted | 64.0 | 1.0 cup | 209 | 30.76 | 221 |
| 21279 | DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust | 70.0 | 1.0 slice | 209 | 8.63 | 17 |
| 18939 | Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry) | 51.0 | 1.0 pastry | 209 | 2.40 | 6 |
| 28332 | Cookies, gluten-free, chocolate sandwich, with creme filling | 44.0 | 3.0 cookies | 209 | 0.96 | 18 |
| 28356 | GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme | 44.0 | 3.0 cookies | 209 | 0.96 | 18 |
| 18479 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon | 50.0 | 1.0 pastry | 208 | 2.30 | 4 |
| 23214 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 208 | 24.96 | 20 |
| 13800 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked | 85.0 | 3.0 oz | 208 | 22.15 | 17 |
| 28167 | KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries | 50.0 | 1.0 pastry | 208 | 2.35 | 4 |
| 25008 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar | 55.0 | 1.0 bar | 208 | 12.38 | 174 |
| 42265 | Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan | 55.0 | 0.75 cup (1 NLEA serving) | 208 | 4.34 | 48 |
| 18951 | Waffles, chocolate chip, frozen, ready-to-heat | 70.0 | 2.0 waffles | 208 | 4.06 | 11 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 116.0 | 1.0 thigh without skin | 208 | 28.72 | 28 |
| 09009 | Apples, dehydrated (low moisture), sulfured, uncooked | 60.0 | 1.0 cup | 208 | 0.79 | 13 |
| 01102 | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 208 | 7.92 | 32 |
| 18486 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry | 52.0 | 1.0 pastry | 207 | 2.18 | 8 |
| 20133 | Rice noodles, dry | 57.0 | 2.0 oz | 207 | 3.39 | 7 |
| 17448 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 207 | 23.81 | 19 |
| 23201 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 207 | 16.02 | 16 |
| 17291 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 207 | 21.39 | 20 |
| 13372 | Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 207 | 23.84 | 19 |
| 05351 | Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning | 89.0 | 1.0 thigh | 207 | 20.41 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16337 | Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium | 256.0 | 1.0 cup | 207 | 13.36 | 77 |
| 16034 | Beans, kidney, red, mature seeds, canned, solids and liquids | 256.0 | 1.0 cup | 207 | 13.36 | 77 |
| 21442 | POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed | 132.0 | 1.0 breast without skin | 207 | 38.25 | 38 |
| 28022 | KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice | 70.0 | 2.0 waffles | 207 | 3.85 | 16 |
| 21249 | BURGER KING, french fries | 74.0 | 1.0 small serving | 207 | 2.39 | 20 |
| 16379 | Mothbeans, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 207 | 13.82 | 184 |
| 16079 | Mothbeans, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 207 | 13.82 | 184 |
| 17331 | Game meat, bison, ground, cooked, pan-broiled | 87.0 | 1.0 patty ( yield from 112.7 g raw meat ) | 207 | 20.68 | 19 |
| 20032 | Millet, cooked | 174.0 | 1.0 cup | 207 | 6.11 | 77 |
| 18488 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry | 52.0 | 1.0 pastry | 207 | 2.44 | 6 |
| 23256 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 121.0 | 1.0 fillet | 207 | 37.00 | 34 |
| 08538 | Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters | 55.0 | 1.0 cup (1 NLEA serving) | 207 | 5.71 | 1 |
| 19243 | Candies, HEATH BITES | 39.0 | 15.0 pieces | 207 | 1.54 | 2 |
| 13930 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 207 | 22.92 | 19 |
| 08567 | Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets | 58.0 | 0.5 cup (1 NLEA serving) | 206 | 6.84 | 49 |
| 18481 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry | 52.0 | 1.0 pastry | 206 | 2.18 | 7 |
| 23453 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw | 114.0 | 4.0 oz | 206 | 22.09 | 22 |
| 32024 | Rice mix, cheese flavor, dry mix, unprepared | 57.0 | 0.25 cup dry rice mix | 206 | 5.00 | 50 |
| 15235 | Fish, catfish, channel, farmed, cooked, dry heat | 143.0 | 1.0 fillet | 206 | 26.37 | 33 |
| 28023 | KELLOGG'S, SIMPLY EGGO, Original | 70.0 | 2.0 waffles | 206 | 4.34 | 10 |
| 10152 | Pork, cured, ham, whole, separable lean only, unheated | 140.0 | 1.0 cup | 206 | 31.25 | 25 |
| 35203 | Rose Hips, wild (Northern Plains Indians) | 127.0 | 1.0 cup | 206 | 2.03 | 88 |
| 10037 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 206 | 23.98 | 17 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 85.0 | 3.0 oz | 206 | 18.18 | 34 |
| 17231 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 206 | 22.27 | 20 |
| 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 206 | 23.22 | 24 |
| 23278 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 206 | 22.10 | -- |
| 18953 | Bread, salvadoran sweet cheese (quesadilla salvadorena) | 55.0 | 1.0 serving (approximate serving size) | 206 | 3.92 | 6 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23164 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 206 | 25.13 | 20 |
| 20445 | Rice, white, long-grain, regular, unenriched, cooked without salt | 158.0 | 1.0 cup | 205 | 4.25 | 19 |
| 20045 | Rice, white, long-grain, regular, enriched, cooked | 158.0 | 1.0 cup | 205 | 4.25 | 19 |
| 20545 | Rice, white, long-grain, regular, cooked, unenriched, with salt | 158.0 | 1.0 cup | 205 | 4.25 | 19 |
| 20345 | Rice, white, long-grain, regular, cooked, enriched, with salt | 158.0 | 1.0 cup | 205 | 4.25 | 19 |
| 36017 | Restaurant, family style, macaroni & cheese, from kids' menu | 136.0 | 1.0 cup | 205 | 7.37 | 26 |
| 08709 | Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS | 55.0 | 1.0 cup (1 NLEA serving) | 205 | 4.50 | 40 |
| 08683 | Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares | 53.0 | 1.0 cup (1 NLEA serving) | 205 | 4.98 | 0 |
| 23114 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 205 | 20.80 | 18 |
| 13495 | Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 205 | 20.29 | 14 |
| 23231 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 205 | 15.89 | 16 |
| 11497 | Succotash, (corn and limas), canned, with cream style corn | 266.0 | 1.0 cup | 205 | 7.02 | 3 |
| 08627 | Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond | 49.0 | 0.5 cup (1 NLEA serving) | 205 | 4.51 | 52 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165.0 | 1.0 cup | 205 | 3.60 | 8 |
| 19369 | Candies, MARS SNACKFOOD US, SKITTLES Sours Original | 51.0 | 1.0 serving 1.80 oz bag | 205 | 0.09 | -- |
| 07939 | Frankfurter, pork | 76.0 | 1.0 link | 204 | 9.74 | 11 |
| 19134 | Candies, milk chocolate, with rice cereal | 40.0 | 1.0 bar (1.4 oz) | 204 | 3.06 | 25 |
| 05100 | Chicken, broilers or fryers, wing, meat and skin, raw | 107.0 | 1.0 piece | 204 | 18.75 | 17 |
| 28393 | PEPPERIDGE FARM, White Hoagie Roll | 69.0 | 1.0 serving | 204 | 0.01 | -- |
| 22970 | Macaroni and cheese, frozen entree | 137.0 | 1.0 cup | 204 | 7.67 | 23 |
| 18938 | Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry) | 53.0 | 1.0 piece | 204 | 2.13 | 6 |
| 23101 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 204 | 23.10 | 20 |
| 13982 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 204 | 24.50 | 20 |
| 23220 | Beef, ground, unspecified fat content, cooked | 85.0 | 3.0 oz | 204 | 21.31 | 19 |
| 23129 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 204 | 14.64 | 15 |
| 23571 | Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 204 | 22.04 | 17 |
| 13875 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 204 | 27.77 | 19 |
| 18487 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores | 52.0 | 1.0 pastry | 204 | 3.22 | 11 |
| 19256 | Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered | 44.0 | 1.0 serving 5 pieces | 204 | 1.88 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28260 | KELLOGG'S, EGGO, Waffles, Chocolate Chip | 70.0 | 2.0 waffles | 204 | 4.06 | 11 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210.0 | 1.0 cup | 204 | 3.72 | 23 |
| 21018 | Fast foods, egg, scrambled | 96.0 | 2.0 eggs | 204 | 13.29 | 13 |
| 21142 | Fast food, biscuit | 55.0 | 1.0 biscuit | 204 | 3.89 | 8 |
| 11411 | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased | 153.0 | 10.0 strip | 203 | 3.35 | 32 |
| 17366 | Lamb, New Zealand, imported, flap, boneless, separable lean only, raw | 113.0 | 4.0 oz | 203 | 24.54 | 21 |
| 18477 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry | 52.0 | 1.0 pastry | 203 | 2.39 | 8 |
| 06431 | CAMPBELL'S CHUNKY, New England Clam Chowder | 251.0 | 1.0 cup | 203 | 6.17 | 28 |
| 16102 | Pigeon peas (red gram), mature seeds, cooked, boiled, without salt | 168.0 | 1.0 cup | 203 | 11.36 | 77 |
| 16402 | Pigeon peas (red gram), mature seeds, cooked, boiled, with salt | 168.0 | 1.0 cup | 203 | 11.36 | 77 |
| 19238 | Candies, REESE'S BITES | 39.0 | 16.0 pieces | 203 | 4.42 | 25 |
| 10021 | Pork, fresh, loin, whole, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 203 | 23.15 | 16 |
| 23181 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 203 | 16.24 | 17 |
| 15196 | Fish, halibut, greenland, cooked, dry heat | 85.0 | 3.0 oz | 203 | 15.66 | 28 |
| 23406 | Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 203 | 25.58 | 20 |
| 23288 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 203 | 22.78 | 23 |
| 28352 | Cookies, vanilla sandwich with creme filling, reduced fat | 48.0 | 1.0 serving cookie | 203 | 2.00 | 6 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite | 58.0 | 7.0 biscuit (1 NLEA serving) | 203 | 5.34 | 50 |
| 10134 | Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted | 140.0 | 1.0 cup | 203 | 29.30 | 20 |
| 08712 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries | 59.0 | 1.25 Cups (1 NLEA serving) | 203 | 4.07 | 63 |
| 20116 | Noodles, japanese, somen, dry | 57.0 | 2.0 oz | 203 | 6.47 | 16 |
| 11645 | Sweet potato, canned, syrup pack, solids and liquids | 228.0 | 1.0 cup | 203 | 2.23 | 30 |
| 14036 | Beverages, CYTOSPORT, Muscle Milk, ready-to-drink | 414.0 | 14.0 fl oz | 203 | 24.30 | 83 |
| 18490 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry | 52.0 | 1.0 pastry | 203 | 2.08 | 3 |
| 28172 | KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries | 52.0 | 1.0 pastry | 203 | 2.08 | 3 |
| 18489 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry | 52.0 | 1.0 pastry | 203 | 2.13 | 3 |
| 07078 | Thuringer, cervelat, summer sausage, beef, pork | 56.0 | 2.0 oz 1 serving | 203 | 9.77 | 8 |
| 11215 | Garlic, raw | 136.0 | 1.0 cup | 203 | 8.65 | 34 |
| 32029 | Rice mix, white and wild, flavored, unprepared | 57.0 | 2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix) | 202 | 6.00 | 104 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17325 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 202 | 29.04 | 21 |
| 10188 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 85.0 | 3.0 oz | 202 | 22.41 | 20 |
| 13892 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 202 | 29.19 | 20 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 202 | 23.49 | 20 |
| 10173 | Pork, fresh, variety meats and by-products, feet, cooked, simmered | 85.0 | 3.0 oz | 202 | 18.65 | 4 |
| 13496 | Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled | 85.0 | 3.0 oz | 202 | 19.43 | 17 |
| 17201 | Lamb, variety meats and by-products, liver, cooked, pan-fried | 85.0 | 3.0 oz | 202 | 21.70 | 20 |
| 23279 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 202 | 22.36 | 22 |
| 23225 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 202 | 15.04 | 16 |
| 17096 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded | 85.0 | 3.0 oz | 202 | 23.20 | 26 |
| 13388 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 202 | 23.40 | 21 |
| 11412 | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated | 133.0 | 10.0 strip | 202 | 3.42 | 31 |
| 08054 | Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey | 48.0 | 0.5 cup (1 NLEA serving) | 202 | 5.06 | 58 |
| 19254 | Candies, MARS SNACKFOOD US, DOVE Milk Chocolate | 37.0 | 1.0 serving 1.30 oz bar | 202 | 2.20 | -- |
| 28306 | Bread, chapati or roti, plain, commercially prepared | 68.0 | 1.0 piece | 202 | 7.65 | 42 |
| 16134 | Yardlong beans, mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 202 | 14.18 | 168 |
| 16434 | Yardlong beans, mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 202 | 14.18 | 168 |
| 08484 | Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal | 59.0 | 1.0 cup (1 NLEA serving) | 202 | 4.50 | 80 |
| 22930 | SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce | 252.0 | 1.0 cup (1 serving) | 202 | 7.01 | -- |
| 10184 | Pork, cured, ham, extra lean and regular, canned, unheated | 140.0 | 1.0 cup | 202 | 25.16 | 22 |
| 10927 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 145.0 | 1.0 slice | 202 | 32.16 | 32 |
| 19258 | Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered | 44.0 | 1.0 serving 5 pieces | 202 | 1.68 | -- |
| 16149 | Peanut spread, reduced sugar | 31.0 | 2.0 tbsp | 202 | 7.69 | 51 |
| 13911 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 201 | 16.42 | 16 |
| 13069 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 201 | 23.82 | 20 |
| 05034 | Chicken, broilers or fryers, dark meat, meat and skin, raw | 85.0 | 3.0 oz | 201 | 14.19 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 12643 | Nuts, pecans, dry roasted, with salt added | 28.35 | 1.0 oz | 201 | 2.69 | 37 |
| 12143 | Nuts, pecans, dry roasted, without salt added | 28.35 | 1.0 oz | 201 | 2.69 | 37 |
| 08696 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond | 58.0 | 1.25 cup (1 NLEA serving) | 201 | 4.29 | 61 |
| 19144 | Candies, NESTLE, 100 GRAND Bar | 43.0 | 1.0 bar (1.5 oz) | 201 | 1.08 | 11 |
| 21311 | McDONALD'S, Creamy Ranch Sauce | 43.0 | 1.5 oz | 201 | 0.48 | 1 |
| 23440 | Beef, New Zealand, imported, oyster blade, separable lean and fat, raw | 113.0 | 4.0 oz | 201 | 24.04 | 20 |
| 06393 | CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder | 245.0 | 1.0 cup | 201 | 7.01 | -- |
| 06384 | CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup | 245.0 | 1.0 cup | 201 | 8.01 | -- |
| 06250 | CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve | 245.0 | 1.0 serving 1 cup | 201 | 6.00 | -- |
| 08560 | Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax | 53.0 | 0.67 Cup (1 NLEA serving) | 201 | 8.90 | 56 |
| 16171 | Refried beans, canned, vegetarian | 242.0 | 1.0 cup | 201 | 12.78 | 92 |
| 27042 | Soup, clam chowder, new england, canned, ready-to-serve | 254.0 | 1.0 cup | 201 | 6.63 | 25 |
| 23494 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw | 114.0 | 4.0 oz | 201 | 24.33 | 19 |
| 17123 | Veal, shoulder, arm, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 201 | 28.59 | 25 |
| 17287 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 201 | 21.06 | 18 |
| 17461 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled | 85.0 | 3.0 oz | 201 | 28.19 | 24 |
| 23106 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 201 | 22.18 | 20 |
| 23113 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 201 | 20.94 | 17 |
| 05069 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | 105.0 | 1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken) | 201 | 24.52 | 23 |
| 28170 | KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries | 50.0 | 1.0 pastry | 200 | 1.95 | -- |
| 22998 | Rice and vermicelli mix, chicken flavor, unprepared | 56.0 | 0.333 cup | 200 | 5.96 | 17 |
| 16088 | Peanuts, all types, cooked, boiled, with salt | 63.0 | 1.0 cup in shell, edible yield | 200 | 8.50 | 64 |
| 09040 | Bananas, raw | 225.0 | 1.0 cup, mashed | 200 | 2.45 | 61 |
| 21470 | Fast Foods, Fried Chicken, Drumstick, meat and skin with breading | 75.0 | 1.0 drumstick, with skin | 200 | 15.85 | 16 |
| 19125 | Chocolate-flavored hazelnut spread | 37.0 | 1.0 serving 2 TBSP | 200 | 2.00 | 24 |
| 22247 | Macaroni and Cheese, canned entree | 244.0 | 1.0 serving | 200 | 8.25 | 22 |
| 10898 | Pork, pickled pork hocks | 117.0 | 3.0 oz | 200 | 22.36 | 7 |
| 16361 | Cowpeas, catjang, mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 200 | 13.90 | 164 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16061 | Cowpeas, catjang, mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 200 | 13.90 | 164 |
| 09313 | Sapodilla, raw | 241.0 | 1.0 cup, pulp | 200 | 1.06 | 29 |
| 43393 | Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size | 59.0 | 1.25 cup (1 NLEA serving) | 200 | 6.45 | 103 |
| 23461 | Beef, New Zealand, imported, flat, separable lean and fat, raw | 113.0 | 4.0 oz | 200 | 23.24 | 21 |
| 28180 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries | 50.0 | 1.0 pastry | 200 | 2.00 | 4 |
| 28326 | Crackers, whole grain, sandwich-type, with peanut butter filling | 43.0 | 6.0 cracker 1 serving | 200 | 6.07 | 46 |
| 01250 | Nutritional supplement for people with diabetes, liquid | 227.0 | 1.0 can | 200 | 9.99 | 100 |
| 05735 | Turkey, retail parts, wing, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 200 | 24.43 | 20 |
| 17303 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 200 | 21.89 | 21 |
| 23128 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 200 | 14.86 | 15 |
| 10227 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked | 85.0 | 3.0 oz | 200 | 22.16 | 20 |
| 13865 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 200 | 23.41 | 22 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 200 | 21.15 | 19 |
| 19105 | Candies, NESTLE, GOOBERS Chocolate Covered Peanuts | 39.0 | 1.0 package 1.375 oz | 200 | 3.78 | -- |
| 18482 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge | 52.0 | 1.0 pastry | 200 | 2.55 | 12 |
| 05317 | Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted | 92.0 | 1.0 leg, bone removed (yield after cooking) | 200 | 24.61 | -- |
| 43100 | Breakfast bars, oats, sugar, raisins, coconut (include granola bar) | 43.0 | 1.0 bar | 200 | 4.21 | 43 |
| 17458 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 200 | 25.02 | 24 |
| 20058 | Rice, white, steamed, Chinese restaurant | 132.0 | 1.0 cup, loosely packed | 199 | 4.22 | 7 |
| 15011 | Fish, catfish, channel, cooked, breaded and fried | 87.0 | 1.0 fillet | 199 | 15.74 | 23 |
| 16065 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork | 240.0 | 1.0 cup | 199 | 6.58 | 103 |
| 42185 | Frozen yogurts, chocolate, nonfat milk, sweetened without sugar | 186.0 | 1.0 cup | 199 | 8.18 | 74 |
| 28193 | KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries | 50.0 | 1.0 pastry | 199 | 2.05 | 4 |
| 10053 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 199 | 24.49 | 20 |
| 23162 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 199 | 25.49 | 20 |
| 13951 | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 199 | 23.76 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05135 | Chicken, capons, meat and skin, raw | 85.0 | 3.0 oz | 199 | 15.95 | 18 |
| 05004 | Chicken, broilers or fryers, meat and skin and giblets and neck, roasted | 85.0 | 3.0 oz | 199 | 22.76 | 20 |
| 17365 | Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 199 | 23.70 | 15 |
| 17175 | Game meat, muskrat, cooked, roasted | 85.0 | 3.0 oz | 199 | 25.58 | 22 |
| 17317 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled | 85.0 | 3.0 oz | 199 | 27.34 | 22 |
| 10919 | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 199 | 15.44 | 13 |
| 09319 | Strawberries, frozen, sweetened, whole | 255.0 | 1.0 cup, thawed | 199 | 1.33 | 15 |
| 17211 | Lamb, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 199 | 19.41 | 16 |
| 17259 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 199 | 21.54 | 17 |
| 23069 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 199 | 26.31 | 15 |
| 23562 | Beef, ground, 90% lean meat / 10% fat, raw | 113.0 | 4.0 oz | 199 | 22.60 | -- |
| 28089 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini | 40.0 | 1.0 package | 199 | 1.68 | 5 |
| 14250 | Beverages, AMBER, hard cider | 355.0 | 12.0 fl oz | 199 | 0.00 | 11 |
| 09247 | Peaches, dried, sulfured, stewed, without added sugar | 258.0 | 1.0 cup | 199 | 2.99 | 34 |
| 28164 | KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries | 50.0 | 1.0 pastry | 198 | 2.00 | 3 |
| 06190 | Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve | 245.0 | 1.0 cup | 198 | 10.27 | 47 |
| 06454 | CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans | 245.0 | 1.0 cup | 198 | 16.00 | -- |
| 16063 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 198 | 13.22 | 91 |
| 16363 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 198 | 13.22 | 91 |
| 06358 | Soup, tomato bisque, canned, prepared with equal volume milk | 251.0 | 1.0 cup (8 fl oz) | 198 | 6.30 | 25 |
| 08631 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate | 56.0 | 1.0 cup (1 NLEA serving) | 198 | 4.76 | 50 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 254.0 | 1.0 cup, crushed, sliced, or chunks | 198 | 0.89 | 41 |
| 10085 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised | 85.0 | 3.0 oz | 198 | 22.58 | 20 |
| 13446 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 198 | 23.96 | 16 |
| 13979 | Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 198 | 20.55 | 21 |
| 10099 | Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered | 85.0 | 3.0 oz | 198 | 10.62 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13362 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked | 85.0 | 3.0 oz | 198 | 23.94 | 17 |
| 23216 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 198 | 25.55 | 20 |
| 17321 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 198 | 22.25 | 19 |
| 01224 | Protein supplement, milk based, Muscle Milk Light, powder | 50.0 | 2.0 scoop | 198 | 25.00 | 140 |
| 16345 | Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water | 169.0 | 1.0 cup | 198 | 11.90 | 51 |
| 10208 | Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised | 80.0 | 1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g) | 198 | 22.19 | 18 |
| 16077 | Lupins, mature seeds, cooked, boiled, without salt | 166.0 | 1.0 cup | 198 | 25.85 | 90 |
| 28163 | KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries | 50.0 | 1.0 pastry | 198 | 2.20 | 3 |
| 22947 | SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included) | 94.0 | 1.0 serving (NLEA serving) | 197 | 4.00 | -- |
| 16555 | MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared | 85.0 | 5.0 Wings | 197 | 11.98 | -- |
| 32013 | Potsticker or wonton, pork and vegetable, frozen, unprepared | 145.0 | 5.0 pieces 1 serving | 197 | 12.01 | 30 |
| 23569 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 197 | 20.93 | 19 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 197 | 22.24 | 20 |
| 23224 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 197 | 15.28 | 16 |
| 10087 | Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 197 | 20.58 | 22 |
| 05133 | Chicken, capons, meat and skin and giblets and neck, raw | 85.0 | 3.0 oz | 197 | 15.73 | 18 |
| 10017 | Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 197 | 22.07 | 19 |
| 03054 | Babyfood, dinner, vegetables and beef, junior | 256.0 | 1.0 cup | 197 | 5.66 | 26 |
| 03053 | Babyfood, dinner, vegetables and beef, strained | 256.0 | 1.0 cup | 197 | 5.66 | 26 |
| 28171 | KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries | 50.0 | 1.0 pastry | 197 | 2.35 | 15 |
| 03246 | Babyfood, dessert, custard pudding, vanilla, junior | 229.0 | 1.0 cup | 197 | 4.03 | 11 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55.0 | 1.0 cup (1 NLEA serving) | 197 | 3.68 | 32 |
| 08463 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS | 55.0 | 1.0 cup (1 NLEA serving) | 197 | 5.17 | 24 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 266.0 | 1.0 cup | 197 | 0.53 | 11 |
| 16347 | Beans, pinto, mature seeds, canned, solids and liquids, low sodium | 240.0 | 1.0 cup | 197 | 11.04 | 79 |
| 16044 | Beans, pinto, mature seeds, canned, solids and liquids | 240.0 | 1.0 cup | 197 | 11.04 | 79 |
| 01239 | Ice cream cookie sandwich | 82.0 | 1.0 serving | 197 | 3.03 | 13 |
| 28016 | KELLOGG'S, EGGO Protein, Waffles, Homestyle | 70.0 | 2.0 waffles | 197 | 7.56 | 13 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08695 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites | 56.0 | 1.0 Cup (1 NLEA serving) | 197 | 5.15 | 43 |
| 28173 | KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries | 50.0 | 1.0 pastry | 196 | 2.25 | 4 |
| 28192 | KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries | 50.0 | 1.0 pastry | 196 | 2.05 | 6 |
| 23146 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 196 | 23.05 | 20 |
| 17329 | Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 196 | 20.26 | 18 |
| 15210 | Fish, salmon, chinook, cooked, dry heat | 85.0 | 3.0 oz | 196 | 21.86 | 104 |
| 17089 | Veal, composite of trimmed retail cuts, separable lean and fat, cooked | 85.0 | 3.0 oz | 196 | 25.58 | 22 |
| 10039 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 196 | 22.96 | 17 |
| 13383 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 196 | 25.88 | 19 |
| 17295 | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 196 | 21.46 | 20 |
| 10030 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 196 | 20.16 | 17 |
| 22971 | Potato salad with egg | 125.0 | 0.5 cup | 196 | 2.45 | 19 |
| 16099 | Peanut flour, defatted | 60.0 | 1.0 cup | 196 | 31.32 | 222 |
| 18956 | Keikitos (muffins), Latino bakery item | 42.0 | 1.0 piece | 196 | 2.86 | 5 |
| 10980 | Pork loin, fresh, backribs, bone-in, raw, lean only | 114.0 | 4.0 oz | 196 | 23.77 | 19 |
| 19165 | Cocoa, dry powder, unsweetened | 86.0 | 1.0 cup | 196 | 16.86 | 429 |
| 07922 | Bratwurst, beef and pork, smoked | 66.0 | 1.0 serving 2.33 oz | 196 | 8.05 | 10 |
| 20421 | Pasta, cooked, unenriched, without added salt | 124.0 | 1.0 cup spaghetti not packed | 196 | 7.19 | 22 |
| 20121 | Pasta, cooked, enriched, without added salt | 124.0 | 1.0 cup spaghetti not packed | 196 | 7.19 | 22 |
| 18972 | Bread, cheese | 48.0 | 1.0 slice | 196 | 5.00 | 8 |
| 28049 | KEEBLER, Cheese & Cheddar Sandwich Crackers | 39.0 | 1.0 package | 196 | 3.16 | 5 |
| 21028 | Fast foods, vanilla, light, soft-serve ice cream, with cone | 120.0 | 1.0 item | 196 | 5.09 | 16 |
| 32011 | Yellow rice with seasoning, dry packet mix, unprepared | 57.0 | 1.0 serving (2 oz) | 196 | 4.00 | 64 |
| 23565 | Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 196 | 24.18 | 23 |
| 09055 | Blueberries, frozen, sweetened | 230.0 | 1.0 cup, thawed | 196 | 0.92 | 5 |
| 13477 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0 | 3.0 oz | 196 | 20.72 | 20 |
| 28177 | KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries | 50.0 | 1.0 pastry | 196 | 1.95 | 3 |
| 13401 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 196 | 27.82 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13361 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked | 85.0 | 3.0 oz | 196 | 24.14 | 17 |
| 10055 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 196 | 22.64 | 21 |
| 13935 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 196 | 23.05 | 20 |
| 28175 | KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries | 50.0 | 1.0 pastry | 196 | 1.95 | 3 |
| 23213 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 196 | 16.62 | 17 |
| 05672 | Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised | 111.0 | 1.0 thigh without skin | 195 | 27.25 | 28 |
| 08286 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX | 55.0 | 0.67 cup (1 NLEA serving) | 195 | 4.73 | 37 |
| 28322 | Bagels, multigrain | 81.0 | 1.0 piece bagel | 195 | 8.02 | 69 |
| 28176 | KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries | 50.0 | 1.0 pastry | 195 | 2.05 | 3 |
| 22973 | Corn dogs, frozen, prepared | 78.0 | 1.0 corndog | 195 | 6.68 | 13 |
| 08587 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola | 52.0 | 0.5 cup (1 NLEA serving) | 195 | 6.81 | 39 |
| 01202 | Milk, chocolate, fluid, commercial, reduced fat, with added calcium | 250.0 | 1.0 cup | 195 | 7.48 | 35 |
| 07957 | Pork and turkey sausage, pre-cooked | 57.0 | 1.0 serving | 195 | 6.87 | 14 |
| 36615 | DENNY'S, top sirloin steak | 107.0 | 1.0 steak | 195 | 30.92 | 26 |
| 08500 | Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS | 55.0 | 1.0 cup (1 NLEA serving) | 195 | 5.00 | 55 |
| 20521 | Pasta, cooked, unenriched, with added salt | 124.0 | 1.0 cup spaghetti not packed | 195 | 7.19 | 22 |
| 20321 | Pasta, cooked, enriched, with added salt | 124.0 | 1.0 cup spaghetti not packed | 195 | 7.19 | 22 |
| 23115 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 195 | 21.13 | 17 |
| 23160 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 195 | 23.69 | 20 |
| 10189 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled | 85.0 | 3.0 oz | 195 | 22.68 | 21 |
| 23157 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 195 | 22.98 | 21 |
| 03245 | Babyfood, dessert, custard pudding, vanilla, strained | 229.0 | 1.0 cup | 195 | 3.66 | 11 |
| 05136 | Chicken, capons, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 195 | 24.62 | 20 |
| 28051 | KEEBLER, Cheese on Wheat Sandwich Crackers | 39.0 | 1.0 package | 195 | 3.28 | 4 |
| 28015 | KELLOGG'S, EGGO, Waffles, Homestyle | 70.0 | 2.0 waffles | 195 | 4.62 | 12 |
| 28010 | KELLOGG'S, EGGO, Waffles, Buttermilk | 70.0 | 2.0 waffles | 195 | 4.62 | 13 |
| 09134 | Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids | 256.0 | 1.0 cup | 195 | 1.23 | 15 |
| 08386 | Cereals ready-to-eat, KASHI GOLEAN CRUNCH! | 53.0 | 0.75 Cup (1 NLEA serving) | 195 | 8.85 | 43 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 07954 | Beef sausage, pre-cooked | 48.0 | 1.0 serving | 194 | 7.44 | 6 |
| 36045 | ON THE BORDER, refried beans | 135.0 | 1.0 cup | 194 | 9.86 | 63 |
| 20447 | Rice, white, long-grain, parboiled, unenriched, cooked | 158.0 | 1.0 cup | 194 | 4.60 | 14 |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked | 158.0 | 1.0 cup | 194 | 4.60 | 14 |
| 22905 | Beef stew, canned entree | 196.0 | 1.0 cup (1 serving) | 194 | 8.64 | 16 |
| 05687 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised | 106.0 | 1.0 drumstick with skin | 194 | 22.84 | 21 |
| 12177 | Nuts, coconut meat, dried (desiccated), creamed | 28.35 | 1.0 oz | 194 | 1.50 | 26 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 262.0 | 1.0 cup | 194 | 1.18 | 13 |
| 23446 | Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 194 | 26.60 | 15 |
| 15096 | Fish, shark, mixed species, cooked, batter-dipped and fried | 85.0 | 3.0 oz | 194 | 15.83 | 37 |
| 13907 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 194 | 17.00 | 8 |
| 10079 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 194 | 22.68 | 17 |
| 23287 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 194 | 22.95 | -- |
| 23230 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 194 | 16.37 | 17 |
| 17117 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 194 | 27.25 | 23 |
| 13886 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 194 | 23.18 | 21 |
| 23042 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 194 | 21.00 | 20 |
| 23071 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 194 | 26.70 | 16 |
| 13909 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 194 | 17.52 | 18 |
| 23508 | USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw | 85.0 | 1.0 serving | 194 | 14.76 | 14 |
| 13890 | Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried | 85.0 | 3.0 oz | 194 | 28.84 | 30 |
| 09402 | Applesauce, canned, sweetened, with salt | 255.0 | 1.0 cup | 194 | 0.46 | 8 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 194 | 20.37 | 19 |
| 13352 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 194 | 22.52 | 20 |
| 43218 | Cereals ready-to-eat, ALPEN | 55.0 | 0.67 cup (1 NLEA serving) | 194 | 6.16 | 52 |
| 08542 | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight | 55.0 | 25.0 biscuits (1 NLEA serving) | 194 | 4.78 | 45 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08617 | Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin | 55.0 | 25.0 biscuits (1 NLEA serving) | 194 | 4.73 | 45 |
| 08023 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN | 49.0 | 0.75 cup (1 NLEA serving) | 194 | 4.51 | 75 |
| 28165 | KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries | 50.0 | 1.0 pastry | 194 | 2.25 | 6 |
| 25021 | Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE | 48.0 | 1.0 bar | 193 | 9.96 | 158 |
| 18459 | Breakfast tart, low fat | 52.0 | 1.0 tart | 193 | 2.07 | 23 |
| 21309 | McDONALD'S, Chicken McNUGGETS | 64.0 | 4.0 pieces | 193 | 10.11 | 15 |
| 01113 | Whey, acid, dried | 57.0 | 1.0 cup | 193 | 6.69 | 113 |
| 21416 | POPEYES, Coleslaw | 120.0 | 1.0 package | 193 | 1.18 | 8 |
| 42227 | Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies | 37.0 | 1.0 serving 1.31 oz bag | 193 | 2.79 | 43 |
| 20006 | Barley, pearled, cooked | 157.0 | 1.0 cup | 193 | 3.55 | 35 |
| 08459 | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size | 55.0 | 25.0 biscuits (1 NLEA serving) | 193 | 4.78 | 45 |
| 18983 | AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type | 39.0 | 1.0 package | 193 | 3.08 | 4 |
| 23130 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 193 | 15.19 | 14 |
| 10945 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised | 85.0 | 3.0 oz | 193 | 23.44 | 18 |
| 23105 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 193 | 22.25 | 20 |
| 10086 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled | 85.0 | 3.0 oz | 193 | 22.73 | 20 |
| 23144 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 193 | 16.03 | 16 |
| 23523 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 193 | 21.90 | 20 |
| 16611 | MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared | 85.0 | 5.0 Wings | 193 | 12.07 | -- |
| 08704 | Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry | 52.0 | 1.0 Container (1 NLEA serving) | 193 | 8.00 | 60 |
| 13020 | Beef, retail cuts, separable fat, cooked | 28.35 | 1.0 oz | 193 | 3.02 | 2 |
| 21459 | POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading | 57.0 | 1.0 wing, with skin | 193 | 11.63 | 13 |
| 18984 | AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type | 39.0 | 1.0 package | 193 | 2.92 | 4 |
| 23482 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw | 114.0 | 4.0 oz | 193 | 23.88 | 19 |
| 05700 | Turkey, dark meat from whole, meat and skin, with added solution, raw | 114.0 | 4.0 oz | 193 | 20.34 | 21 |
| 28050 | KEEBLER, Club & Cheddar Sandwich Crackers | 39.0 | 1.0 package | 193 | 3.28 | 5 |
| 19022 | Snacks, granola bars, soft, uncoated, raisin | 43.0 | 1.0 bar (1.5 oz) | 193 | 3.27 | 31 |
| 16377 | Lupins, mature seeds, cooked, boiled, with salt | 166.0 | 1.0 cup | 193 | 25.85 | 90 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08673 | Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS | 55.0 | 1.0 cup (1 NLEA serving) | 192 | 4.85 | 40 |
| 01105 | Milk, chocolate beverage, hot cocoa, homemade | 250.0 | 1.0 cup | 192 | 8.80 | 58 |
| 08591 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA | 55.0 | 27.0 biscuits (1 NLEA serving) | 192 | 5.88 | 59 |
| 19255 | Candies, MARS SNACKFOOD US, DOVE Dark Chocolate | 37.0 | 1.0 serving 1.3 oz bar | 192 | 1.92 | -- |
| 08702 | Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry | 52.0 | 1.0 Container (1 NLEA serving) | 192 | 7.33 | 60 |
| 15021 | Fish, croaker, Atlantic, cooked, breaded and fried | 87.0 | 1.0 fillet | 192 | 15.83 | 37 |
| 18986 | AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type | 39.0 | 1.0 package | 192 | 3.08 | 5 |
| 05134 | Chicken, capons, meat and skin and giblets and neck, cooked, roasted | 85.0 | 3.0 oz | 192 | 24.10 | 20 |
| 17457 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 192 | 25.63 | 20 |
| 23268 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 192 | 21.49 | 20 |
| 23412 | Beef, New Zealand, imported, flat, separable lean only, cooked, braised | 85.0 | 3.0 oz | 192 | 28.24 | 15 |
| 17108 | Veal, loin, separable lean only, cooked, braised | 85.0 | 3.0 oz | 192 | 28.53 | 23 |
| 08411 | Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry | 50.0 | 1.0 packet (1 NLEA serving) | 192 | 4.34 | 44 |
| 06728 | Soup, potato ham chowder, chunky, ready-to-serve, single brand | 240.0 | 1.0 serving | 192 | 6.48 | -- |
| 14169 | Beverages, Carob-flavor beverage mix, powder, prepared with whole milk | 256.0 | 1.0 cup (8 fl oz) | 192 | 8.09 | 26 |
| 06726 | Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand | 240.0 | 1.0 serving | 192 | 7.20 | -- |
| 28265 | KEEBLER, Cheese & Peanut Butter Sandwich Crackers | 39.0 | 1.0 package | 192 | 4.21 | 5 |
| 28256 | AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type | 39.0 | 1.0 package | 192 | 4.21 | 5 |
| 05031 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour | 78.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 192 | 23.75 | 21 |
| 20114 | Noodles, japanese, soba, dry | 57.0 | 2.0 oz | 192 | 8.20 | 54 |
| 08668 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds | 55.0 | 1.0 cup (1 NLEA serving) | 191 | 4.34 | 32 |
| 18289 | Pancakes, plain, dry mix, complete (includes buttermilk) | 52.0 | 0.333 cup | 191 | 5.08 | 15 |
| 16098 | Peanut butter, smooth style, with salt | 32.0 | 2.0 tbsp | 191 | 7.11 | 54 |
| 16398 | Peanut butter, smooth style, without salt | 32.0 | 2.0 tbsp | 191 | 7.11 | 54 |
| 23506 | USDA Commodity, beef patties with VPP, frozen, raw | 85.0 | 1.0 serving | 191 | 12.93 | 31 |
| 17129 | Veal, shoulder, blade, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 191 | 26.57 | 22 |
| 13395 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 191 | 23.83 | 23 |
| 13902 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 191 | 26.58 | 26 |
| 13899 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 191 | 29.41 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17016 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 191 | 22.45 | 21 |
| 16335 | Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water | 158.0 | 1.0 cup cup rinsed solids | 191 | 12.83 | 46 |
| 08061 | Cereals ready-to-eat, POST Raisin Bran Cereal | 59.0 | 1.0 cup (1 NLEA serving) | 191 | 4.48 | 99 |
| 01295 | Yogurt, vanilla, non-fat | 245.0 | 1.0 cup (8 fl oz) | 191 | 7.20 | 39 |
| 06242 | CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve | 245.0 | 1.0 serving 1 cup | 191 | 8.01 | -- |
| 18927 | Crackers, cheese, sandwich-type with cheese filling | 39.0 | 6.0 cracker 1 cracker = 6.5g | 191 | 3.48 | 11 |
| 06459 | CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup | 245.0 | 1.0 cup | 191 | 12.00 | -- |
| 06433 | CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder | 245.0 | 1.0 cup | 191 | 6.00 | -- |
| 06383 | CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup | 245.0 | 1.0 cup | 191 | 5.00 | -- |
| 13019 | Beef, retail cuts, separable fat, raw | 28.35 | 1.0 oz | 191 | 2.33 | 1 |
| 28182 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries | 48.0 | 1.0 pastry | 191 | 1.92 | 3 |
| 17420 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw | 113.0 | 4.0 oz | 191 | 22.46 | 25 |
| 06216 | Soup, cream of chicken, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 191 | 7.46 | 17 |
| 19090 | Ice creams, french vanilla, soft-serve | 86.0 | 0.5 cup (4 fl oz) | 191 | 3.53 | 10 |
| 01236 | Ice cream, soft serve, chocolate | 86.0 | 0.5 cup | 191 | 3.53 | 10 |
| 28257 | AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type | 39.0 | 1.0 package | 191 | 4.13 | 5 |
| 28258 | AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type | 39.0 | 1.0 package | 191 | 3.04 | 5 |
| 28110 | KEEBLER, Toast & Peanut Butter Sandwich Crackers | 39.0 | 1.0 package | 191 | 4.13 | 5 |
| 08189 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins | 49.0 | 0.5 cup (1 NLEA serving) | 191 | 4.26 | 33 |
| 28181 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries | 48.0 | 1.0 pastry | 191 | 1.92 | 3 |
| 01222 | Yogurt, chocolate, nonfat milk, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 190 | 6.00 | 68 |
| 13467 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 190 | 21.68 | 21 |
| 13896 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 190 | 26.10 | 17 |
| 10138 | Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted | 140.0 | 1.0 cup | 190 | 29.62 | 29 |
| 01187 | Yogurt, chocolate, nonfat milk | 170.0 | 1.0 container (6 oz) | 190 | 6.00 | 68 |
| 13981 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 190 | 24.47 | 20 |
| 10192 | Pork, fresh, backribs, separable lean and fat, raw | 85.0 | 3.0 oz | 190 | 16.21 | 14 |
| 13913 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 190 | 17.50 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10202 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 190 | 23.53 | 23 |
| 16073 | Lima beans, large, mature seeds, canned | 241.0 | 1.0 cup | 190 | 11.88 | 94 |
| 17340 | Game meat, elk, loin, separable lean only, cooked, broiled | 114.0 | 1.0 steak ( yield from 148.1 g raw meat ) | 190 | 35.34 | 32 |
| 06051 | Soup, pea, split with ham, canned, condensed | 135.0 | 0.5 cup (4 fl oz) | 190 | 10.37 | 49 |
| 08435 | Cereals ready-to-eat, UNCLE SAM CEREAL | 55.0 | 0.75 cup (1 NLEA serving) | 190 | 8.79 | 113 |
| 20134 | Rice noodles, cooked | 176.0 | 1.0 cup | 190 | 3.15 | 5 |
| 16556 | MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared | 86.0 | 4.0 nuggets | 190 | 12.38 | -- |
| 14048 | Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 | 500.0 | 1.0 bottle | 190 | 3.40 | 50 |
| 19119 | Candies, NESTLE, CHUNKY Bar | 40.0 | 1.0 serving 1.4 oz bar | 190 | 3.00 | -- |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 190 | 7.48 | 35 |
| 43495 | Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY | 50.0 | 1.0 cup (1 NLEA serving) | 190 | 5.00 | 72 |
| 19149 | Candies, NESTLE, RAISINETS Chocolate Covered Raisins | 45.0 | 1.0 serving 1.58 oz bag | 190 | 1.98 | -- |
| 35237 | Tamales, masa and pork filling (Hopi) | 113.0 | 4.0 oz | 190 | 14.90 | 40 |
| 16156 | Peanut butter, chunky, vitamin and mineral fortified | 32.0 | 2.0 tbsp | 190 | 8.34 | 118 |
| 23258 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 115.0 | 1.0 fillet | 190 | 35.40 | 32 |
| 06451 | Soup, pea, split with ham, canned, prepared with equal volume water | 253.0 | 1.0 cup (8 fl oz) | 190 | 10.32 | 48 |
| 23143 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 190 | 16.03 | 16 |
| 05112 | Chicken, roasting, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 190 | 20.37 | 17 |
| 13410 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 190 | 28.12 | 19 |
| 23166 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 190 | 26.04 | 20 |
| 13873 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 190 | 22.14 | 14 |
| 23005 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 190 | 17.09 | 8 |
| 17060 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised | 85.0 | 3.0 oz | 190 | 28.64 | 24 |
| 07024 | Frankfurter, chicken | 85.0 | 3.0 oz | 190 | 13.18 | 17 |
| 13445 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 190 | 24.28 | 16 |
| 17330 | Game meat , bison, ground, raw | 85.0 | 1.0 serving ( 3 oz ) | 190 | 15.87 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13398 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 190 | 28.53 | 19 |
| 18080 | Bread sticks, plain | 46.0 | 1.0 cup, small pieces | 190 | 5.52 | 15 |
| 28169 | KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries | 50.0 | 1.0 pastry | 190 | 2.45 | 16 |
| 14059 | Beverages, KELLOGG'S, SPECIAL K Protein Shake | 296.0 | 1.0 serving | 189 | 9.47 | 115 |
| 11906 | Corn, sweet, white, canned, cream style, regular pack | 256.0 | 1.0 cup | 189 | 4.45 | 38 |
| 19166 | Cocoa, dry powder, unsweetened, processed with alkali | 86.0 | 1.0 cup | 189 | 15.57 | 409 |
| 19216 | Candies, praline, prepared-from-recipe | 39.0 | 1.0 piece | 189 | 1.29 | 19 |
| 16155 | Peanut butter, smooth, vitamin and mineral fortified | 32.0 | 2.0 tbsp | 189 | 8.23 | 114 |
| 11716 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 189 | 11.97 | 101 |
| 06738 | Soup, split pea with ham and bacon, canned, condensed, single brand | 135.0 | 1.0 serving | 189 | 11.61 | -- |
| 16384 | Mungo beans, mature seeds, cooked, boiled, with salt | 180.0 | 1.0 cup | 189 | 13.57 | 113 |
| 16084 | Mungo beans, mature seeds, cooked, boiled, without salt | 180.0 | 1.0 cup | 189 | 13.57 | 113 |
| 08319 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size | 54.0 | 21.0 biscuits (1 NLEA serving) | 189 | 4.96 | 46 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 189 | 11.97 | 101 |
| 09065 | Cherries, sour, red, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup | 189 | 1.86 | 15 |
| 18990 | AUSTIN, PB & J Crackers, sandwich-type | 39.0 | 1.0 package | 189 | 2.96 | 4 |
| 19890 | Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar | 78.0 | 1.0 serving 1 bar | 189 | 4.06 | -- |
| 23226 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 189 | 15.67 | 17 |
| 23060 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 189 | 21.19 | 20 |
| 22953 | Egg rolls, pork, refrigerated, heated | 85.0 | 1.0 roll | 189 | 8.45 | 17 |
| 10054 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 189 | 22.92 | 20 |
| 10120 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 189 | 22.42 | 18 |
| 23096 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 189 | 26.27 | 19 |
| 10033 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 189 | 23.82 | 17 |
| 25006 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar | 55.0 | 1.0 bar | 189 | 12.29 | 174 |
| 08708 | Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin | 55.0 | 24.0 Biscuits (1 NLEA serving) | 189 | 5.00 | 47 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17005 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 189 | 1.89 | 3 |
| 16097 | Peanut butter, chunk style, with salt | 32.0 | 2.0 tbsp | 188 | 7.70 | 51 |
| 16397 | Peanut butter, chunk style, without salt | 32.0 | 2.0 tbsp | 188 | 7.70 | 51 |
| 05048 | Chicken, broilers or fryers, back, meat and skin, raw | 59.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 188 | 8.29 | 9 |
| 21347 | McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing | 59.0 | 2.0 fl oz | 188 | 2.10 | 3 |
| 16167 | USDA Commodity, Peanut Butter, smooth | 32.0 | 2.0 tbsp | 188 | 7.02 | 57 |
| 08677 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry | 55.0 | 24.0 biscuits (1 NLEA serving) | 188 | 4.84 | 46 |
| 08384 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size | 55.0 | 30.0 biscuits (1 NLEA serving) | 188 | 6.38 | 60 |
| 14634 | Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D | 244.0 | 1.0 cup | 188 | 7.44 | 24 |
| 13232 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 188 | 23.50 | 20 |
| 23156 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 188 | 23.29 | 21 |
| 23070 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 188 | 27.28 | 18 |
| 23185 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 188 | 16.75 | 17 |
| 13165 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 188 | 27.38 | 18 |
| 13955 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 188 | 21.81 | 17 |
| 17176 | Game meat, opossum, cooked, roasted | 85.0 | 3.0 oz | 188 | 25.67 | 29 |
| 08703 | Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry | 52.0 | 1.0 Container (1 NLEA serving) | 188 | 7.80 | 60 |
| 08589 | Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble | 51.0 | 0.75 cup (1 NLEA serving) | 188 | 9.18 | 33 |
| 28178 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries | 48.0 | 1.0 pastry | 188 | 2.11 | -- |
| 08380 | Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH | 53.0 | 1.0 cup (1 NLEA serving) | 188 | 3.49 | 47 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 59.0 | 1.0 cup ( 1 NLEA serving) | 188 | 4.55 | 72 |
| 28019 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat | 70.0 | 2.0 waffles | 188 | 4.62 | 18 |
| 11212 | Edamame, frozen, prepared | 155.0 | 1.0 cup | 188 | 18.46 | 99 |
| 06406 | Soup, bean with frankfurters, canned, prepared with equal volume water | 250.0 | 1.0 cup (8 fl oz) | 188 | 9.98 | 48 |
| 28168 | KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries | 50.0 | 1.0 pastry | 188 | 2.20 | 4 |
| 11878 | Taro, cooked, with salt | 132.0 | 1.0 cup slices | 187 | 0.69 | 40 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11519 | Taro, cooked, without salt | 132.0 | 1.0 cup, sliced | 187 | 0.69 | 40 |
| 28179 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries | 48.0 | 1.0 pastry | 187 | 2.21 | 9 |
| 19306 | Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies | 39.0 | 1.0 serving 13 pieces | 187 | 2.79 | -- |
| 16150 | Peanut butter, smooth, reduced fat | 36.0 | 2.0 tablespoon | 187 | 9.32 | 61 |
| 12108 | Nuts, coconut meat, dried (desiccated), not sweetened | 28.35 | 1.0 oz | 187 | 1.95 | 26 |
| 16053 | Broadbeans (fava beans), mature seeds, cooked, boiled, without salt | 170.0 | 1.0 cup | 187 | 12.92 | 73 |
| 23540 | Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 187 | 22.21 | 20 |
| 17200 | Lamb, variety meats and by-products, liver, cooked, braised | 85.0 | 3.0 oz | 187 | 25.98 | 19 |
| 13390 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 187 | 23.40 | 21 |
| 05110 | Chicken, roasting, meat and skin and giblets and neck, cooked, roasted | 85.0 | 3.0 oz | 187 | 20.37 | 17 |
| 13351 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 187 | 22.52 | 20 |
| 13650 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 187 | 23.38 | 19 |
| 16353 | Broadbeans (fava beans), mature seeds, cooked, boiled, with salt | 170.0 | 1.0 cup | 187 | 12.92 | 73 |
| 18958 | Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour | 42.0 | 1.0 piece (1 serving) | 187 | 3.70 | 9 |
| 18985 | AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type | 39.0 | 1.0 package | 187 | 3.00 | 4 |
| 28174 | KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries | 50.0 | 1.0 pastry | 186 | 1.95 | 5 |
| 28341 | Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch | 78.0 | 1.0 roll | 186 | 2.61 | 10 |
| 28368 | SCHAR, Gluten-Free, Classic White Rolls | 78.0 | 1.0 roll | 186 | 2.61 | 10 |
| 22899 | Ravioli, cheese-filled, canned | 242.0 | 1.0 cup | 186 | 6.00 | 36 |
| 19078 | Baking chocolate, unsweetened, squares | 29.0 | 1.0 oz square Bakers | 186 | 4.15 | 95 |
| 23098 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 186 | 26.65 | 19 |
| 10116 | Pork, fresh, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 186 | 24.22 | 20 |
| 23147 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 186 | 22.98 | 20 |
| 09105 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids | 255.0 | 1.0 cup | 186 | 0.87 | 13 |
| 13884 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 186 | 23.33 | 22 |
| 17453 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 186 | 23.41 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17311 | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 186 | 21.67 | 21 |
| 13452 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 186 | 24.67 | 20 |
| 15189 | Fish, bluefish, cooked, dry heat | 117.0 | 1.0 fillet | 186 | 30.06 | 49 |
| 14179 | Beverages, coffee, ready to drink, milk based, sweetened | 262.0 | 1.0 cup | 186 | 5.19 | 24 |
| 06246 | Soup, cream of onion, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 186 | 6.80 | 22 |
| 15005 | Fish, bluefish, raw | 150.0 | 1.0 fillet | 186 | 30.06 | 50 |
| 23451 | Beef, New Zealand, imported, brisket point end, separable lean and fat, raw | 114.0 | 4.0 oz | 186 | 22.86 | 23 |
| 10105 | Pork, fresh, variety meats and by-products, jowl, raw | 28.35 | 1.0 oz | 186 | 1.81 | 1 |
| 15069 | Fish, pompano, florida, cooked, dry heat | 88.0 | 1.0 fillet | 186 | 20.85 | 27 |
| 28024 | KELLOGG'S, EGGO, Waffles, Strawberry | 70.0 | 2.0 waffles | 186 | 3.85 | 10 |
| 08318 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal | 50.0 | 1.0 cup (1 NLEA serving) | 186 | 3.75 | 14 |
| 28009 | KELLOGG'S, EGGO, Waffles, Blueberry | 70.0 | 2.0 waffles | 186 | 3.85 | 10 |
| 17383 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw | 113.0 | 4.0 oz | 185 | 23.30 | 24 |
| 23159 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 185 | 23.98 | 20 |
| 17114 | Veal, rib, separable lean only, cooked, braised | 85.0 | 3.0 oz | 185 | 29.27 | 22 |
| 13905 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 185 | 17.31 | 8 |
| 13870 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 185 | 22.45 | 14 |
| 13867 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 185 | 23.44 | 22 |
| 17275 | Veal, breast, whole, boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 185 | 25.77 | 19 |
| 13368 | Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 185 | 25.29 | 20 |
| 21262 | TACO BELL, Soft Taco with chicken, cheese and lettuce | 98.0 | 1.0 each taco | 185 | 13.03 | 24 |
| 21487 | Fast foods, taco with chicken, lettuce and cheese, soft | 98.0 | 1.0 each taco | 185 | 13.03 | 24 |
| 36039 | Restaurant, family style, hash browns | 94.0 | 1.0 cup | 185 | 2.34 | 24 |
| 22946 | SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included) | 94.0 | 0.167 box (NLEA serving) | 185 | 4.00 | -- |
| 08700 | Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed | 53.0 | 1.0 Cup (1 NLEA serving) | 185 | 3.87 | 51 |
| 05141 | Duck, domesticated, meat only, raw | 137.0 | 1.0 unit (yield from 1 lb ready-to-cook duck) | 185 | 25.04 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06050 | Soup, pea, split with ham, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 185 | 11.09 | 38 |
| 06729 | Soup, sirloin burger with vegetables, ready-to-serve, single brand | 240.0 | 1.0 serving | 185 | 10.08 | -- |
| 01072 | Dessert topping, pressurized | 70.0 | 1.0 cup | 185 | 0.69 | 1 |
| 16064 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 240.0 | 1.0 cup | 185 | 11.38 | 67 |
| 08539 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST | 55.0 | 28.0 biscuits (1 NLEA serving) | 185 | 6.05 | -- |
| 11182 | Corn, yellow, whole kernel, frozen, microwaved | 141.0 | 1.0 cup | 185 | 5.10 | 35 |
| 25034 | Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors | 47.0 | 1.0 bar | 185 | 8.40 | 40 |
| 06730 | Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand | 243.0 | 1.0 serving | 185 | 12.64 | -- |
| 10163 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled | 114.0 | 4.0 oz | 185 | 34.22 | 31 |
| 08649 | Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble | 51.0 | 0.75 cup (1 NLEA serving) | 185 | 11.27 | 37 |
| 13404 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 184 | 29.23 | 19 |
| 13440 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 184 | 25.68 | 16 |
| 10035 | Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 184 | 21.84 | 16 |
| 23563 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 184 | 22.19 | 19 |
| 23148 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 184 | 23.20 | 21 |
| 13236 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 184 | 23.36 | 17 |
| 13965 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 184 | 22.19 | 20 |
| 17233 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 184 | 22.72 | 21 |
| 07965 | Pork sausage, link/patty, reduced fat, unprepared | 85.0 | 3.0 oz | 184 | 14.24 | 15 |
| 17106 | Veal, loin, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 184 | 21.08 | 21 |
| 23433 | Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 184 | 24.25 | 20 |
| 20136 | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked | 116.0 | 1.0 cup spaghetti not packed | 184 | 6.75 | 52 |
| 11907 | Corn, sweet, white, canned, cream style, no salt added | 256.0 | 1.0 cup | 184 | 4.45 | 44 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256.0 | 1.0 cup | 184 | 4.45 | 44 |
| 11772 | Corn, sweet, yellow, canned, cream style, no salt added | 256.0 | 1.0 cup | 184 | 4.45 | 44 |
| 08544 | Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch | 48.0 | 0.75 cup (1 NLEA serving) | 184 | 4.27 | 43 |
| 10101 | Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered | 111.0 | 1.0 ear (yield after cooking) | 184 | 17.70 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17082 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw | 115.0 | 1.0 serving | 184 | 23.75 | 25 |
| 09109 | Gooseberries, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup | 184 | 1.64 | 15 |
| 19001 | Candies, TOBLERONE, milk chocolate with honey and almond nougat | 35.0 | 1.0 bar | 184 | 2.00 | 16 |
| 22944 | SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta | 125.0 | 1.0 serving | 184 | 6.00 | -- |
| 17284 | Lamb, Australian, imported, fresh, separable fat, raw | 28.35 | 1.0 oz | 184 | 1.78 | 2 |
| 13384 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 184 | 26.08 | 19 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 184 | 25.49 | 24 |
| 13285 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 184 | 25.96 | 19 |
| 17101 | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded | 85.0 | 3.0 oz | 184 | 24.15 | 27 |
| 23528 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 184 | 20.92 | 17 |
| 13430 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 184 | 30.28 | 21 |
| 23549 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 184 | 21.87 | 20 |
| 10201 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 184 | 25.04 | 24 |
| 05005 | Chicken, broilers or fryers, meat and skin and giblets and neck, stewed | 85.0 | 3.0 oz | 184 | 20.82 | 16 |
| 23145 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 184 | 16.03 | 17 |
| 23407 | Beef, New Zealand, imported, cube roll, separable lean only, raw | 114.0 | 4.0 oz | 184 | 22.54 | 23 |
| 05313 | Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave) | 74.0 | 1.0 serving | 184 | 18.75 | 20 |
| 12200 | Nuts, formulated, wheat-based, all flavors except macadamia, without salt | 28.35 | 1.0 oz | 183 | 3.72 | 17 |
| 05334 | Chicken, broiler, rotisserie, BBQ, thigh, meat only | 95.0 | 1.0 thigh | 183 | 22.89 | 20 |
| 17339 | Game meat, elk, ground, cooked, pan-broiled | 95.0 | 1.0 patty ( yield from 104.1 g raw meat ) | 183 | 25.31 | 23 |
| 28208 | MOTHER'S, Peanut Butter Gauchos Cookies | 38.0 | 2.0 cookies | 183 | 2.81 | 3 |
| 42190 | Pork sausage rice links, brown and serve, cooked | 45.0 | 2.0 links 1 NLEA serving | 183 | 6.16 | 6 |
| 12122 | Nuts, hazelnuts or filberts, dry roasted, without salt added | 28.35 | 1.0 oz | 183 | 4.26 | 49 |
| 07942 | Pate, truffle flavor | 56.0 | 1.0 serving 2 oz | 183 | 6.27 | 7 |
| 08191 | Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size | 52.0 | 1.0 cup (1 NLEA serving) | 183 | 4.06 | 48 |
| 18494 | Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon | 50.0 | 1.0 pastry | 183 | 2.35 | -- |
| 05006 | Chicken, broilers or fryers, meat and skin, raw | 85.0 | 3.0 oz | 183 | 15.81 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23007 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 183 | 17.24 | 8 |
| 17445 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 183 | 27.27 | 21 |
| 05690 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised | 85.0 | 3.0 oz | 183 | 17.60 | 18 |
| 23176 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 183 | 23.28 | 21 |
| 17307 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 183 | 21.71 | 21 |
| 23567 | Beef, ground, 85% lean meat / 15% fat, raw | 85.0 | 3.0 oz | 183 | 15.80 | 15 |
| 17301 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 183 | 23.59 | 21 |
| 23097 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 183 | 27.21 | 19 |
| 23075 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 183 | 23.77 | 20 |
| 23107 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 183 | 22.36 | 20 |
| 17424 | Veal, ground, cooked, pan-fried | 85.0 | 3.0 oz | 183 | 21.96 | 29 |
| 10876 | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted | 145.0 | 1.0 slice | 183 | 32.71 | 32 |
| 08462 | Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat | 54.0 | 29.0 biscuits (1 NLEA serving) | 183 | 6.48 | 44 |
| 16172 | Refried beans, canned, fat-free | 231.0 | 1.0 cup | 182 | 12.34 | 88 |
| 11311 | Peas, green, canned, drained solids, rinsed in tap water | 257.0 | 1.0 can | 182 | 11.13 | 46 |
| 08161 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt | 257.0 | 1.0 cup | 182 | 4.39 | 18 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 257.0 | 1.0 cup | 182 | 4.39 | 18 |
| 23307 | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw | 114.0 | 4.0 oz | 182 | 24.48 | -- |
| 20127 | Spaghetti, spinach, cooked | 140.0 | 1.0 cup | 182 | 6.41 | 87 |
| 23459 | Beef, New Zealand, imported, flank, separable lean and fat, raw | 113.0 | 4.0 oz | 182 | 22.74 | 21 |
| 23001 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 182 | 17.42 | 8 |
| 10203 | Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 182 | 24.49 | 20 |
| 23566 | Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 182 | 22.63 | 18 |
| 05122 | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 85.0 | 3.0 oz | 182 | 21.15 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13407 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 182 | 28.90 | 20 |
| 05075 | Chicken, broilers or fryers, leg, meat and skin, raw | 85.0 | 3.0 oz | 182 | 13.91 | 16 |
| 10947 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled | 107.0 | 1.0 chop | 182 | 31.73 | 31 |
| 09357 | Apricots, canned, heavy syrup, drained | 219.0 | 1.0 cup, halves | 182 | 1.40 | 15 |
| 16054 | Broadbeans (fava beans), mature seeds, canned | 256.0 | 1.0 cup | 182 | 14.00 | 82 |
| 09294 | Prune juice, canned | 256.0 | 1.0 cup | 182 | 1.56 | 36 |
| 19308 | Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies | 41.0 | 1.0 serving 15 pieces | 182 | 1.06 | -- |
| 09243 | Peaches, spiced, canned, heavy syrup pack, solids and liquids | 242.0 | 1.0 cup, whole | 182 | 0.99 | 17 |
| 18497 | Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry | 50.0 | 1.0 pastry | 182 | 2.10 | -- |
| 21505 | Pizza, cheese topping, thin crust, frozen, cooked | 69.0 | 1.0 slice | 181 | 8.22 | 17 |
| 16426 | Tofu, raw, firm, prepared with calcium sulfate | 126.0 | 0.5 cup | 181 | 21.76 | 73 |
| 07928 | Sausage, chicken, beef, pork, skinless, smoked | 84.0 | 1.0 link | 181 | 11.42 | 12 |
| 19153 | Candies, NESTLE, AFTER EIGHT Mints | 42.0 | 1.0 serving 5 mints | 181 | 0.70 | -- |
| 17066 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw | 28.35 | 1.0 oz | 181 | 1.96 | 2 |
| 06414 | CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup | 245.0 | 1.0 cup | 181 | 11.00 | -- |
| 28013 | KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip | 70.0 | 2.0 waffles | 181 | 3.01 | 13 |
| 23447 | Beef, New Zealand, imported, bolar blade, separable lean and fat, raw | 114.0 | 4.0 oz | 181 | 24.27 | 25 |
| 16528 | WORTHINGTON Dinner Roast, frozen, unprepared | 85.0 | 1.0 slice , 3/4" | 181 | 13.60 | -- |
| 17190 | Veal, variety meats and by-products, brain, cooked, pan-fried | 85.0 | 3.0 oz | 181 | 12.31 | 15 |
| 05109 | Chicken, roasting, meat and skin and giblets and neck, raw | 85.0 | 3.0 oz | 181 | 14.53 | 16 |
| 05001 | Chicken, broilers or fryers, meat and skin and giblets and neck, raw | 85.0 | 3.0 oz | 181 | 15.58 | 17 |
| 16607 | MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared | 71.0 | 1.0 patty | 181 | 8.59 | -- |
| 18940 | Muffin, blueberry, commercially prepared, low-fat | 71.0 | 1.0 muffin small | 181 | 3.00 | 7 |
| 05666 | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | 85.0 | 3.0 oz | 181 | 23.04 | 25 |
| 23289 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 181 | 23.04 | 22 |
| 13465 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 181 | 23.94 | 20 |
| 13369 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 181 | 27.96 | 18 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248.0 | 1.0 cup | 181 | 0.97 | 12 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 20652 | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked | 116.0 | 1.0 cup spaghetti not packed | 181 | 6.58 | 48 |
| 05033 | Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed | 90.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 181 | 23.53 | 18 |
| 17092 | Veal, composite of trimmed retail cuts, separable fat, raw | 28.35 | 1.0 oz | 181 | 1.71 | 1 |
| 08710 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar | 49.0 | 1.0 Cup (1 NLEA serving) | 181 | 2.98 | 53 |
| 18209 | Cookies, sugar wafers with creme filling, regular | 36.0 | 3.0 cookies | 181 | 1.38 | 6 |
| 19307 | Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies | 39.0 | 1.0 serving 13 pieces | 181 | 1.29 | -- |
| 09277 | Plantains, raw | 148.0 | 1.0 cup, sliced | 181 | 1.92 | 55 |
| 28209 | MOTHER'S, Taffy Sandwich Cookies | 38.0 | 2.0 cookies | 180 | 1.44 | 6 |
| 28132 | KEEBLER, Toasted Coconut Cookies | 38.0 | 2.0 cookies | 180 | 1.44 | 6 |
| 06361 | CAMPBELL'S Red and White, Green Pea Soup, condensed | 128.0 | 1.0 serving 1/2 cup | 180 | 9.00 | -- |
| 06380 | CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed | 128.0 | 1.0 serving 1/2 cup | 180 | 10.00 | -- |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 49.0 | 0.75 cup (1 NLEA serving) | 180 | 4.01 | 32 |
| 05096 | Chicken, broilers or fryers, dark meat, thigh, meat only, raw | 149.0 | 1.0 thigh without skin | 180 | 29.29 | 34 |
| 17405 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 180 | 20.62 | 21 |
| 17151 | Game meat, beaver, cooked, roasted | 85.0 | 3.0 oz | 180 | 29.62 | 25 |
| 13343 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 180 | 27.73 | 18 |
| 13466 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 180 | 22.16 | 21 |
| 23044 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 180 | 21.50 | 20 |
| 13876 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 180 | 22.75 | 15 |
| 05693 | Chicken, broiler, rotisserie, BBQ, back meat only | 85.0 | 3.0 oz | 180 | 18.57 | 15 |
| 13880 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 180 | 24.21 | 15 |
| 13451 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 180 | 24.93 | 21 |
| 13377 | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 180 | 28.36 | 19 |
| 13479 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 180 | 23.68 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23171 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 180 | 15.70 | 17 |
| 12157 | Nuts, walnuts, dry roasted, with salt added | 28.0 | 1.0 oz | 180 | 4.00 | 42 |
| 11508 | Sweet potato, cooked, baked in skin, flesh, without salt | 200.0 | 1.0 cup | 180 | 4.02 | 54 |
| 28043 | KEEBLER, ANIMALS, Cookies | 40.0 | 1.0 package 1 serving | 180 | 2.24 | 5 |
| 06592 | CAMPBELL'S Soup on the Go, Creamy Tomato Soup | 305.0 | 1.0 container | 180 | 2.99 | -- |
| 28018 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry | 70.0 | 2.0 waffles | 180 | 4.34 | 35 |
| 28304 | Waffles, whole wheat, lowfat, frozen, ready-to-heat | 70.0 | 1.0 serving 2 waffles | 180 | 5.00 | 46 |
| 05641 | Ostrich, ground, raw | 109.0 | 1.0 patty | 180 | 22.04 | 22 |
| 21472 | Fast Foods, Fried Chicken, Wing, meat and skin and breading | 58.0 | 1.0 wing, with skin | 180 | 12.26 | 14 |
| 19404 | Snacks, granola bars, soft, uncoated, chocolate chip | 43.0 | 1.0 bar (1.5 oz) | 180 | 2.43 | 28 |
| 06192 | Split pea soup, canned, reduced sodium, prepared with water or ready-to serve | 253.0 | 1.0 cup | 180 | 9.74 | 35 |
| 11605 | Beets, harvard, canned, solids and liquids | 246.0 | 1.0 cup slices | 180 | 2.07 | 47 |
| 05338 | USDA Commodity, Chicken, canned, meat only, with broth | 135.0 | 1.0 cup drained | 180 | 30.25 | 24 |
| 13449 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 179 | 24.84 | 16 |
| 17097 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded | 85.0 | 3.0 oz | 179 | 26.99 | 26 |
| 13443 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 179 | 25.88 | 20 |
| 05144 | Duck, wild, meat and skin, raw | 85.0 | 3.0 oz | 179 | 14.81 | 17 |
| 10200 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 179 | 23.76 | 16 |
| 10229 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked | 85.0 | 3.0 oz | 179 | 25.05 | 22 |
| 10194 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 179 | 16.92 | 17 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 179 | 30.74 | 25 |
| 17057 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 179 | 21.66 | 22 |
| 10177 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 179 | 24.51 | 18 |
| 13439 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 179 | 25.92 | 15 |
| 16250 | SILK Vanilla soy yogurt (family size) | 227.0 | 1.0 container | 179 | 5.99 | -- |
| 21435 | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading | 75.0 | 1.0 drumstick, with skin | 179 | 16.72 | 17 |
| 22966 | SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open | 206.0 | 1.0 can (1 serving) | 179 | 9.00 | 0 |
| 28075 | KEEBLER, E.L. FUDGE, Double Stuffed Cookies | 35.0 | 2.0 cookies | 179 | 1.61 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06545 | CAMPBELL'S Homestyle New England Clam Chowder | 256.0 | 1.0 cup | 179 | 5.96 | 33 |
| 10006 | Pork, fresh, separable fat, raw | 28.35 | 1.0 oz | 179 | 2.62 | 2 |
| 23497 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw | 114.0 | 4.0 oz | 179 | 24.17 | 21 |
| 23300 | Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw | 28.0 | 1.0 oz | 179 | 1.55 | -- |
| 28350 | Cookies, chocolate cream covered biscuit sticks | 40.0 | 1.0 serving | 179 | 4.00 | 14 |
| 19917 | Candies, M&M MARS Pretzel Chocolate Candies | 40.0 | 0.25 cup | 179 | 2.00 | 16 |
| 05300 | Turkey sticks, breaded, battered, fried | 64.0 | 1.0 stick (2.25 oz) | 179 | 9.09 | 10 |
| 13888 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 178 | 23.49 | 22 |
| 01203 | Yogurt, fruit, lowfat, with low calorie sweetener | 170.0 | 1.0 container (6 oz) | 178 | 8.26 | 27 |
| 01219 | Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 178 | 8.26 | 27 |
| 17041 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 178 | 23.05 | 25 |
| 10026 | Pork, fresh, loin, whole, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 178 | 24.28 | 25 |
| 23138 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 178 | 16.04 | 14 |
| 13598 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 178 | 23.45 | 20 |
| 01122 | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 178 | 8.26 | 27 |
| 23158 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 178 | 23.77 | 21 |
| 25041 | Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors | 40.0 | 2.0 bar | 178 | 6.00 | 39 |
| 12149 | Nuts, pine nuts, pinyon, dried | 28.35 | 1.0 oz | 178 | 3.28 | 66 |
| 12121 | Nuts, hazelnuts or filberts, blanched | 28.35 | 1.0 oz | 178 | 3.88 | 45 |
| 28270 | MOTHER'S, Vanilla Sandwich Cookies | 38.0 | 2.0 cookies | 178 | 1.82 | 4 |
| 28199 | MOTHER'S, English Tea Sandwich Cookies | 38.0 | 2.0 cookies | 178 | 1.71 | 4 |
| 28131 | KEEBLER, Sweet Cremes Cookies | 38.0 | 2.0 cookies | 178 | 1.71 | 4 |
| 21437 | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading | 60.0 | 1.0 wing, with skin | 178 | 13.02 | 14 |
| 14035 | Beverages, ABBOTT, EAS soy protein powder | 44.0 | 1.0 scoop | 178 | 20.95 | 10 |
| 18014 | Biscuits, plain or buttermilk, refrigerated dough, higher fat | 58.0 | 1.0 biscuit | 178 | 3.86 | 10 |
| 43507 | Frankfurter, low sodium | 57.0 | 1.0 frankfurter | 178 | 6.84 | 2 |
| 05622 | Emu, ground, cooked, pan-broiled | 109.0 | 1.0 patty (yield from 135.8 g raw meat) | 178 | 30.99 | 32 |
| 13428 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 178 | 30.28 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 178 | 21.77 | 21 |
| 23476 | Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 178 | 24.55 | 24 |
| 23077 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 178 | 23.75 | 21 |
| 13354 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 178 | 22.55 | 20 |
| 17058 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 178 | 20.92 | 21 |
| 10027 | Pork, fresh, loin, whole, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 178 | 24.33 | 24 |
| 31024 | Sweet Potatoes, french fried, crosscut, frozen, unprepared | 85.0 | 3.0 oz | 178 | 1.44 | -- |
| 05676 | Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised | 95.0 | 1.0 drumstick without skin | 178 | 21.58 | 20 |
| 17071 | Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised | 85.0 | 1.0 serving | 178 | 28.31 | 20 |
| 20042 | Rice, brown, parboiled, dry, UNCLE BEN'S | 48.0 | 0.25 cup | 178 | 3.65 | 47 |
| 18642 | GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry | 43.0 | 1.0 serving | 178 | 1.63 | -- |
| 10007 | Pork, fresh, separable fat, cooked | 28.35 | 1.0 oz | 177 | 2.00 | 3 |
| 28354 | ANDREA'S, Gluten Free Soft Dinner Roll | 69.0 | 1.0 roll | 177 | 3.90 | 29 |
| 28342 | Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour | 69.0 | 1.0 roll | 177 | 3.90 | 29 |
| 36003 | APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu | 124.0 | 1.0 cup | 177 | 6.21 | 27 |
| 17086 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw | 115.0 | 1.0 serving | 177 | 22.68 | 23 |
| 11601 | Yam, raw | 150.0 | 1.0 cup, cubes | 177 | 2.30 | 32 |
| 19886 | Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone | 79.0 | 1.0 serving 1 cone | 177 | 3.23 | -- |
| 16160 | Tofu, hard, prepared with nigari | 122.0 | 0.25 block | 177 | 15.47 | 65 |
| 23392 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 177 | 24.36 | 19 |
| 17421 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 177 | 19.90 | 20 |
| 23405 | Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised | 85.0 | 1.0 serving | 177 | 27.27 | 16 |
| 43390 | Turkey, light or dark meat, smoked, cooked, with skin, bone removed | 85.0 | 3.0 oz, boneless | 177 | 23.88 | 21 |
| 15236 | Fish, salmon, Atlantic, farmed, raw | 85.0 | 3.0 oz | 177 | 17.36 | 23 |
| 23458 | Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 177 | 25.61 | 15 |
| 10049 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 177 | 24.68 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17398 | Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 177 | 23.32 | 23 |
| 23232 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 177 | 17.10 | 18 |
| 23003 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 177 | 17.59 | 8 |
| 13878 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 177 | 24.06 | 15 |
| 03059 | Babyfood, dinner, vegetables and bacon, strained | 256.0 | 1.0 cup | 177 | 4.92 | 26 |
| 22976 | Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees | 159.0 | 1.0 cup | 176 | 7.19 | 32 |
| 20092 | Pasta, gluten-free, corn, cooked | 140.0 | 1.0 cup | 176 | 3.68 | 50 |
| 22914 | Pasta with tomato sauce, no meat, canned | 252.0 | 1.0 serving (1 NLEA serving) | 176 | 5.59 | 35 |
| 07908 | Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel) | 56.0 | 2.0 oz 1 NLEA serving | 176 | 7.50 | 8 |
| 12140 | Nuts, formulated, wheat-based, unflavored, with salt added | 28.35 | 1.0 oz | 176 | 3.92 | 16 |
| 11031 | Lima beans, immature seeds, raw | 156.0 | 1.0 cup | 176 | 10.67 | 90 |
| 11715 | Lima beans, immature seeds, canned, no salt added, solids and liquids | 248.0 | 1.0 cup | 176 | 10.09 | 84 |
| 11517 | Sweet potato, frozen, cooked, baked, without salt | 176.0 | 1.0 cup, cubes | 176 | 3.01 | 37 |
| 11877 | Sweet potato, frozen, cooked, baked, with salt | 176.0 | 1.0 cup, cubes | 176 | 3.01 | 37 |
| 05667 | Ground turkey, 93% lean, 7% fat, patties, broiled | 85.0 | 3.0 oz | 176 | 21.98 | 21 |
| 13436 | Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 176 | 30.70 | 22 |
| 13447 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 176 | 24.79 | 13 |
| 23100 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 176 | 23.77 | 21 |
| 23132 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 176 | 26.29 | 20 |
| 23552 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 176 | 21.84 | 18 |
| 20029 | Couscous, cooked | 157.0 | 1.0 cup, cooked | 176 | 5.95 | 13 |
| 23301 | Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw | 28.0 | 1.0 oz | 176 | 1.44 | -- |
| 17338 | Game meat, elk, ground, raw | 102.0 | 1.0 patty ( yield from 102.2 g raw meat ) | 175 | 22.20 | 22 |
| 21419 | KFC, biscuit | 49.0 | 1.0 biscuit | 175 | 3.68 | 8 |
| 05032 | Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted | 79.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 175 | 22.93 | 20 |
| 21349 | McDONALD'S, NEWMAN'S OWN Ranch Dressing | 56.0 | 2.0 fl oz | 175 | 1.47 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05323 | Chicken patty, frozen, uncooked | 60.0 | 1.0 patty | 175 | 8.60 | 15 |
| 23429 | Beef, New Zealand, imported, oyster blade, separable lean only, raw | 113.0 | 4.0 oz | 175 | 24.67 | 20 |
| 17065 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked | 85.0 | 3.0 oz | 175 | 25.15 | 19 |
| 05184 | Turkey, dark meat from whole, meat and skin, cooked, roasted | 85.0 | 1.0 serving | 175 | 23.18 | 23 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 175 | 10.32 | 71 |
| 13453 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 175 | 25.20 | 22 |
| 23169 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 175 | 15.93 | 17 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 175 | 24.50 | 19 |
| 11717 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 175 | 10.32 | 71 |
| 13365 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked | 85.0 | 3.0 oz | 175 | 25.08 | 18 |
| 17179 | Game meat, rabbit, domesticated, composite of cuts, cooked, stewed | 85.0 | 3.0 oz | 175 | 25.82 | 17 |
| 13483 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 175 | 24.18 | 20 |
| 23251 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 175 | 24.00 | 21 |
| 13413 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 175 | 29.69 | 20 |
| 23174 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 175 | 23.89 | 21 |
| 17004 | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked | 85.0 | 3.0 oz | 175 | 23.99 | 22 |
| 15237 | Fish, salmon, Atlantic, farmed, cooked, dry heat | 85.0 | 3.0 oz | 175 | 18.79 | 26 |
| 08663 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful | 55.0 | 29.0 biscuits (1 NLEA serving) | 175 | 5.88 | 58 |
| 14067 | Beverages, Protein powder soy based | 45.0 | 1.0 scoop | 175 | 25.00 | 29 |
| 05345 | Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning | 89.0 | 1.0 thigh | 174 | 21.41 | 19 |
| 43506 | Frozen novelties, ice cream type, chocolate or caramel covered, with nuts | 54.0 | 1.0 bar | 174 | 2.38 | 16 |
| 08599 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS | 55.0 | 1.0 cup (1 NLEA serving) | 174 | 3.46 | 32 |
| 20125 | Pasta, whole-wheat, cooked | 117.0 | 1.0 cup spaghetti not packed | 174 | 7.01 | 63 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 210.0 | 1.0 cup | 174 | 4.01 | 38 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05745 | Turkey, back, from whole bird, meat and skin, with added solution, roasted | 85.0 | 3.0 oz | 174 | 21.93 | 25 |
| 13370 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 174 | 28.27 | 19 |
| 05341 | Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning | 85.0 | 1.0 serving (3 oz) | 174 | 21.54 | 18 |
| 23137 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 174 | 16.12 | 14 |
| 13098 | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 174 | 24.55 | 21 |
| 13977 | Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 174 | 22.66 | 20 |
| 23395 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 174 | 17.96 | 8 |
| 13950 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 174 | 28.55 | 19 |
| 36009 | T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu | 144.0 | 1.0 cup | 174 | 7.24 | 20 |
| 05337 | USDA Commodity, Chicken, canned, meat only, with water | 135.0 | 1.0 cup drained | 174 | 29.73 | 24 |
| 23413 | Beef, New Zealand, imported, flat, separable lean only, raw | 113.0 | 4.0 oz | 174 | 24.07 | 23 |
| 06015 | Soup, chicken, canned, chunky, ready-to-serve | 245.0 | 1.0 cup | 174 | 12.40 | 7 |
| 17344 | Game meat, deer, ground, cooked, pan-broiled | 93.0 | 1.0 patty | 174 | 24.60 | 22 |
| 09091 | Figs, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup | 174 | 0.98 | 25 |
| 22937 | SPAGHETTIOS, SpaghettiOs in Meat Sauce | 252.0 | 1.0 cup (1 serving) | 174 | 7.99 | -- |
| 28198 | MOTHER'S, Double Fudge Creme Sandwich Cookies | 38.0 | 2.0 cookies | 174 | 2.01 | 17 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 40.0 | 1.0 donut | 174 | 2.12 | 7 |
| 28074 | KEEBLER, E.L. FUDGE, Butter Flavored Cookies | 36.0 | 2.0 cookies | 174 | 1.98 | 8 |
| 13882 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 173 | 23.91 | 15 |
| 10025 | Pork, fresh, loin, whole, separable lean only, cooked, braised | 85.0 | 3.0 oz | 173 | 24.28 | 17 |
| 23507 | USDA Commodity, beef, patties (100%), frozen, raw | 85.0 | 3.0 oz | 173 | 12.44 | 15 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 173 | 7.43 | 26 |
| 23131 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 173 | 26.38 | 21 |
| 17455 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 173 | 25.09 | 16 |
| 17022 | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 173 | 24.10 | 21 |
| 13893 | Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 173 | 26.07 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23564 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 173 | 21.43 | 20 |
| 17042 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 173 | 21.20 | 21 |
| 01217 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 173 | 7.43 | 26 |
| 10059 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g) | 173 | 23.61 | 22 |
| 17138 | Veal, sirloin, separable lean only, cooked, braised | 85.0 | 3.0 oz | 173 | 28.87 | 25 |
| 06978 | Soup, beef and mushroom, low sodium, chunk style | 251.0 | 1.0 cup | 173 | 10.79 | 5 |
| 42280 | Frankfurter, meat and poultry, low fat | 143.0 | 1.0 cup, sliced | 173 | 22.16 | 26 |
| 17100 | Veal, leg (top round), separable lean only, cooked, braised | 85.0 | 3.0 oz | 173 | 31.20 | 26 |
| 13469 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 173 | 24.58 | 20 |
| 13363 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked | 85.0 | 3.0 oz | 173 | 24.32 | 16 |
| 23511 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 173 | 22.21 | 20 |
| 13364 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked | 85.0 | 3.0 oz | 173 | 25.42 | 18 |
| 23491 | Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked | 85.0 | 3.0 oz | 173 | 24.42 | 19 |
| 42074 | Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated | 78.0 | 1.0 bar | 172 | 4.99 | 22 |
| 11659 | Sweet potato, cooked, candied, home-prepared | 105.0 | 1.0 piece (2-1/2" x 2" dia) | 172 | 0.93 | 14 |
| 05324 | Chicken patty, frozen, cooked | 60.0 | 1.0 patty | 172 | 8.91 | 14 |
| 23495 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw | 114.0 | 4.0 oz | 172 | 24.57 | 23 |
| 23302 | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 172 | 23.40 | -- |
| 12737 | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted | 28.35 | 1.0 oz | 172 | 5.68 | 65 |
| 12738 | Nuts, mixed nuts, oil roasted, without peanuts, lightly salted | 28.35 | 1.0 oz | 172 | 5.06 | 78 |
| 28030 | GIRL SCOUTS, Chalet Cookies | 36.0 | 3.0 cookies | 172 | 1.51 | 4 |
| 12129 | Nuts, ginkgo nuts, canned | 155.0 | 1.0 cup (78 kernels) | 172 | 3.55 | 25 |
| 19170 | Egg custards, dry mix, prepared with whole milk | 141.0 | 0.5 cup | 172 | 5.63 | 23 |
| 08596 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight | 50.0 | 1.0 cup (1 NLEA serving) | 172 | 2.90 | 32 |
| 19323 | Puddings, coconut cream, dry mix, instant, prepared with whole milk | 147.0 | 0.5 cup | 172 | 4.26 | 21 |
| 08148 | Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size | 49.0 | 1.0 cup (1 NLEA serving) | 172 | 5.78 | 65 |
| 23472 | Beef, ground, 93% lean meat / 7% fat, raw | 113.0 | 4.0 oz | 172 | 23.56 | 24 |
| 36035 | Restaurant, family style, coleslaw | 108.0 | 1.0 serving | 172 | 0.95 | 11 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13501 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 172 | 24.04 | 20 |
| 13067 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 172 | 23.42 | 19 |
| 17136 | Veal, sirloin, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 172 | 21.37 | 22 |
| 17028 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 172 | 22.60 | 23 |
| 23402 | Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised | 85.0 | 3.0 oz | 172 | 29.33 | 17 |
| 13441 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 172 | 26.29 | 12 |
| 15158 | Mollusks, clam, mixed species, cooked, breaded and fried | 85.0 | 3.0 oz | 172 | 12.10 | 12 |
| 23470 | Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 172 | 24.87 | 26 |
| 17223 | Veal, variety meats and by-products, tongue, cooked, braised | 85.0 | 3.0 oz | 172 | 21.97 | 15 |
| 23103 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 172 | 16.28 | 16 |
| 13448 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 172 | 25.10 | 17 |
| 23161 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 172 | 24.41 | 21 |
| 05734 | Turkey, retail parts, wing, meat and skin, raw | 85.0 | 3.0 oz | 172 | 16.60 | 14 |
| 20106 | Macaroni, vegetable, enriched, cooked | 134.0 | 1.0 cup spiral shaped | 172 | 6.07 | 25 |
| 28205 | MOTHER'S, Macaroon Cookies | 31.0 | 2.0 cookies | 171 | 1.89 | 8 |
| 01037 | Cheese, ricotta, part skim milk | 124.0 | 0.5 cup | 171 | 14.12 | 19 |
| 42128 | Turkey ham, sliced, extra lean, prepackaged or deli-sliced | 138.0 | 1.0 cup pieces | 171 | 27.05 | 28 |
| 14044 | Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan | 295.0 | 1.0 bottle | 171 | 19.44 | 130 |
| 18630 | PILLSBURY, Chocolate Chip Cookies, refrigerated dough | 38.0 | 1.0 serving 2 cookies | 171 | 1.45 | -- |
| 08697 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD | 50.0 | 0.75 Cup (1 NLEA serving) | 171 | 4.34 | 25 |
| 17283 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 171 | 22.70 | 20 |
| 10164 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 171 | 17.97 | 20 |
| 17126 | Veal, shoulder, arm, separable lean only, cooked, braised | 85.0 | 3.0 oz | 171 | 30.37 | 26 |
| 13957 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 171 | 22.47 | 20 |
| 17155 | Veal, Australian, rib, rib roast, separable lean and fat, raw | 85.0 | 3.0 oz | 171 | 16.66 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13228 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered | 85.0 | 3.0 oz | 171 | 28.63 | 26 |
| 10093 | Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked | 85.0 | 3.0 oz | 171 | 23.38 | 21 |
| 13900 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 171 | 26.04 | 18 |
| 13929 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 171 | 17.26 | 18 |
| 10221 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 171 | 25.38 | 30 |
| 17392 | Lamb, New Zealand, imported, neck chops, separable lean only, raw | 113.0 | 4.0 oz | 171 | 22.42 | 23 |
| 25053 | Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut | 35.0 | 1.0 bar | 170 | 3.20 | 36 |
| 19189 | Puddings, chocolate, dry mix, regular, prepared with whole milk | 142.0 | 0.5 cup | 170 | 4.49 | 28 |
| 09511 | Fruit juice smoothie, NAKED JUICE, BLUE MACHINE | 240.0 | 8.0 fl oz | 170 | 1.01 | -- |
| 11184 | Corn with red and green peppers, canned, solids and liquids | 227.0 | 1.0 cup | 170 | 5.29 | 57 |
| 20015 | Corn bran, crude | 76.0 | 1.0 cup | 170 | 6.35 | 49 |
| 05077 | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour | 67.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 170 | 17.98 | 16 |
| 17049 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 170 | 23.55 | 26 |
| 23133 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 170 | 26.50 | 22 |
| 05307 | Chicken, cornish game hens, meat and skin, raw | 85.0 | 3.0 oz | 170 | 14.58 | 15 |
| 23525 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 170 | 21.82 | 20 |
| 10914 | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 170 | 15.83 | 14 |
| 10041 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 170 | 25.67 | 18 |
| 23081 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 170 | 26.62 | 21 |
| 23439 | Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 170 | 24.96 | 26 |
| 13432 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 170 | 30.28 | 21 |
| 12567 | Nuts, almonds, oil roasted, with salt added, smoke flavor | 28.0 | 1.0 oz (28 almonds) | 170 | 6.00 | 80 |
| 11345 | Pigeonpeas, immature seeds, cooked, boiled, drained, without salt | 153.0 | 1.0 cup | 170 | 9.12 | 61 |
| 11826 | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt | 153.0 | 1.0 cup | 170 | 9.12 | 61 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10870 | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil | 138.0 | 1.0 slice | 170 | 20.82 | 23 |
| 11037 | Lima beans, immature seeds, frozen, fordhook, unprepared | 160.0 | 1.0 cup | 170 | 10.24 | 61 |
| 19904 | Chocolate, dark, 70-85% cacao solids | 28.35 | 1.0 oz | 170 | 2.21 | 65 |
| 23434 | Beef, New Zealand, imported, striploin, separable lean only, raw | 113.0 | 4.0 oz | 170 | 23.65 | 23 |
| 28056 | KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies | 34.0 | 1.0 pouch | 169 | 1.77 | 12 |
| 28125 | KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies | 31.0 | 2.0 cookies | 169 | 1.74 | 10 |
| 17438 | Veal, shoulder, blade chop, separable lean and fat, cooked, grilled | 85.0 | 3.0 oz | 169 | 21.86 | 28 |
| 23076 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 169 | 23.70 | 21 |
| 17120 | Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised | 85.0 | 3.0 oz | 169 | 28.63 | 24 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 85.0 | 3.0 oz | 169 | 7.45 | 49 |
| 23291 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 169 | 17.68 | 20 |
| 17079 | Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 169 | 24.91 | 19 |
| 23282 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 169 | 16.74 | 19 |
| 17394 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 169 | 21.37 | 20 |
| 13402 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 169 | 22.75 | 14 |
| 05701 | Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted | 85.0 | 3.0 oz | 169 | 21.72 | 21 |
| 10990 | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 169 | 22.51 | 20 |
| 23388 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 169 | 18.10 | 9 |
| 19331 | Puddings, lemon, dry mix, instant, prepared with whole milk | 147.0 | 0.5 cup | 169 | 3.97 | 16 |
| 11408 | Potatoes, frozen, french fried, par fried, extruded, unprepared | 65.0 | 10.0 strips | 169 | 1.84 | 12 |
| 16549 | MORNINGSTAR FARMS Grillers Prime, frozen, unprepared | 71.0 | 1.0 burger | 169 | 17.04 | -- |
| 23298 | Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw | 28.35 | 1.0 oz | 169 | 1.85 | -- |
| 11516 | Sweet potato, frozen, unprepared | 176.0 | 1.0 cup, cubes | 169 | 3.01 | 39 |
| 28025 | KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar | 55.0 | 1.0 waffle | 169 | 3.19 | 9 |
| 09073 | Cherries, sweet, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup, pitted | 169 | 1.54 | 23 |
| 22938 | SPAGHETTIOS, SpaghettiOs plus Calcium | 252.0 | 1.0 cup (1 serving) | 169 | 6.00 | 0 |
| 22931 | SPAGHETTIOS, SpaghettiOs Original | 252.0 | 1.0 cup (1 serving) | 169 | 6.00 | 25 |
| 22932 | SPAGHETTIOS, SpaghettiOs A to Z's | 252.0 | 1.0 cup (1 serving) | 169 | 6.00 | 40 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 20055 | Rice, white, glutinous, unenriched, cooked | 174.0 | 1.0 cup | 169 | 3.51 | 9 |
| 10921 | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 136.0 | 1.0 slice | 169 | 20.51 | 23 |
| 08537 | Cereals ready-to-eat, KASHI 7 Whole Grain Flakes | 50.0 | 1.0 cup (1 NLEA serving) | 168 | 5.50 | 38 |
| 23299 | Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw | 28.35 | 1.0 oz | 168 | 1.70 | -- |
| 17360 | Lamb, New Zealand, imported, breast, separable lean only, raw | 113.0 | 4.0 oz | 168 | 20.69 | 24 |
| 09140 | Guavas, strawberry, raw | 244.0 | 1.0 cup | 168 | 1.42 | 41 |
| 15183 | Fish, tuna, light, canned in oil, without salt, drained solids | 85.0 | 3.0 oz | 168 | 24.76 | 26 |
| 17132 | Veal, shoulder, blade, separable lean only, cooked, braised | 85.0 | 3.0 oz | 168 | 27.76 | 24 |
| 01120 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 168 | 6.77 | 22 |
| 22943 | SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included) | 85.0 | 0.167 box (NLEA serving size) | 168 | 6.00 | -- |
| 13481 | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 168 | 22.08 | 22 |
| 18023 | Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 51.0 | 1.0 muffin | 168 | 3.36 | 9 |
| 13485 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 168 | 28.82 | 20 |
| 13444 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 168 | 26.43 | 12 |
| 13396 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 168 | 23.83 | 23 |
| 01216 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 168 | 6.77 | 22 |
| 23173 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 168 | 16.27 | 18 |
| 23394 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 168 | 24.70 | 20 |
| 10020 | Pork, fresh, loin, whole, separable lean and fat, raw | 85.0 | 3.0 oz | 168 | 16.78 | 18 |
| 17437 | Veal, loin, chop, separable lean and fat, cooked, grilled | 85.0 | 3.0 oz | 168 | 23.83 | 27 |
| 13442 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 168 | 26.10 | 17 |
| 08705 | Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters | 51.0 | 1.0 Cup (1 NLEA serving) | 168 | 10.96 | 39 |
| 13047 | Beef, grass-fed, ground, raw | 85.0 | 1.0 serving | 168 | 16.51 | 16 |
| 14045 | Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan | 295.0 | 1.0 bottle | 168 | 9.79 | 133 |
| 10137 | Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated | 140.0 | 1.0 cup | 168 | 25.89 | 24 |
| 42135 | Whipped topping, frozen, low fat | 75.0 | 1.0 cup | 168 | 2.25 | 5 |
| 23501 | USDA Commodity, beef patties with VPP, frozen, cooked | 68.0 | 1.0 patty | 168 | 10.64 | 33 |
| 08598 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS | 52.0 | 1.0 cup (1 NLEA serving) | 168 | 4.00 | 40 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 12114 | Nuts, coconut meat, dried (desiccated), toasted | 28.35 | 1.0 oz | 168 | 1.50 | 26 |
| 07911 | Liverwurst spread | 55.0 | 0.25 cup | 168 | 6.81 | 7 |
| 28127 | KEEBLER, SANDIES, Pecan Shortbread Cookies | 31.0 | 2.0 cookies | 168 | 1.55 | 5 |
| 06004 | Soup, bean with pork, canned, condensed | 130.0 | 0.5 cup | 168 | 7.64 | 43 |
| 20094 | Pasta, fresh-refrigerated, plain, cooked | 128.0 | 2.0 oz | 168 | 6.59 | 23 |
| 18042 | Bread, pita, whole-wheat | 64.0 | 1.0 pita, large (6-1/2" dia) | 168 | 6.27 | 44 |
| 05702 | Turkey from whole, light meat, meat and skin, with added solution, raw | 114.0 | 4.0 oz | 168 | 22.82 | 25 |
| 17316 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 168 | 27.44 | 41 |
| 23490 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw | 114.0 | 4.0 oz | 168 | 25.09 | 24 |
| 06404 | Soup, bean with pork, canned, prepared with equal volume water | 266.0 | 1.0 serving 1 cup | 168 | 7.66 | 45 |
| 10167 | Pork, cured, separable fat (from ham and arm picnic), roasted | 28.35 | 1.0 oz | 168 | 2.17 | 3 |
| 23430 | Beef, New Zealand, imported, ribs prepared, cooked, fast roasted | 85.0 | 3.0 oz | 167 | 23.15 | 19 |
| 17142 | Veal, ground, raw | 85.0 | 3.0 oz | 167 | 15.79 | 26 |
| 15094 | Fish, shad, american, raw | 85.0 | 3.0 oz | 167 | 14.39 | 26 |
| 17178 | Game meat, rabbit, domesticated, composite of cuts, cooked, roasted | 85.0 | 3.0 oz | 167 | 24.70 | 18 |
| 23464 | Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 167 | 25.32 | 14 |
| 05691 | Chicken, dark meat, thigh, meat and skin, with added solution, raw | 85.0 | 3.0 oz | 167 | 14.08 | 14 |
| 05737 | Turkey, retail parts, drumstick, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 167 | 23.98 | 20 |
| 28021 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original | 70.0 | 2.0 waffles | 167 | 4.62 | 36 |
| 09020 | Applesauce, canned, sweetened, without salt (includes USDA commodity) | 246.0 | 1.0 cup | 167 | 0.39 | 7 |
| 18610 | CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry | 40.0 | 1.0 serving | 167 | 2.24 | -- |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 36.0 | 3.0 cookie | 167 | 1.88 | 17 |
| 19914 | Candies, M&M MARS 3 MUSKETEERS Truffle Crisp | 31.0 | 1.0 serving | 167 | 1.99 | 16 |
| 18989 | AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat | 36.0 | 1.0 package | 167 | 3.42 | 4 |
| 23462 | Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 167 | 25.35 | 16 |
| 17091 | Veal, composite of trimmed retail cuts, separable lean only, cooked | 85.0 | 3.0 oz | 167 | 27.12 | 24 |
| 23102 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 167 | 16.29 | 17 |
| 23083 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 167 | 26.76 | 21 |
| 17390 | Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised | 85.0 | 3.0 oz | 167 | 27.62 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10158 | USDA Commodity, pork, canned | 85.0 | 3.0 oz | 167 | 16.49 | 17 |
| 23428 | Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised | 85.0 | 3.0 oz | 167 | 25.39 | 14 |
| 13422 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 167 | 22.96 | 14 |
| 23531 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 167 | 23.20 | 18 |
| 13500 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 167 | 23.93 | 20 |
| 23139 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 167 | 16.24 | 14 |
| 06193 | Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve | 245.0 | 1.0 cup | 167 | 9.80 | 34 |
| 13319 | Beef, variety meats and by-products, brain, cooked, pan-fried | 85.0 | 3.0 oz | 167 | 10.68 | 13 |
| 36028 | DENNY'S, coleslaw | 91.0 | 1.0 serving | 167 | 0.88 | 8 |
| 11409 | Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt | 50.0 | 10.0 strips | 166 | 1.78 | 12 |
| 08100 | Cereals, CREAM OF RICE, dry | 45.0 | 0.25 cup (1 NLEA serving) | 166 | 2.84 | 10 |
| 28095 | KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter | 31.0 | 1.0 cookie | 166 | 2.20 | 10 |
| 28053 | KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies | 31.0 | 2.0 cookies | 166 | 1.46 | 7 |
| 05306 | Ground turkey, cooked | 82.0 | 1.0 patty (4 oz, raw) (yield after cooking) | 166 | 22.44 | 25 |
| 16561 | MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared | 76.0 | 4.0 pieces | 166 | 10.03 | -- |
| 16090 | Peanuts, all types, dry-roasted, with salt | 28.35 | 1.0 oz | 166 | 6.90 | 50 |
| 06974 | Soup, vegetable chicken, canned, prepared with water, low sodium | 241.0 | 1.0 cup | 166 | 12.29 | 10 |
| 22916 | Lasagna with meat & sauce, frozen entree | 134.0 | 1.0 piece side | 166 | 8.88 | 24 |
| 08121 | Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt | 234.0 | 1.0 cup | 166 | 5.94 | 63 |
| 08180 | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt | 234.0 | 1.0 cup | 166 | 5.94 | 63 |
| 23463 | Beef, New Zealand, imported, hind shin, separable lean and fat, raw | 113.0 | 4.0 oz | 166 | 23.29 | 23 |
| 17397 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw | 113.0 | 4.0 oz | 166 | 23.29 | 26 |
| 28059 | KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies | 32.0 | 2.0 cookies | 166 | 1.92 | 9 |
| 08128 | Cereals, oats, instant, fortified, with cinnamon and spice, dry | 45.0 | 1.0 packet | 166 | 4.29 | 41 |
| 22977 | Lasagna with meat sauce, frozen, prepared | 123.0 | 1.0 piece side | 166 | 8.95 | 25 |
| 18987 | AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat | 36.0 | 1.0 package | 166 | 2.81 | 5 |
| 18988 | AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat | 36.0 | 1.0 package | 166 | 3.49 | 5 |
| 11908 | Corn, sweet, white, canned, vacuum pack, regular pack | 210.0 | 1.0 cup | 166 | 5.06 | 48 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 210.0 | 1.0 cup | 166 | 5.06 | 48 |
| 01238 | Ice cream sandwich | 70.0 | 1.0 serving | 166 | 3.00 | 20 |
| 12012 | Seeds, hemp seed, hulled | 30.0 | 3.0 tbsp | 166 | 9.47 | 210 |
| 11909 | Corn, sweet, white, canned, vacuum pack, no salt added | 210.0 | 1.0 cup | 166 | 5.06 | 48 |
| 11773 | Corn, sweet, yellow, canned, vacuum pack, no salt added | 210.0 | 1.0 cup | 166 | 5.06 | 48 |
| 28055 | KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies | 32.0 | 2.0 cookies | 166 | 1.38 | 11 |
| 13378 | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 166 | 28.36 | 19 |
| 15074 | Fish, sablefish, raw | 85.0 | 3.0 oz | 166 | 11.40 | 47 |
| 10057 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 166 | 26.35 | 22 |
| 17419 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 166 | 20.03 | 20 |
| 15043 | Fish, herring, Pacific, raw | 85.0 | 3.0 oz | 166 | 13.93 | 27 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 166 | 25.13 | 20 |
| 23250 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 166 | 24.08 | 21 |
| 23218 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 166 | 17.05 | 17 |
| 05017 | Chicken, broilers or fryers, skin only, cooked, fried, flour | 33.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 166 | 6.30 | 6 |
| 20089 | Wild rice, cooked | 164.0 | 1.0 cup | 166 | 6.54 | 52 |
| 28309 | Cookies, coconut macaroon | 36.0 | 2.0 cookie 1 serving | 166 | 1.09 | 10 |
| 08489 | Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry | 45.0 | 0.25 cup (1 NLEA serving) | 166 | 3.97 | 7 |
| 01237 | Ice cream, bar or stick, chocolate covered | 50.0 | 1.0 bar | 166 | 2.05 | 14 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 53.0 | 1.0 cup (1 NLEA serving) | 165 | 2.97 | 32 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 51.0 | 1.0 biscuit | 165 | 3.46 | 9 |
| 28083 | KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies | 31.0 | 2.0 cookies | 165 | 1.12 | 14 |
| 19091 | Candies, YORK Peppermint Pattie | 43.0 | 1.0 patty 1.5 oz | 165 | 0.94 | -- |
| 15250 | Mollusks, conch, baked or broiled | 127.0 | 1.0 cup, sliced | 165 | 33.40 | 302 |
| 18041 | Bread, pita, white, enriched | 60.0 | 1.0 pita, large (6-1/2" dia) | 165 | 5.46 | 16 |
| 23431 | Beef, New Zealand, imported, ribs prepared, raw | 113.0 | 4.0 oz | 165 | 24.08 | 23 |
| 23471 | Beef, New Zealand, imported, tenderloin, separable lean and fat, raw | 113.0 | 4.0 oz | 165 | 23.78 | 27 |
| 14056 | Beverages, Acai berry drink, fortified | 266.0 | 8.0 fl oz | 165 | 2.21 | 29 |
| 13070 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 165 | 23.65 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10028 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 165 | 16.63 | 14 |
| 23092 | Beef, chuck for stew, separable lean and fat, choice, cooked, braised | 85.0 | 3.0 oz | 165 | 27.62 | 19 |
| 13470 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 165 | 22.86 | 21 |
| 23410 | Beef, New Zealand, imported, flank, separable lean only, cooked, braised | 85.0 | 3.0 oz | 165 | 26.14 | 15 |
| 28262 | FAMOUS AMOS, Vanilla Sandwich Creme Cookies | 34.0 | 3.0 cookies | 165 | 1.67 | 3 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85.0 | 3.0 oz | 165 | 22.75 | 20 |
| 13862 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 165 | 23.54 | 20 |
| 10043 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 165 | 24.29 | 18 |
| 05131 | Chicken, stewing, dark meat, meat only, raw | 105.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 165 | 20.68 | 24 |
| 08688 | Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber | 45.0 | 1.0 packet (1 NLEA serving) | 165 | 3.96 | 41 |
| 15089 | Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone | 89.0 | 1.0 cup | 165 | 18.57 | 30 |
| 19227 | Frostings, coconut-nut, ready-to-eat | 38.0 | 0.083 package | 165 | 0.57 | 7 |
| 28226 | MURRAY, SUGAR FREE, Pecan Shortbread Cookies | 32.0 | 3.0 cookies | 164 | 1.89 | 5 |
| 05172 | Turkey, whole, giblets, cooked, simmered | 95.0 | 1.0 giblets | 164 | 25.12 | 24 |
| 28036 | GIRL SCOUTS, Trefoils Cookies | 33.0 | 5.0 cookies | 164 | 1.88 | 0 |
| 28094 | KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla | 31.0 | 1.0 cookie | 164 | 0.74 | -- |
| 10166 | Pork, cured, separable fat (from ham and arm picnic), unheated | 28.35 | 1.0 oz | 164 | 1.61 | 2 |
| 19903 | Chocolate, dark, 60-69% cacao solids | 28.35 | 1.0 oz | 164 | 1.74 | 50 |
| 07906 | Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 56.0 | 2.0 oz 1 NLEA serving | 164 | 7.00 | 8 |
| 10034 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 164 | 21.24 | 18 |
| 31031 | Potatoes, french fried, cross cut, frozen, unprepared | 85.0 | 3.0 oz | 164 | 2.30 | -- |
| 23397 | Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 164 | 28.50 | 16 |
| 23473 | Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 164 | 22.29 | 19 |
| 23560 | Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 164 | 24.79 | 24 |
| 10016 | Pork, fresh, leg (ham), shank half, separable lean and fat, raw | 85.0 | 3.0 oz | 164 | 16.89 | 16 |
| 23647 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 164 | 22.39 | 19 |
| 10074 | Pork, fresh, shoulder, arm picnic, separable lean and fat, raw | 85.0 | 3.0 oz | 164 | 15.90 | 15 |
| 17462 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted | 85.0 | 3.0 oz | 164 | 22.06 | 19 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17083 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted | 85.0 | 1.0 serving | 164 | 20.77 | 20 |
| 17333 | Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised | 85.0 | 1.0 serving ( 3 oz ) | 164 | 28.71 | 22 |
| 13394 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 164 | 25.00 | 21 |
| 05015 | Chicken, broilers or fryers, skin only, raw | 47.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 164 | 6.27 | 6 |
| 15274 | Fish, trout, brook, raw, New York State | 149.0 | 1.0 filet | 164 | 31.63 | 42 |
| 23467 | Beef, New Zealand, imported, rump centre, separable lean and fat, raw | 113.0 | 4.0 oz | 164 | 24.46 | 25 |
| 11904 | Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids | 256.0 | 1.0 cup | 164 | 4.99 | 41 |
| 11903 | Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids | 256.0 | 1.0 cup | 164 | 4.99 | 41 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk | 252.0 | 1.0 serving 1 cup | 164 | 5.95 | 18 |
| 19866 | Candies, soft fruit and nut squares | 42.0 | 3.0 pieces | 164 | 0.97 | 10 |
| 14248 | Alcoholic beverage, beer, light, higher alcohol | 356.0 | 12.0 fl oz | 164 | 0.89 | 18 |
| 09420 | Jackfruit, canned, syrup pack | 178.0 | 1.0 cup, drained | 164 | 0.64 | 18 |
| 28267 | KEEBLER, SANDIES, Simply Shortbread Cookies | 31.0 | 2.0 cookies | 164 | 1.86 | 4 |
| 06210 | Soup, cream of celery, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 164 | 5.68 | 22 |
| 19313 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits | 40.0 | 1.0 serving fun size (8 chews) | 164 | 0.16 | -- |
| 17078 | Lamb, New Zealand, imported, loin chop, separable lean only, raw | 115.0 | 1.0 serving | 163 | 22.98 | 26 |
| 12077 | Nuts, beechnuts, dried | 28.35 | 1.0 oz | 163 | 1.76 | 0 |
| 17370 | Lamb, New Zealand, imported, ground lamb, cooked, braised | 85.0 | 3.0 oz | 163 | 19.21 | 13 |
| 23149 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 163 | 24.63 | 22 |
| 23475 | Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 163 | 22.98 | 18 |
| 17399 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 163 | 21.32 | 19 |
| 19156 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 40.0 | 1.0 serving fun size (8 chews) | 163 | 0.16 | 0 |
| 13948 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 163 | 23.51 | 20 |
| 17050 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 163 | 21.64 | 22 |
| 17313 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 163 | 22.55 | 22 |
| 10213 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 163 | 25.18 | 23 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10065 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 163 | 22.48 | 21 |
| 19309 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme | 40.0 | 1.0 serving fun size (8 chews) | 163 | 0.16 | -- |
| 23465 | Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 163 | 25.51 | 25 |
| 19185 | Puddings, chocolate, dry mix, instant, prepared with whole milk | 147.0 | 0.5 cup | 163 | 4.56 | 26 |
| 19024 | Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip | 35.0 | 1.0 bar (1.25 oz) | 163 | 2.03 | 23 |
| 17460 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 163 | 26.48 | 30 |
| 18957 | Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style | 39.0 | 1.0 slice | 163 | 2.58 | 5 |
| 21432 | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed | 91.0 | 1.0 thigh, without skin | 163 | 20.39 | 20 |
| 09379 | Plums, canned, heavy syrup, drained | 183.0 | 1.0 cup, with pits, yields | 163 | 0.81 | 9 |
| 19226 | Frostings, chocolate, creamy, ready-to-eat | 41.0 | 2.0 tbsp creamy | 163 | 0.45 | 9 |
| 05642 | Ostrich, ground, cooked, pan-broiled | 93.0 | 1.0 patty | 163 | 24.32 | 21 |
| 28052 | KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies | 32.0 | 2.0 cookies | 163 | 1.76 | 17 |
| 19310 | Pectin, unsweetened, dry mix | 50.0 | 1.0 package (1.75 oz) | 162 | 0.15 | 0 |
| 08686 | Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar | 45.0 | 1.0 packet (1 NLEA serving) | 162 | 7.37 | 52 |
| 08687 | Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread | 45.0 | 1.0 packet (1 NLEA serving) | 162 | 7.42 | 53 |
| 08694 | Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon | 45.0 | 1.0 packet (1 NLEA serving) | 162 | 7.42 | 54 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 149.0 | 1.0 fillet | 162 | 33.12 | 49 |
| 23050 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 162 | 23.14 | 21 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 162 | 24.06 | 22 |
| 23178 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 162 | 24.80 | 22 |
| 17277 | Veal, shank (fore and hind), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 162 | 26.81 | 21 |
| 10924 | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 162 | 19.45 | 17 |
| 23281 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 162 | 16.92 | 19 |
| 10935 | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 162 | 20.73 | 19 |
| 23387 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 162 | 18.31 | 9 |
| 23090 | Beef, chuck for stew, separable lean and fat, all grades, cooked, braised | 85.0 | 3.0 oz | 162 | 27.55 | 20 |
| 17346 | Game meat, deer, shoulder clod, separable lean only, cooked, braised | 85.0 | 1.0 serving ( 3 oz ) | 162 | 30.84 | 24 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13156 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 162 | 24.83 | 24 |
| 28026 | KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original | 55.0 | 1.0 waffle | 162 | 3.58 | 9 |
| 28294 | Cookie, chocolate, with icing or coating | 32.0 | 4.0 cookies | 162 | 1.44 | 8 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 47.0 | 0.75 cup (1 NLEA serving) | 162 | 4.61 | 40 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt | 219.0 | 1.0 cup | 162 | 3.46 | 13 |
| 28126 | KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies | 30.0 | 2.0 cookies | 162 | 1.83 | 10 |
| 19203 | Puddings, vanilla, dry mix, instant, prepared with whole milk | 142.0 | 0.5 cup | 162 | 3.83 | 17 |
| 08393 | Cereals ready-to-eat, KASHI GOLEAN | 52.0 | 1.0 cup (1 NLEA serving) | 162 | 12.94 | 53 |
| 19075 | Candies, CARAMELLO Candy Bar | 35.0 | 1.0 bar 1.25 oz | 162 | 2.17 | -- |
| 06070 | Soup, chunky beef, canned, ready-to-serve | 245.0 | 1.0 cup | 162 | 9.73 | 5 |
| 06391 | CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup | 245.0 | 1.0 cup | 162 | 5.68 | 44 |
| 11180 | Corn, sweet, yellow, frozen, kernels on cob, unprepared | 165.0 | 1.0 cup kernels | 162 | 5.41 | 53 |
| 11913 | Corn, sweet, white, frozen, kernels on cob, unprepared | 165.0 | 1.0 cup kernels | 162 | 5.41 | 53 |
| 17395 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw | 113.0 | 4.0 oz | 162 | 22.83 | 24 |
| 13822 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 162 | 22.45 | 19 |
| 23082 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 162 | 26.95 | 23 |
| 15202 | Fish, milkfish, cooked, dry heat | 85.0 | 3.0 oz | 162 | 22.37 | 32 |
| 17293 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 162 | 23.21 | 21 |
| 01218 | Yogurt, fruit variety, nonfat, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 162 | 7.48 | 26 |
| 43261 | Yogurt, fruit variety, nonfat | 170.0 | 1.0 container (6 oz) | 162 | 7.48 | 26 |
| 17439 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 162 | 24.31 | 20 |
| 13438 | Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 162 | 30.70 | 22 |
| 06622 | SMART SOUP, Indian Bean Masala | 283.0 | 10.0 oz 1 pouch | 161 | 9.34 | -- |
| 21420 | KFC, Coleslaw | 112.0 | 1.0 package | 161 | 1.02 | 10 |
| 06201 | Soup, cream of asparagus, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 161 | 6.32 | 20 |
| 28261 | FAMOUS AMOS, Chocolate Sandwich Creme Cookies | 34.0 | 3.0 cookies | 161 | 1.46 | 13 |
| 28082 | KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies | 30.0 | 2.0 cookies | 161 | 2.16 | 8 |
| 06487 | CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup | 298.0 | 1.0 serving 1 container | 161 | 3.01 | -- |
| 18144 | Cake, yellow, enriched, dry mix | 43.0 | 1.0 serving | 161 | 1.59 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09519 | Guava nectar, with sucralose, canned | 335.0 | 11.3 fl oz | 161 | 1.00 | 7 |
| 12034 | Seeds, sesame meal, partially defatted | 28.35 | 1.0 oz | 161 | 4.81 | 98 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1.0 oz, crunchy (about 21 pieces) | 161 | 1.55 | 5 |
| 16087 | Peanuts, all types, raw | 28.35 | 1.0 oz | 161 | 7.31 | 48 |
| 23242 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 161 | 23.96 | 21 |
| 05333 | Chicken, ground, crumbles, cooked, pan-browned | 85.0 | 3.0 oz crumbled | 161 | 19.79 | 24 |
| 13450 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 161 | 25.49 | 13 |
| 13934 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 161 | 17.58 | 18 |
| 23109 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 161 | 16.02 | 17 |
| 05166 | Turkey, whole, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 161 | 24.27 | 26 |
| 23517 | Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 161 | 24.94 | 19 |
| 15156 | Mollusks, abalone, mixed species, cooked, fried | 85.0 | 3.0 oz | 161 | 16.69 | 48 |
| 11499 | Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids | 255.0 | 1.0 cup | 161 | 6.63 | 48 |
| 28035 | GIRL SCOUTS, Thin Mints Cookies | 32.0 | 4.0 cookies | 161 | 1.44 | 8 |
| 06965 | Soup, pea, low sodium, prepared with equal volume water | 259.0 | 1.0 cup | 161 | 8.29 | 39 |
| 28124 | KEEBLER, SANDIES, Cashew Shortbread Cookies | 30.0 | 2.0 cookies | 160 | 1.89 | 10 |
| 23411 | Beef, New Zealand, imported, flank, separable lean only, raw | 113.0 | 4.0 oz | 160 | 23.20 | 23 |
| 19897 | Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds | 28.0 | 1.0 serving 1oz pack | 160 | 2.66 | -- |
| 18505 | KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat | 70.0 | 2.0 waffles 1 serving | 160 | 4.41 | 12 |
| 12024 | Seeds, sesame seeds, whole, roasted and toasted | 28.35 | 1.0 oz | 160 | 4.81 | 101 |
| 05332 | Chicken, ground, raw | 112.0 | 4.0 oz crumbled | 160 | 19.53 | 24 |
| 11192 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 165.0 | 1.0 cup | 160 | 5.23 | 86 |
| 06049 | Soup, pea, green, canned, condensed | 128.0 | 0.5 cup | 160 | 8.37 | 38 |
| 28206 | MOTHER'S, Old Fashioned Chocolate Chip Cookies | 32.0 | 2.0 cookies | 160 | 1.73 | 3 |
| 28197 | MOTHER'S, Coconut Cocadas Cookies | 32.0 | 5.0 cookies | 160 | 1.82 | 7 |
| 06117 | CAMPBELL'S Red and White, Bean with Bacon Soup, condensed | 128.0 | 1.0 serving 1/2 cup | 160 | 8.00 | -- |
| 16200 | Campbell's Brown Sugar And Bacon Flavored Baked Beans | 130.0 | 0.5 cup | 160 | 5.00 | -- |
| 09370 | Peaches, canned, heavy syrup, drained | 222.0 | 1.0 cup | 160 | 1.15 | 11 |
| 13366 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked | 85.0 | 3.0 oz | 160 | 25.40 | 17 |
| 11048 | Beans, pinto, immature seeds, frozen, unprepared | 94.0 | 0.333 package (10 oz) | 160 | 9.21 | 56 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13421 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 160 | 22.77 | 14 |
| 16255 | SILK Peach soy yogurt | 170.0 | 1.0 container | 160 | 4.00 | -- |
| 17153 | Game meat, beefalo, composite of cuts, cooked, roasted | 85.0 | 3.0 oz | 160 | 26.06 | -- |
| 23346 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 160 | 23.17 | 15 |
| 23432 | Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 160 | 25.64 | 25 |
| 23276 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 160 | 23.80 | 22 |
| 23046 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 160 | 22.85 | 22 |
| 16253 | SILK Strawberry soy yogurt | 170.0 | 1.0 container | 160 | 4.00 | -- |
| 13455 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 160 | 25.75 | 22 |
| 17141 | Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised | 85.0 | 3.0 oz | 160 | 29.70 | 24 |
| 17305 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 160 | 23.49 | 22 |
| 05019 | Chicken, broilers or fryers, skin only, cooked, stewed | 44.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 160 | 6.70 | 6 |
| 18991 | BARBARA DEE, Winter Mints Cookies | 31.0 | 4.0 cookies | 160 | 1.21 | 6 |
| 22950 | SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included) | 84.0 | 1.0 serving 1/6 box | 160 | 4.99 | -- |
| 23317 | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 160 | 24.09 | -- |
| 19325 | Puddings, coconut cream, dry mix, regular, prepared with whole milk | 140.0 | 0.5 cup | 160 | 4.20 | 22 |
| 14632 | Beverages, Meal supplement drink, canned, peanut flavor | 158.0 | 1.0 cup | 160 | 5.53 | 25 |
| 42283 | Snacks, potato chips, white, restructured, baked | 34.0 | 1.0 cup | 159 | 1.70 | 15 |
| 09026 | Apricots, canned, light syrup pack, with skin, solids and liquids | 253.0 | 1.0 cup, halves | 159 | 1.34 | 20 |
| 23503 | USDA Commodity, beef, patties (100%), frozen, cooked | 64.0 | 1.0 patty | 159 | 14.71 | 12 |
| 23466 | Beef, New Zealand, imported, rump centre, separable lean only, raw | 113.0 | 4.0 oz | 159 | 24.57 | 25 |
| 42304 | Cheese, mozzarella, nonfat | 113.0 | 1.0 cup, shredded | 159 | 35.82 | 37 |
| 23297 | Beef, Australian, imported, grass-fed, seam fat, raw | 28.35 | 1.0 oz | 159 | 2.72 | -- |
| 06546 | CAMPBELL'S Homestyle Potato Broccoli Cheese Soup | 245.0 | 1.0 cup | 159 | 2.99 | -- |
| 06208 | Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve | 245.0 | 1.0 cup | 159 | 2.84 | 12 |
| 25038 | Snacks, granola bars, soft, almond, confectioners coating | 35.0 | 1.0 bar | 159 | 3.01 | 33 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 234.0 | 1.0 cup, cooked | 159 | 5.55 | 61 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18615 | MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry | 41.0 | 1.0 serving | 159 | 3.20 | -- |
| 28221 | MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies | 32.0 | 3.0 cookies | 159 | 1.92 | 12 |
| 14183 | Beverages, coffee, ready to drink, iced, mocha, milk based | 265.0 | 1.0 cup | 159 | 3.92 | 24 |
| 28054 | KEEBLER, CHIPS DELUXE, Coconut Cookies | 30.0 | 2.0 cookies | 159 | 1.71 | 8 |
| 01276 | Yogurt, Greek, strawberry, DANNON OIKOS | 150.0 | 5.3 oz | 159 | 12.38 | 15 |
| 19116 | Candies, marshmallows | 50.0 | 1.0 cup of miniature | 159 | 0.90 | 1 |
| 13399 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 159 | 23.31 | 15 |
| 23290 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 159 | 17.94 | 20 |
| 15128 | Fish, tuna salad | 85.0 | 3.0 oz | 159 | 13.63 | 16 |
| 23217 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 159 | 17.32 | 17 |
| 10976 | Pork, ground, 96% lean / 4% fat, cooked, crumbles | 85.0 | 3.0 oz grilled patties | 159 | 25.97 | 23 |
| 13502 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 159 | 23.77 | 20 |
| 10223 | Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 159 | 25.86 | 31 |
| 13874 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 159 | 17.58 | 19 |
| 17459 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 159 | 26.24 | 20 |
| 23270 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 159 | 16.54 | 20 |
| 23104 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 159 | 16.32 | 17 |
| 28012 | KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk | 70.0 | 2.0 waffles | 159 | 3.29 | 10 |
| 19230 | Frostings, vanilla, creamy, ready-to-eat | 38.0 | 0.083 package | 159 | 0.00 | 0 |
| 09283 | Plums, canned, purple, light syrup pack, solids and liquids | 252.0 | 1.0 cup, pitted | 159 | 0.93 | 13 |
| 28101 | KEEBLER, Cinnamon Toast Grahams | 37.0 | 1.0 package | 159 | 2.70 | 20 |
| 01090 | Milk, dry, whole, with added vitamin D | 32.0 | 0.25 cup | 159 | 8.42 | 27 |
| 42278 | Babyfood, vegetable and brown rice, strained | 230.0 | 1.0 cup | 159 | 4.37 | 34 |
| 08410 | Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry | 43.0 | 1.0 packet (1 NLEA serving) | 159 | 4.47 | 43 |
| 06594 | CAMPBELL'S Soup on the Go, New England Clam Chowder | 305.0 | 1.0 container | 159 | 2.01 | -- |
| 06589 | CAMPBELL'S Soup on the Go, Creamy Broccoli Soup | 305.0 | 1.0 container | 159 | 2.01 | -- |
| 03948 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA | 30.5 | 1.0 fl oz | 159 | 3.39 | 9 |
| 03945 | Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA | 30.5 | 1.0 fl oz | 159 | 4.40 | 14 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06482 | CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup | 305.0 | 1.0 serving 1 container | 159 | 11.99 | -- |
| 08390 | Cereals ready-to-eat, KASHI GOOD FRIENDS | 53.0 | 1.0 cup (1 NLEA serving) | 158 | 4.98 | 10 |
| 23485 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw | 114.0 | 4.0 oz | 158 | 25.25 | 21 |
| 08132 | Cereals, oats, instant, fortified, with raisins and spice, dry | 44.0 | 1.0 packet | 158 | 3.72 | 35 |
| 08147 | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit | 47.0 | 2.0 biscuits (1 NLEA serving) | 158 | 5.34 | 61 |
| 08680 | Cereals, oats, instant, fortified, maple and brown sugar, dry | 43.0 | 1.0 packet | 158 | 3.98 | 39 |
| 08130 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry | 43.0 | 1.0 packet | 158 | 3.96 | 38 |
| 19207 | Puddings, vanilla, dry mix, regular, prepared with whole milk | 140.0 | 0.5 cup | 158 | 3.92 | 13 |
| 23441 | Beef, New Zealand, imported, tenderloin, separable lean only, raw | 113.0 | 4.0 oz | 158 | 23.94 | 27 |
| 18211 | Puff pastry, frozen, ready-to-bake, baked | 28.35 | 1.0 oz | 158 | 2.10 | 5 |
| 19802 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched | 28.35 | 1.0 oz | 158 | 1.63 | 6 |
| 09435 | Guava nectar, canned, with added ascorbic acid | 251.0 | 1.0 cup | 158 | 0.23 | 5 |
| 10050 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 158 | 21.92 | 21 |
| 15124 | Fish, tuna, white, canned in oil, drained solids | 85.0 | 3.0 oz | 158 | 22.55 | 29 |
| 11872 | Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 158 | 7.33 | 39 |
| 10918 | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 158 | 16.54 | 15 |
| 17130 | Veal, shoulder, blade, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 158 | 21.38 | 20 |
| 17194 | Veal, variety meats and by-products, heart, cooked, braised | 85.0 | 3.0 oz | 158 | 24.75 | 15 |
| 10080 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw | 85.0 | 3.0 oz | 158 | 14.81 | 17 |
| 11502 | Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 158 | 7.33 | 39 |
| 15185 | Fish, tuna, white, canned in oil, without salt, drained solids | 85.0 | 3.0 oz | 158 | 22.55 | 29 |
| 23654 | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 158 | 23.71 | 20 |
| 17061 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled | 85.0 | 3.0 oz | 158 | 23.87 | 26 |
| 15038 | Fish, halibut, Greenland, raw | 85.0 | 3.0 oz | 158 | 12.21 | 22 |
| 23091 | Beef, chuck for stew, separable lean and fat, select, cooked, braised | 85.0 | 3.0 oz | 158 | 27.45 | 20 |
| 21260 | TACO BELL, Original Taco with beef, cheese and lettuce | 69.0 | 1.0 each taco | 158 | 6.11 | 22 |
| 06449 | Soup, pea, green, canned, prepared with equal volume water | 259.0 | 1.0 serving 1 cup | 158 | 8.29 | 39 |
| 19205 | Egg custards, dry mix, prepared with 2% milk | 141.0 | 0.5 cup | 158 | 5.82 | 24 |
| 15027 | Fish, fish sticks, frozen, prepared | 57.0 | 1.0 piece (4" x 2" x 1/2") | 158 | 6.28 | 14 |
| 28291 | Cookies, animal, with frosting or icing | 31.0 | 8.0 cookies 1 serving | 158 | 0.93 | 2 |
| 28100 | KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter | 29.0 | 3.0 cookies | 158 | 1.97 | 14 |
| 11602 | Yam, cooked, boiled, drained, or baked, without salt | 136.0 | 1.0 cup, cubes | 158 | 2.03 | 24 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 22954 | Egg rolls, chicken, refrigerated, heated | 80.0 | 1.0 roll | 158 | 8.35 | 24 |
| 16616 | MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared | 80.0 | 5.0 nuggets | 158 | 7.68 | -- |
| 28323 | Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk) | 41.0 | 0.33 cup 1 serving | 157 | 3.03 | 8 |
| 19083 | Candies, sweet chocolate coated fondant | 43.0 | 1.0 patty, large | 157 | 0.95 | 27 |
| 08124 | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry | 43.0 | 1.0 packet (1 NLEA serving) | 157 | 3.71 | 37 |
| 23294 | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw | 114.0 | 4.0 oz | 157 | 23.77 | -- |
| 35239 | Tortilla, blue corn, Sakwavikaviki (Hopi) | 57.0 | 1.0 piece | 157 | 4.46 | 18 |
| 28314 | Crackers, sandwich-type, peanut butter filled, reduced fat | 36.0 | 1.0 package | 157 | 3.00 | 11 |
| 19191 | Puddings, coconut cream, dry mix, instant, prepared with 2% milk | 147.0 | 0.5 cup | 157 | 4.26 | 21 |
| 05083 | Chicken, broilers or fryers, leg, meat only, cooked, stewed | 85.0 | 3.0 oz | 157 | 22.32 | 18 |
| 10979 | Pork, ground, 96% lean / 4% fat, cooked, pan-broiled | 85.0 | 3.0 oz grilled patties | 157 | 26.94 | 21 |
| 13788 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 157 | 16.27 | 16 |
| 13411 | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 157 | 23.15 | 15 |
| 17192 | Lamb, variety meats and by-products, heart, cooked, braised | 85.0 | 3.0 oz | 157 | 21.22 | 20 |
| 11671 | Potatoes, o'brien, home-prepared | 194.0 | 1.0 cup | 157 | 4.56 | 35 |
| 09512 | Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium | 253.0 | 1.0 cup | 157 | 0.94 | 25 |
| 28044 | KEEBLER, ANIMALS, Frosted Cookies | 31.0 | 8.0 cookies 1 serving | 157 | 0.93 | -- |
| 25064 | Snacks, potato chips, lightly salted | 28.0 | 23.0 pieces | 157 | 1.88 | 17 |
| 06503 | CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup | 245.0 | 1.0 cup | 157 | 2.99 | -- |
| 05621 | Emu, ground, raw | 117.0 | 1.0 patty | 157 | 26.64 | 28 |
| 12087 | Nuts, cashew nuts, raw | 28.35 | 1.0 oz | 157 | 5.17 | 83 |
| 09144 | Jackfruit, raw | 165.0 | 1.0 cup, sliced | 157 | 2.84 | 48 |
| 19112 | Candies, TWIZZLERS Strawberry Twists Candy | 45.0 | 4.0 pieces 1.6oz | 157 | 1.15 | -- |
| 18012 | Biscuits, plain or buttermilk, refrigerated dough, lower fat | 58.0 | 1.0 serving 1 biscuit | 157 | 3.89 | 9 |
| 21380 | McDONALD'S, Fruit 'n Yogurt Parfait | 149.0 | 1.0 item 5.2 oz | 156 | 4.07 | 21 |
| 13967 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 156 | 22.24 | 20 |
| 23038 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 156 | 22.16 | 20 |
| 23393 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 156 | 25.22 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17442 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 156 | 26.32 | 20 |
| 05348 | Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning | 85.0 | 1.0 serving (3 oz) | 156 | 23.36 | 22 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 156 | 20.43 | 20 |
| 15082 | Fish, salmon, coho, wild, cooked, moist heat | 85.0 | 3.0 oz | 156 | 23.26 | 30 |
| 17118 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 156 | 21.52 | 21 |
| 15025 | Fish, eel, mixed species, raw | 85.0 | 3.0 oz | 156 | 15.67 | 17 |
| 15118 | Fish, tuna, fresh, bluefin, cooked, dry heat | 85.0 | 3.0 oz | 156 | 25.42 | 54 |
| 28096 | KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original | 30.0 | 2.0 cookies | 156 | 1.50 | 2 |
| 19412 | Snacks, potato chips, made from dried potatoes, cheese-flavor | 28.35 | 1.0 oz | 156 | 1.98 | 15 |
| 18337 | Puff pastry, frozen, ready-to-bake | 28.35 | 1.0 oz | 156 | 2.07 | 5 |
| 01078 | Milk, producer, fluid, 3.7% milkfat | 244.0 | 1.0 cup | 156 | 8.00 | 32 |
| 11771 | Corn, sweet, yellow, canned, no salt added, solids and liquids | 256.0 | 1.0 cup | 156 | 4.99 | 38 |
| 11170 | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids | 256.0 | 1.0 cup | 156 | 4.99 | 38 |
| 21445 | POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed | 83.0 | 1.0 thigh thigh without skin | 156 | 20.18 | 20 |
| 03120 | Babyfood, vegetables, corn, creamed, junior | 240.0 | 1.0 cup | 156 | 3.36 | 19 |
| 28029 | GIRL SCOUTS, Caramel Dulce De Leche Cookies | 30.0 | 4.0 cookies | 156 | 1.53 | 3 |
| 21082 | Fast foods, taco with beef, cheese and lettuce, hard shell | 69.0 | 1.0 each taco | 156 | 6.11 | 22 |
| 28293 | Cookie, butter or sugar, with chocolate icing or filling | 31.0 | 3.0 cookies | 156 | 1.27 | 4 |
| 19905 | Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 28.35 | 1.0 oz | 156 | 1.44 | 43 |
| 19407 | Snacks, beef sticks, smoked | 28.35 | 1.0 oz | 156 | 6.10 | 6 |
| 06619 | SMART SOUP, Santa Fe Corn Chowder | 283.0 | 10.0 oz 1 pouch | 156 | 5.66 | -- |
| 19279 | Candies, milk chocolate coated coffee beans | 28.35 | 1.0 oz | 156 | 2.10 | 18 |
| 28060 | KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies | 31.0 | 2.0 cookies | 156 | 1.58 | 8 |
| 06411 | Soup, cheese, canned, prepared with equal volume water | 247.0 | 1.0 cup (8 fl oz) | 156 | 5.41 | 5 |
| 23376 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 156 | 23.36 | 15 |
| 17309 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 156 | 22.74 | 22 |
| 23345 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 156 | 23.21 | 15 |
| 17124 | Veal, shoulder, arm, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 156 | 21.64 | 22 |
| 05743 | Turkey, retail parts, thigh, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 156 | 20.36 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13454 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 156 | 25.97 | 22 |
| 13949 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 156 | 23.61 | 20 |
| 17102 | Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded | 85.0 | 3.0 oz | 156 | 28.19 | 27 |
| 13821 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 156 | 22.65 | 19 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 80.0 | 1.0 cup | 155 | 2.89 | 8 |
| 07002 | Beerwurst, beer salami, pork and beef | 56.0 | 2.0 oz | 155 | 7.84 | 11 |
| 11914 | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt | 165.0 | 1.0 cup kernels | 155 | 5.13 | 48 |
| 28058 | KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies | 30.0 | 2.0 cookies | 155 | 1.65 | 14 |
| 11775 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt | 165.0 | 1.0 cup kernels | 155 | 5.13 | 48 |
| 11915 | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt | 165.0 | 1.0 cup kernels | 155 | 5.13 | 48 |
| 11777 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt | 165.0 | 1.0 cup | 155 | 5.23 | 86 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 165.0 | 1.0 cup kernels | 155 | 5.13 | 48 |
| 19046 | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 28.35 | 1.0 oz | 155 | 1.87 | 16 |
| 11897 | Yam, cooked, boiled, drained, or baked, with salt | 136.0 | 1.0 cup, cubes | 155 | 2.03 | 24 |
| 17348 | Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled | 102.0 | 1.0 steak ( yield from 134.9 g raw meat ) | 155 | 32.10 | 31 |
| 17443 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 155 | 26.70 | 30 |
| 17444 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 155 | 25.40 | 27 |
| 01104 | Milk, chocolate, lowfat, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 155 | 8.65 | 32 |
| 28057 | KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies | 31.0 | 2.0 cookies | 155 | 1.98 | 12 |
| 28092 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original | 31.0 | 3.0 cookies | 155 | 1.27 | 4 |
| 19195 | Puddings, rice, dry mix, prepared with whole milk | 128.0 | 0.5 cup | 155 | 4.16 | 17 |
| 19919 | Candies, fruit snacks, with high vitamin C | 44.0 | 1.0 serving | 155 | 0.04 | 0 |
| 23557 | Beef, ground, 95% lean meat / 5% fat, raw | 113.0 | 4.0 oz | 155 | 24.19 | 25 |
| 19064 | Candies, TOOTSIE ROLL, chocolate-flavor roll | 40.0 | 1.0 serving 6 pieces | 155 | 0.64 | 9 |
| 08436 | Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry | 43.0 | 1.0 packet (1 NLEA serving) | 155 | 3.92 | 35 |
| 19902 | Chocolate, dark, 45- 59% cacao solids | 28.35 | 1.0 oz | 155 | 1.38 | 41 |
| 15209 | Fish, salmon, Atlantic, wild, cooked, dry heat | 85.0 | 3.0 oz | 155 | 21.62 | 31 |
| 23554 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 155 | 24.05 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23108 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 155 | 16.14 | 17 |
| 23041 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 155 | 15.94 | 17 |
| 23064 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 155 | 23.39 | 21 |
| 17297 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 155 | 23.10 | 21 |
| 17436 | Veal, foreshank, osso buco, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 155 | 23.75 | 29 |
| 23058 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 155 | 22.36 | 22 |
| 13490 | Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 155 | 25.44 | 22 |
| 23474 | Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 155 | 21.73 | 20 |
| 13985 | Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 1.0 serving | 155 | 22.74 | 20 |
| 18232 | Crackers, wheat, regular | 34.0 | 16.0 crackers 1 serving | 155 | 2.48 | 24 |
| 07931 | Beerwurst, pork and beef | 56.0 | 1.0 serving 2 oz | 155 | 7.84 | 11 |
| 07945 | Frankfurter, beef, heated | 48.0 | 1.0 frankfurter | 155 | 5.61 | 4 |
| 20010 | Buckwheat groats, roasted, cooked | 168.0 | 1.0 cup | 155 | 5.68 | 86 |
| 28334 | Cookies, gluten-free, lemon wafer | 30.0 | 3.0 cookies | 154 | 0.00 | 1 |
| 28358 | GLUTINO, Gluten Free Wafers, Lemon Flavored | 30.0 | 3.0 cookies | 154 | 0.00 | 1 |
| 01284 | Yogurt, Greek, strawberry, lowfat | 150.0 | 1.0 container (5.3 oz) | 154 | 12.26 | 15 |
| 28088 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman | 31.0 | 3.0 cookies | 154 | 1.27 | 4 |
| 05018 | Chicken, broilers or fryers, skin only, cooked, roasted | 34.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 154 | 6.92 | 5 |
| 19121 | Puddings, banana, dry mix, instant, prepared with 2% milk | 147.0 | 0.5 cup From 19191 | 154 | 4.06 | 18 |
| 07022 | Frankfurter, beef, unheated | 49.0 | 1.0 hot dog | 154 | 5.73 | 5 |
| 06256 | Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk | 253.0 | 1.0 cup (8 fl oz) | 154 | 7.03 | 23 |
| 19041 | Snacks, pork skins, plain | 28.35 | 1.0 oz | 154 | 17.38 | 3 |
| 28098 | KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter | 30.0 | 2.0 cookies | 154 | 2.07 | 2 |
| 01054 | Cream, whipped, cream topping, pressurized | 60.0 | 1.0 cup | 154 | 1.92 | 7 |
| 28243 | SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers | 30.0 | 25.0 crackers | 154 | 2.49 | -- |
| 10937 | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 154 | 21.66 | 21 |
| 13423 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 154 | 22.58 | 15 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05153 | Pheasant, raw, meat and skin | 85.0 | 3.0 oz | 154 | 19.30 | 17 |
| 17075 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 154 | 23.53 | 18 |
| 22948 | SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included) | 85.0 | 1.0 serving | 154 | 5.02 | -- |
| 23241 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 154 | 24.02 | 21 |
| 15188 | Fish, bass, striped, cooked, dry heat | 124.0 | 1.0 fillet | 154 | 28.19 | 63 |
| 01059 | Milk, filled, fluid, with blend of hydrogenated vegetable oils | 244.0 | 1.0 cup | 154 | 8.13 | 32 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 252.0 | 1.0 cup | 154 | 1.13 | 20 |
| 01060 | Milk, filled, fluid, with lauric acid oil | 244.0 | 1.0 cup | 154 | 8.13 | 32 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 252.0 | 1.0 serving 1 cup | 154 | 8.16 | 30 |
| 17369 | Lamb, New Zealand, imported, liver, raw | 113.0 | 4.0 oz | 154 | 23.39 | 20 |
| 19181 | Candies, YORK BITES | 39.0 | 15.0 pieces | 154 | 0.69 | 0 |
| 18193 | Cookies, shortbread, commercially prepared, pecan | 28.35 | 1.0 oz | 154 | 1.39 | 5 |
| 28238 | SUNSHINE, CHEEZ-IT, Colby Crackers | 30.0 | 25.0 crackers | 154 | 2.86 | 4 |
| 17203 | Veal, variety meats and by-products, liver, cooked, braised | 80.0 | 1.0 slice | 154 | 22.74 | 16 |
| 03062 | Babyfood, dinner, vegetables and ham, junior | 256.0 | 1.0 cup | 154 | 5.17 | 20 |
| 28086 | KEEBLER, FUDGE SHOPPE, Fudge Sticks | 29.0 | 3.0 cookies | 153 | 0.75 | 6 |
| 19418 | Snacks, sesame sticks, wheat-based, salted | 28.35 | 1.0 oz | 153 | 3.09 | 13 |
| 19820 | Snacks, sesame sticks, wheat-based, unsalted | 28.35 | 1.0 oz | 153 | 3.09 | 13 |
| 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 34.0 | 1.0 serving 3 cookies | 153 | 2.03 | 11 |
| 28245 | SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain) | 30.0 | 27.0 crackers | 153 | 3.21 | 4 |
| 28128 | KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size | 28.0 | 5.0 cookies 28 g package | 153 | 1.40 | 5 |
| 16168 | Soymilk, chocolate, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 153 | 5.49 | 36 |
| 19071 | Candies, carob, unsweetened | 28.35 | 1.0 oz | 153 | 2.31 | 10 |
| 16166 | Soymilk, chocolate, unfortified | 243.0 | 1.0 cup | 153 | 5.49 | 36 |
| 22949 | SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included) | 81.0 | 0.167 box (NLEA serving) | 153 | 4.00 | -- |
| 08569 | Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry | 43.0 | 1.0 packet (1 NLEA serving) | 153 | 4.90 | -- |
| 13786 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 153 | 16.30 | 16 |
| 17018 | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 153 | 23.94 | 22 |
| 05668 | Ground turkey, 85% lean, 15% fat, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 153 | 14.36 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23269 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 153 | 16.74 | 20 |
| 10925 | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 153 | 22.25 | 19 |
| 19887 | Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich | 64.0 | 1.0 serving 1 sandwich | 153 | 2.50 | -- |
| 13345 | Beef, cured, breakfast strips, cooked | 34.0 | 3.0 slices | 153 | 10.64 | 9 |
| 28130 | KEEBLER, SOFT BATCH, Chocolate Chip Cookies | 32.0 | 2.0 cookies | 153 | 1.15 | 5 |
| 03994 | Babyfood, fruit, banana and strawberry, junior | 140.0 | 1.0 bottle | 153 | 0.99 | 42 |
| 19410 | Snack, potato chips, made from dried potatoes, plain | 28.0 | 1.0 oz | 153 | 1.29 | 11 |
| 28311 | Cookies, sugar wafer, chocolate-covered | 29.0 | 3.0 cookie | 153 | 1.00 | 13 |
| 19408 | Snacks, pork skins, barbecue-flavor | 28.35 | 1.0 oz | 153 | 16.41 | 0 |
| 28153 | KEEBLER, Vienna Fingers with Creme Filling | 31.0 | 2.0 cookies | 153 | 1.40 | -- |
| 09121 | Grapefruit, sections, canned, light syrup pack, solids and liquids | 254.0 | 1.0 cup | 152 | 1.42 | 25 |
| 14645 | Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C | 238.0 | 1.0 cup (8 fl oz) | 152 | 0.00 | 2 |
| 11720 | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt | 94.0 | 0.333 package (10 oz) yields | 152 | 8.75 | 51 |
| 11049 | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt | 94.0 | 0.333 package (10 oz) yields | 152 | 8.75 | 51 |
| 17148 | Bison, ground, grass-fed, cooked | 85.0 | 3.0 oz | 152 | 21.63 | 20 |
| 23649 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 152 | 23.09 | 20 |
| 23252 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 152 | 24.21 | 22 |
| 15078 | Fish, salmon, chinook, raw | 85.0 | 3.0 oz | 152 | 16.94 | 81 |
| 23283 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 152 | 17.08 | 20 |
| 23414 | Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled | 85.0 | 3.0 oz | 152 | 26.60 | 22 |
| 28280 | SUNSHINE, CHEEZ-IT, Original Crackers | 30.0 | 27.0 crackers | 152 | 3.42 | 4 |
| 28236 | SUNSHINE, CHEEZ-IT, BIG Crackers | 30.0 | 13.0 crackers | 152 | 3.42 | 4 |
| 28240 | SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers | 30.0 | 25.0 crackers | 152 | 2.70 | 4 |
| 19811 | Snacks, potato chips, plain, unsalted | 28.35 | 1.0 oz | 152 | 1.98 | 19 |
| 42139 | Granola bar, soft, milk chocolate coated, peanut butter | 28.35 | 1.0 oz | 152 | 2.72 | 19 |
| 19809 | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted | 28.35 | 1.0 oz | 152 | 1.98 | 19 |
| 19810 | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted | 28.35 | 1.0 oz | 152 | 1.98 | 19 |
| 01230 | Milk, buttermilk, fluid, whole | 245.0 | 1.0 cup | 152 | 7.86 | 24 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28081 | KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies | 30.0 | 2.0 cookies | 152 | 0.87 | 7 |
| 09130 | Grape juice, canned or bottled, unsweetened, with added ascorbic acid | 253.0 | 1.0 cup | 152 | 0.94 | 25 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added ascorbic acid | 253.0 | 1.0 cup | 152 | 0.94 | 25 |
| 08568 | Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry | 43.0 | 1.0 packet (1 NLEA serving) | 152 | 4.77 | -- |
| 11399 | Potato puffs, frozen, oven-heated | 79.0 | 10.0 puffs | 152 | 1.68 | 13 |
| 18201 | Cookies, peanut butter sandwich, special dietary | 28.35 | 1.0 oz | 152 | 2.84 | 14 |
| 28301 | Cookies, peanut butter, commercially prepared, sugar free | 29.0 | 1.0 serving 3 cookies | 152 | 3.00 | 14 |
| 23496 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw | 114.0 | 4.0 oz | 152 | 25.11 | 22 |
| 05678 | Chicken, dark meat, drumstick, meat only, with added solution, raw | 143.0 | 1.0 drumstick with skin | 152 | 27.44 | 23 |
| 28216 | MURRAY, Old Fashioned Iced Oatmeal Cookies | 33.0 | 5.0 cookies | 151 | 1.65 | 3 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 233.0 | 1.0 cup | 151 | 2.87 | 12 |
| 08165 | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt | 233.0 | 1.0 cup | 151 | 2.87 | 12 |
| 23655 | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 151 | 23.77 | 20 |
| 13359 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 151 | 16.35 | 17 |
| 23275 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 151 | 23.93 | 24 |
| 23422 | Beef, New Zealand, imported, knuckle, cooked, fast fried | 85.0 | 3.0 oz | 151 | 23.38 | 22 |
| 05318 | Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised | 85.0 | 3.0 oz | 151 | 24.74 | -- |
| 10217 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 151 | 25.83 | 24 |
| 13943 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz ( 1 serving ) | 151 | 24.26 | 22 |
| 28129 | KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat | 31.0 | 2.0 cookies | 151 | 2.08 | 5 |
| 28300 | Cookies, oatmeal sandwich, with creme filling | 38.0 | 1.0 cookie 1 serving | 151 | 0.99 | 13 |
| 05193 | Turkey, all classes, leg, meat and skin, raw | 105.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 151 | 20.52 | 22 |
| 09507 | Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO | 240.0 | 8.0 fl oz | 151 | 1.01 | -- |
| 20013 | Bulgur, cooked | 182.0 | 1.0 cup | 151 | 5.61 | 58 |
| 03061 | Babyfood, dinner, vegetables and ham, strained | 256.0 | 1.0 cup | 151 | 5.61 | 31 |
| 18629 | PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough | 64.0 | 1.0 biscuit | 151 | 4.10 | -- |
| 03073 | Babyfood, dinner, vegetables chicken, strained | 256.0 | 1.0 cup | 151 | 6.32 | 36 |
| 28087 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate | 31.0 | 3.0 cookies | 151 | 1.33 | 13 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28235 | SUNSHINE, CHEEZ-IT, Baby Swiss Crackers | 30.0 | 25.0 crackers | 151 | 2.58 | 5 |
| 28248 | SUNSHINE, CHEEZ-IT, Pepper Jack Crackers | 30.0 | 25.0 crackers | 151 | 2.64 | 5 |
| 28247 | SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers | 30.0 | 25.0 crackers | 151 | 2.55 | 5 |
| 08417 | Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry | 41.0 | 1.0 packet (1 NLEA serving) | 151 | 3.68 | 38 |
| 25012 | Snacks, sweet potato chips, unsalted | 28.35 | 1.0 oz | 151 | 0.83 | 18 |
| 07950 | Frankfurter, meat | 52.0 | 1.0 serving (1 hot dog) | 151 | 5.34 | 8 |
| 05071 | Chicken, broilers or fryers, dark meat, drumstick, meat only, raw | 130.0 | 1.0 drumstick with skin | 151 | 25.23 | 26 |
| 16249 | SILK Coffee, soymilk | 243.0 | 1.0 cup | 151 | 5.01 | 0 |
| 28224 | MURRAY, SUGAR FREE, Fudge Dipped Wafers | 31.0 | 4.0 cookies | 151 | 1.05 | 5 |
| 28313 | Rolls, hamburger or hot dog, whole wheat | 56.0 | 1.0 roll | 151 | 6.93 | 45 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 28.0 | 1.0 oz | 151 | 1.73 | 20 |
| 19157 | Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies | 30.0 | 1.0 serving 1.0 oz tube | 151 | 1.43 | -- |
| 28234 | SUNSHINE, CHEEZ-IT, Asiago Crackers | 30.0 | 25.0 crackers | 151 | 2.61 | 5 |
| 42272 | Snacks, granola bar, with coconut, chocolate coated | 28.35 | 1.0 oz | 151 | 1.47 | 16 |
| 19043 | Snacks, potato chips, sour-cream-and-onion-flavor | 28.35 | 1.0 oz | 151 | 2.30 | 21 |
| 25027 | Snacks, plantain chips, salted | 28.35 | 1.0 oz | 151 | 0.65 | 20 |
| 18202 | Cookies, sugar wafer, with creme filling, sugar free | 28.35 | 1.0 oz | 151 | 1.01 | 2 |
| 28028 | FAMOUS AMOS, Chocolate Chip Pecan Cookies | 29.0 | 4.0 cookies | 151 | 1.68 | 14 |
| 18112 | Cake, pudding-type, german chocolate, dry mix | 43.0 | 1.0 serving | 150 | 1.79 | 9 |
| 21427 | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed | 86.0 | 1.0 thigh without skin | 150 | 19.59 | 17 |
| 18963 | Garlic bread, frozen | 43.0 | 1.0 slice presliced | 150 | 3.59 | 10 |
| 08640 | Cereals, QUAKER, Instant Oatmeal Organic, Regular | 41.0 | 1.0 packet | 150 | 6.56 | 61 |
| 23536 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 150 | 24.15 | 20 |
| 13484 | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 150 | 22.10 | -- |
| 13456 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 150 | 26.18 | 23 |
| 17104 | Veal, loin, separable lean and fat, raw | 85.0 | 3.0 oz | 150 | 17.06 | 37 |
| 17335 | Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 150 | 25.03 | 22 |
| 05182 | Turkey from whole, light meat, meat and skin, cooked, roasted | 85.0 | 1.0 serving | 150 | 25.12 | 27 |
| 17115 | Veal, rib, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 150 | 21.90 | 20 |
| 23375 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 150 | 23.38 | 15 |
| 17279 | Veal, shank (fore and hind), separable lean only, cooked, braised | 85.0 | 3.0 oz | 150 | 27.39 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10929 | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 150 | 20.36 | 20 |
| 10923 | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 150 | 19.10 | 18 |
| 13408 | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 150 | 23.60 | 16 |
| 23425 | Beef, New Zealand, imported, variety meats and by-products, liver, raw | 113.0 | 4.0 oz | 150 | 23.16 | 21 |
| 15233 | Fish, catfish, channel, wild, cooked, dry heat | 143.0 | 1.0 fillet | 150 | 26.41 | 40 |
| 25033 | Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors | 35.0 | 1.0 bar | 150 | 6.50 | 37 |
| 14033 | Beverages, ABBOTT, EAS whey protein powder | 39.0 | 2.0 scoop | 150 | 26.00 | 71 |
| 28037 | JACKSON'S, Old Fashioned Lemon Jumble Cookies | 32.0 | 3.0 cookies | 150 | 1.82 | 4 |
| 28277 | MURRAY, SUGAR FREE, Chocolate Chip Cookies | 32.0 | 3.0 cookies | 150 | 1.79 | 11 |
| 07930 | Yachtwurst, with pistachio nuts, cooked | 56.0 | 1.0 serving 2 oz | 150 | 8.29 | -- |
| 18961 | Crackers, cream, GAMESA SABROSAS | 31.0 | 11.0 crackers (1 NLEA serving) | 150 | 2.17 | 8 |
| 08183 | Cereals, whole wheat hot natural cereal, cooked with water, with salt | 242.0 | 1.0 cup | 150 | 4.84 | 53 |
| 08145 | Cereals, whole wheat hot natural cereal, cooked with water, without salt | 242.0 | 1.0 cup | 150 | 4.84 | 53 |
| 28244 | SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers | 30.0 | 25.0 crackers | 150 | 2.52 | 5 |
| 28239 | SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers | 30.0 | 25.0 crackers | 150 | 2.91 | 5 |
| 19068 | Candies, NESTLE, BIT-O'-HONEY Candy Chews | 40.0 | 1.0 serving 6 pieces | 150 | 0.80 | 3 |
| 28246 | SUNSHINE, CHEEZ-IT, Mozzarella Crackers | 30.0 | 25.0 crackers | 150 | 2.58 | 5 |
| 09262 | Pear nectar, canned, without added ascorbic acid | 250.0 | 1.0 cup | 150 | 0.28 | 8 |
| 11618 | Eppaw, raw | 100.0 | 1.0 cup | 150 | 4.60 | 32 |
| 09408 | Pear nectar, canned, with added ascorbic acid | 250.0 | 1.0 cup | 150 | 0.28 | 8 |
| 06620 | SMART SOUP, French Lentil | 283.0 | 10.0 oz 1 pouch | 150 | 8.21 | -- |
| 16252 | SILK Plain soy yogurt | 227.0 | 1.0 container | 150 | 5.99 | -- |
| 16534 | WORTHINGTON Stakelets, frozen, unprepared | 71.0 | 1.0 piece | 150 | 13.99 | -- |
| 09351 | Fruit cocktail, canned, heavy syrup, drained | 214.0 | 1.0 cup | 150 | 1.01 | 11 |
| 06731 | Soup, bean with bacon, condensed, single brand | 128.0 | 1.0 serving 1/2 cup | 150 | 8.32 | -- |
| 05057 | Chicken, broilers or fryers, breast, meat and skin, raw | 87.0 | 0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken) | 150 | 18.14 | 22 |
| 16257 | SILK Blueberry soy yogurt | 170.0 | 1.0 container | 150 | 4.00 | -- |
| 16254 | SILK Raspberry soy yogurt | 170.0 | 1.0 container | 150 | 4.00 | -- |
| 16251 | SILK Vanilla soy yogurt (single serving size) | 170.0 | 1.0 container | 150 | 5.00 | -- |
| 10955 | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated | 85.0 | 3.0 oz | 150 | 18.93 | 19 |
| 16258 | SILK Key Lime soy yogurt | 170.0 | 1.0 container | 150 | 4.00 | -- |
| 13425 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 150 | 23.53 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05707 | Turkey, whole, meat and skin, with added solution, roasted | 85.0 | 3.0 oz | 150 | 22.18 | 23 |
| 16259 | SILK Banana-Strawberry soy yogurt | 170.0 | 1.0 container | 150 | 4.00 | -- |
| 16256 | SILK Black Cherry soy yogurt | 170.0 | 1.0 container | 150 | 4.00 | -- |
| 23059 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 150 | 16.14 | 18 |
| 21466 | Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed | 84.0 | 1.0 thigh without skin | 150 | 19.50 | 18 |
| 05137 | Chicken, capons, giblets, raw | 115.0 | 1.0 giblets | 150 | 21.02 | 21 |
| 06241 | CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve | 245.0 | 1.0 serving 1 cup | 149 | 10.00 | -- |
| 05236 | Turkey, young hen, skin only, cooked, roasted | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 149 | 5.90 | 5 |
| 08107 | Cereals, CREAM OF WHEAT, instant, prepared with water, without salt | 241.0 | 1.0 cup | 149 | 4.43 | 14 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 249.0 | 1.0 cup, crushed, sliced, or chunks | 149 | 1.05 | 35 |
| 28196 | MOTHER'S, Circus Animal Cookies | 29.0 | 6.0 cookies | 149 | 1.10 | 3 |
| 28201 | MOTHER'S, Holiday Circus Animal Cookies | 29.0 | 6.0 cookies | 149 | 1.10 | 3 |
| 23303 | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw | 114.0 | 4.0 oz | 149 | 24.84 | -- |
| 17446 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 149 | 26.35 | 26 |
| 21248 | WENDY'S, Frosty Dairy Dessert | 113.0 | 1.0 junior 6 oz. cup | 149 | 3.94 | 23 |
| 12170 | Seeds, sesame flour, high-fat | 28.35 | 1.0 oz | 149 | 8.73 | 102 |
| 22965 | SPAGHETTIOS, SpaghettiOs Original, easy open | 213.0 | 1.0 can (1 serving) | 149 | 5.01 | 40 |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk | 142.0 | 0.5 cup From 19211 | 149 | 4.47 | 27 |
| 28200 | MOTHER'S, Halloween Circus Animals Cookies | 29.0 | 6.0 cookies | 149 | 1.10 | 3 |
| 28204 | MOTHER'S, Jungle Animal Cookies | 29.0 | 6.0 cookies | 149 | 1.10 | 3 |
| 17342 | Game meat, elk, tenderloin, separable lean only, cooked, broiled | 92.0 | 1.0 steak ( yield from 123.5 g raw meat ) | 149 | 28.30 | 27 |
| 07963 | Frankfurter, meat and poultry, cooked, boiled | 50.0 | 1.0 frankfurter | 149 | 5.16 | 6 |
| 07056 | Peppered loaf, pork, beef | 100.0 | 3.52 slices | 149 | 17.30 | 20 |
| 19411 | Snacks, potato chips, plain, salted | 28.0 | 1.0 oz | 149 | 1.79 | 18 |
| 01211 | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D | 244.0 | 1.0 cup | 149 | 7.69 | 24 |
| 01076 | Milk substitutes, fluid, with lauric acid oil | 244.0 | 1.0 cup | 149 | 4.27 | 15 |
| 01089 | Milk, low sodium, fluid | 244.0 | 1.0 cup | 149 | 7.56 | 12 |
| 01077 | Milk, whole, 3.25% milkfat, with added vitamin D | 244.0 | 1.0 cup | 149 | 7.69 | 24 |
| 18163 | Cookies, chocolate chip, refrigerated dough | 33.0 | 1.0 serving | 149 | 1.31 | 8 |
| 05073 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted | 96.0 | 1.0 drumstick without skin | 149 | 23.27 | 21 |
| 06253 | Soup, cream of potato, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 149 | 5.78 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14060 | Beverages, Energy Drink with carbonated water and high fructose corn syrup | 240.0 | 8.0 fl oz | 149 | 1.01 | 0 |
| 11316 | Peas, mature seeds, sprouted, raw | 120.0 | 1.0 cup | 149 | 10.56 | 67 |
| 25056 | Snacks, granola bar, QUAKER, DIPPS, all flavors | 31.0 | 1.0 bar | 149 | 2.33 | 17 |
| 06426 | Soup, chili beef, canned, prepared with equal volume water | 261.0 | 1.0 cup | 149 | 6.50 | 26 |
| 23066 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 149 | 16.47 | 18 |
| 17171 | Game meat, horse, cooked, roasted | 85.0 | 3.0 oz | 149 | 23.92 | 21 |
| 13405 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 149 | 23.87 | 16 |
| 10019 | Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 149 | 24.39 | 20 |
| 23516 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 149 | 24.31 | 22 |
| 10983 | Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 149 | 23.44 | 20 |
| 15176 | Mollusks, squid, mixed species, cooked, fried | 85.0 | 3.0 oz | 149 | 15.25 | 32 |
| 17109 | Veal, loin, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 149 | 22.37 | 22 |
| 17447 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted | 85.0 | 3.0 oz | 149 | 22.54 | 19 |
| 23481 | Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 149 | 25.04 | 25 |
| 05358 | Chicken, broiler, rotisserie, BBQ, breast meat and skin | 85.0 | 3.0 oz | 149 | 22.41 | 21 |
| 09374 | Pears, canned, heavy syrup, drained | 201.0 | 1.0 cup | 149 | 0.48 | 8 |
| 09367 | Cherries, sweet, canned, pitted, heavy syrup, drained | 179.0 | 1.0 cup | 149 | 1.31 | 16 |
| 09315 | Soursop, raw | 225.0 | 1.0 cup, pulp | 148 | 2.25 | 47 |
| 18962 | Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS | 32.0 | 10.0 crackers (1 NLEA serving) | 148 | 2.30 | 9 |
| 08402 | Cereals, QUAKER, Quick Oats, Dry | 40.0 | 0.5 cup | 148 | 5.48 | 108 |
| 08451 | Cereals, QUAKER, Quick Oats with Iron, Dry | 40.0 | 0.5 cup | 148 | 5.48 | 108 |
| 28387 | PEPPERIDGE FARM, Hamburger Buns w/Sesame | 53.0 | 1.0 serving | 148 | 0.01 | -- |
| 21292 | LITTLE CAESARS 14" Cheese Pizza, Thin Crust | 48.0 | 1.0 slice | 148 | 7.79 | 13 |
| 19004 | Snacks, corn-based, extruded, chips, barbecue-flavor | 28.35 | 1.0 oz | 148 | 1.98 | 22 |
| 19804 | Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour | 28.35 | 1.0 oz | 148 | 1.98 | 22 |
| 28299 | Cookies, chocolate sandwich, with creme filling, reduced fat | 34.0 | 1.0 serving | 148 | 1.00 | 8 |
| 09334 | Feijoa, raw | 243.0 | 1.0 cup, pureed | 148 | 1.73 | 22 |
| 09233 | Passion-fruit juice, yellow, raw | 247.0 | 1.0 cup | 148 | 1.65 | 42 |
| 23499 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw | 114.0 | 4.0 oz | 148 | 25.50 | 25 |
| 23308 | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw | 114.0 | 4.0 oz | 148 | 24.40 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28218 | MURRAY, SOUTHERN KITCHEN, Coconut Cookies | 29.0 | 2.0 cookies | 148 | 1.65 | 5 |
| 28091 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal | 31.0 | 3.0 cookies | 148 | 1.70 | 4 |
| 28203 | MOTHER'S, Iced Oatmeal Cookies | 32.0 | 4.0 cookies | 148 | 1.73 | 2 |
| 28151 | KEEBLER, TRADITIONS, Iced Oatmeal Cookies | 32.0 | 4.0 cookies | 148 | 1.73 | 2 |
| 09434 | Guanabana nectar, canned | 251.0 | 1.0 cup | 148 | 0.28 | 8 |
| 25054 | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating | 35.0 | 1.0 bar | 148 | 2.00 | 22 |
| 07241 | OSCAR MAYER, Wieners (beef franks) | 45.0 | 1.0 serving | 148 | 5.11 | 6 |
| 17387 | Lamb, New Zealand, imported, loin saddle, separable lean only, raw | 113.0 | 4.0 oz | 148 | 23.57 | 27 |
| 08316 | Cereals, QUAKER, hominy grits, white, regular, dry | 41.0 | 0.25 cup (1 NLEA serving) | 148 | 3.61 | 11 |
| 36414 | Restaurant, Latino, tripe soup | 200.0 | 1.0 cup | 148 | 17.22 | 20 |
| 19147 | Candies, peanut bar | 28.35 | 1.0 oz | 148 | 4.39 | 31 |
| 19415 | Snacks, potato sticks | 28.35 | 1.0 oz | 148 | 1.90 | 18 |
| 13424 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 148 | 23.40 | 15 |
| 10058 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 148 | 24.90 | 21 |
| 17336 | Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 148 | 25.65 | 24 |
| 17440 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 148 | 26.12 | 16 |
| 23561 | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 148 | 23.21 | 19 |
| 23558 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 148 | 22.35 | 19 |
| 13956 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 148 | 17.54 | 18 |
| 23219 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 148 | 17.74 | 18 |
| 05082 | Chicken, broilers or fryers, leg, meat only, cooked, roasted | 85.0 | 3.0 oz | 148 | 20.59 | 20 |
| 23347 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 148 | 23.27 | 12 |
| 07923 | Bratwurst, chicken, cooked | 84.0 | 1.0 serving 2.96 oz | 148 | 16.33 | 19 |
| 17270 | Veal, breast, separable fat, cooked | 28.35 | 1.0 oz | 148 | 2.66 | 3 |
| 16560 | MORNINGSTAR FARMS Corn Dog, frozen, unprepared | 71.0 | 1.0 dog | 148 | 7.95 | -- |
| 05194 | Turkey, all classes, leg, meat and skin, cooked, roasted | 71.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 148 | 19.79 | 16 |
| 28232 | MURRAY, Vanilla Sugar Wafer | 28.0 | 5.0 cookies | 148 | 1.09 | 2 |
| 15204 | Fish, pike, walleye, cooked, dry heat | 124.0 | 1.0 fillet | 148 | 30.43 | 47 |
| 15217 | Fish, sucker, white, cooked, dry heat | 124.0 | 1.0 fillet | 148 | 26.65 | 47 |
| 11609 | Beets, pickled, canned, solids and liquids | 227.0 | 1.0 cup slices | 148 | 1.82 | 34 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28212 | MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies | 32.0 | 6.0 cookies | 148 | 2.27 | 5 |
| 21520 | Fast foods, breadstick, soft, prepared with garlic and parmesan cheese | 43.0 | 1.0 breadstick | 147 | 5.25 | 9 |
| 21525 | PIZZA HUT, breadstick, parmesan garlic | 43.0 | 1.0 breadstick | 147 | 5.25 | 9 |
| 42279 | Babyfood, peas and brown rice | 230.0 | 1.0 cup | 147 | 7.82 | 58 |
| 19199 | Puddings, tapioca, dry mix, prepared with whole milk | 128.0 | 0.5 cup | 147 | 3.64 | 15 |
| 35009 | Whale, beluga, meat, dried (Alaska Native) | 45.0 | 1.0 strip | 147 | 31.44 | 28 |
| 19400 | Snacks, banana chips | 28.35 | 1.0 oz | 147 | 0.65 | 22 |
| 19057 | Snacks, tortilla chips, nacho cheese | 28.35 | 1.0 oz | 147 | 2.09 | 21 |
| 23309 | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw | 114.0 | 4.0 oz | 147 | 25.55 | -- |
| 23398 | Beef, New Zealand, imported, bolar blade, separable lean only, raw | 114.0 | 4.0 oz | 147 | 25.18 | 25 |
| 23318 | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 147 | 25.35 | -- |
| 10069 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 147 | 23.15 | 22 |
| 23239 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 147 | 24.62 | 23 |
| 23515 | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 147 | 22.41 | 19 |
| 17396 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 147 | 20.73 | 20 |
| 17184 | Game meat, squirrel, cooked, roasted | 85.0 | 3.0 oz | 147 | 26.15 | 24 |
| 05188 | Turkey, from whole, dark meat, cooked, roasted | 85.0 | 1.0 serving | 147 | 23.55 | 23 |
| 17181 | Game meat, rabbit, wild, cooked, stewed | 85.0 | 3.0 oz | 147 | 28.07 | 26 |
| 05216 | Turkey, back, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 147 | 23.55 | 23 |
| 23151 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 147 | 17.79 | 19 |
| 10939 | Pork, cured, ham, slice, bone-in, separable lean and fat, unheated | 85.0 | 1.0 serving (3 oz) | 147 | 19.08 | 19 |
| 13791 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 147 | 16.36 | 16 |
| 28195 | MOTHER'S, Chocolate Chip Cookies | 30.0 | 4.0 cookies | 147 | 1.71 | 2 |
| 15131 | Fish, whitefish, mixed species, smoked | 136.0 | 1.0 cup, cooked | 147 | 31.82 | 31 |
| 18364 | Tortillas, ready-to-bake or -fry, flour, refrigerated | 48.0 | 1.0 tortilla | 147 | 3.94 | 11 |
| 18332 | Pie crust, standard-type, dry mix | 28.35 | 1.0 oz | 147 | 1.96 | 4 |
| 10005 | Pork, fresh, belly, raw | 28.35 | 1.0 oz | 147 | 2.65 | 1 |
| 08561 | Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry | 40.0 | 1.0 packet (1 NLEA serving) | 147 | 7.36 | 27 |
| 19168 | Desserts, egg custard, baked, prepared-from-recipe | 141.0 | 0.5 cup | 147 | 7.08 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 25030 | Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS | 28.35 | 1.0 oz | 147 | 1.17 | 24 |
| 12021 | Seeds, safflower seed kernels, dried | 28.35 | 1.0 oz | 147 | 4.59 | 100 |
| 28107 | KEEBLER, Gingerbread Men Cookies, Holiday | 33.0 | 5.0 cookies | 147 | 1.62 | 2 |
| 35206 | Plums, wild (Northern Plains Indians) | 161.0 | 1.0 cup | 147 | 0.69 | 13 |
| 28225 | MURRAY, SUGAR FREE, Peanut Butter Cookies | 29.0 | 3.0 cookies | 146 | 2.76 | 12 |
| 15224 | Fish, wolffish, Atlantic, cooked, dry heat | 119.0 | 0.5 fillet | 146 | 26.70 | 45 |
| 18616 | MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch | 51.0 | 1.0 serving | 146 | 4.44 | -- |
| 21417 | POPEYES, Mild Chicken Strips, analyzed 2006 | 54.0 | 1.0 strip | 146 | 10.37 | 14 |
| 19154 | Candies, sesame crunch | 28.35 | 1.0 oz | 146 | 3.29 | 71 |
| 05359 | Chicken, broiler, rotisserie, BBQ, drumstick meat and skin | 71.0 | 1.0 drumstick | 146 | 18.21 | 16 |
| 13158 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled | 85.0 | 3.0 oz | 146 | 24.86 | 24 |
| 01231 | Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener | 170.0 | 1.0 container | 146 | 8.38 | 27 |
| 13823 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 146 | 22.97 | 19 |
| 13940 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 146 | 23.88 | 19 |
| 15165 | Mollusks, mussel, blue, cooked, moist heat | 85.0 | 3.0 oz | 146 | 20.23 | 31 |
| 17143 | Veal, ground, cooked, broiled | 85.0 | 3.0 oz | 146 | 20.72 | 20 |
| 15223 | Fish, whitefish, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 146 | 20.80 | 36 |
| 15111 | Fish, swordfish, cooked, dry heat | 85.0 | 3.0 oz | 146 | 19.93 | 30 |
| 23110 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 146 | 16.32 | 17 |
| 05200 | Turkey, fryer-roasters, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 146 | 24.02 | 21 |
| 23514 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz ( 1 serving ) | 146 | 22.80 | 19 |
| 09104 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids | 252.0 | 1.0 cup | 146 | 0.86 | 13 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 252.0 | 1.0 cup, pitted | 146 | 1.29 | 20 |
| 19319 | Puddings, banana, dry mix, instant, prepared with whole milk | 127.0 | 0.5 cup | 146 | 3.33 | 11 |
| 11339 | Peppers, sweet, green, sauteed | 115.0 | 1.0 cup chopped | 146 | 0.90 | 9 |
| 25050 | Snacks, yucca (cassava) chips, salted | 28.35 | 1.0 oz | 146 | 0.38 | 13 |
| 01287 | Yogurt, Greek, plain, lowfat | 200.0 | 1.0 container (7 oz) | 146 | 19.90 | 22 |
| 20109 | Noodles, egg, dry, enriched | 38.0 | 1.0 cup | 146 | 5.38 | 22 |
| 20409 | Noodles, egg, dry, unenriched | 38.0 | 1.0 cup | 146 | 5.38 | 22 |
| 28390 | PEPPERIDGE FARM, Light Style Wheat Bread | 57.0 | 1.0 serving | 146 | 0.01 | -- |
| 28027 | FAMOUS AMOS, Chocolate Chip Cookies | 29.0 | 4.0 cookies | 146 | 1.30 | 10 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 21333 | McDONALD'S, Vanilla Reduced Fat Ice Cream Cone | 90.0 | 1.0 item (3.2 oz) | 146 | 3.82 | 12 |
| 23457 | Beef, New Zealand, imported, eye round, separable lean and fat, raw | 113.0 | 4.0 oz | 146 | 22.46 | 24 |
| 09508 | Fruit juice smoothie, NAKED JUICE, GREEN MACHINE | 275.0 | 1.0 cup | 146 | 1.65 | 28 |
| 18192 | Cookies, shortbread, commercially prepared, plain | 28.35 | 1.0 oz | 146 | 1.52 | 4 |
| 05050 | Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour | 44.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 146 | 12.23 | 10 |
| 11940 | Pickles, cucumber, sweet (includes bread and butter pickles) | 160.0 | 1.0 cup, chopped | 146 | 0.93 | 11 |
| 08231 | Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry | 40.0 | 0.5 cup (1 NLEA serving) | 146 | 6.81 | 96 |
| 19219 | Puddings, coconut cream, dry mix, regular, prepared with 2% milk | 140.0 | 0.5 cup | 146 | 4.34 | 22 |
| 28202 | MOTHER'S, Iced Lemonade Cookies | 29.0 | 4.0 cookies | 146 | 1.30 | 3 |
| 28150 | KEEBLER, TRADITIONS, Iced Lemonade Cookies | 29.0 | 4.0 cookies | 146 | 1.30 | 3 |
| 25062 | Snack, Mixed Berry Bar | 38.0 | 1.0 bar | 146 | 5.00 | 35 |
| 18970 | Tortillas, ready-to-bake or -fry, flour, shelf stable | 49.0 | 1.0 tortilla | 146 | 3.92 | 10 |
| 22955 | Egg rolls, vegetable, frozen, prepared | 68.0 | 1.0 egg roll | 146 | 4.05 | 16 |
| 23165 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 145 | 17.76 | 18 |
| 13937 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 145 | 22.06 | 19 |
| 17133 | Veal, shoulder, blade, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 145 | 21.79 | 20 |
| 17332 | Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 145 | 23.84 | 23 |
| 23340 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 145 | 18.86 | 9 |
| 09012 | Apples, dried, sulfured, stewed, without added sugar | 255.0 | 1.0 cup | 145 | 0.56 | 10 |
| 13416 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 145 | 25.32 | 13 |
| 10211 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 145 | 24.15 | 21 |
| 25055 | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX | 35.0 | 1.0 bar | 145 | 2.00 | 22 |
| 18635 | PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough | 44.0 | 1.0 serving 1 roll with icing | 145 | 1.91 | -- |
| 18399 | Pie crust, cookie-type, prepared from recipe, graham cracker, chilled | 30.0 | 1.0 piece (1/8 of 9" crust) | 145 | 1.23 | 5 |
| 11910 | Corn, sweet, white, frozen, kernels cut off cob, unprepared | 165.0 | 1.0 cup | 145 | 4.98 | 30 |
| 20111 | Noodles, egg, spinach, enriched, dry | 38.0 | 1.0 cup | 145 | 5.55 | 31 |
| 11501 | Succotash, (corn and limas), frozen, unprepared | 156.0 | 1.0 cup | 145 | 6.72 | 37 |
| 07964 | Frankfurter, meat and poultry, cooked, grilled | 48.0 | 1.0 frankfurter | 145 | 5.12 | 6 |
| 28159 | KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan | 30.0 | 16.0 crackers | 145 | 2.28 | 10 |
| 28222 | MURRAY, SUGAR FREE, Fudge Dipped Grahams | 30.0 | 4.0 cookies | 145 | 1.71 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17074 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw | 115.0 | 1.0 serving | 145 | 24.26 | 28 |
| 23315 | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 145 | 24.82 | -- |
| 28343 | Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour | 44.0 | 1.0 roll | 145 | 5.19 | 42 |
| 28373 | UDI'S, Gluten Free, Whole Grain Dinner Rolls | 44.0 | 1.0 roll | 145 | 5.19 | 42 |
| 07921 | Bacon and beef sticks | 28.0 | 1.0 oz | 145 | 8.15 | 5 |
| 28093 | KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint | 29.0 | 4.0 cookies | 145 | 1.16 | 9 |
| 23418 | Beef, New Zealand, imported, inside, raw | 113.0 | 4.0 oz | 145 | 25.04 | 25 |
| 28157 | KEEBLER, WHEATABLES, Honey Wheat Crackers | 30.0 | 17.0 crackers | 145 | 2.28 | -- |
| 19005 | Snacks, corn-based, extruded, cones, plain | 28.35 | 1.0 oz | 145 | 1.64 | 3 |
| 07949 | Frankfurter, meat, heated | 52.0 | 1.0 serving (1 hot dog) | 145 | 5.08 | 8 |
| 10212 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 144 | 23.96 | 23 |
| 13356 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 144 | 16.51 | 17 |
| 28328 | Cookies, chocolate chip sandwich, with creme filling | 34.0 | 1.0 cookie | 144 | 1.00 | 8 |
| 23243 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 144 | 24.11 | 22 |
| 13968 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 144 | 25.60 | 14 |
| 23259 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 144 | 24.75 | 23 |
| 05713 | Turkey, retail parts, wing, meat only, cooked, roasted | 85.0 | 3.0 oz | 144 | 25.64 | 18 |
| 17121 | Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 144 | 21.94 | 21 |
| 10036 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 144 | 17.60 | 21 |
| 23292 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 144 | 18.36 | 22 |
| 01119 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 144 | 8.38 | 27 |
| 01220 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 144 | 8.38 | 27 |
| 06623 | SMART SOUP, Moroccan Chick Pea | 283.0 | 10.0 oz 1 pouch | 144 | 5.66 | -- |
| 28278 | MURRAY, SUGAR FREE, Oatmeal Cookies | 32.0 | 3.0 cookies | 144 | 2.14 | 3 |
| 12059 | Nuts, acorns, dried | 28.35 | 1.0 oz | 144 | 2.30 | 23 |
| 23296 | Beef, Australian, imported, grass-fed, external fat, raw | 28.35 | 1.0 oz | 144 | 3.21 | -- |
| 19439 | Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar | 37.0 | 1.0 bar | 144 | 2.96 | 32 |
| 18608 | KEEBLER, KEEBLER Chocolate Graham SELECTS | 31.0 | 1.0 serving | 144 | 2.20 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28154 | KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat | 31.0 | 2.0 cookies | 144 | 1.40 | -- |
| 05092 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter | 52.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 144 | 11.24 | 11 |
| 19026 | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter | 28.35 | 1.0 oz | 144 | 2.89 | 19 |
| 10942 | Pork, fresh, composite of separable fat, with added solution, raw | 28.35 | 1.0 oz | 144 | 2.63 | 3 |
| 08562 | Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry | 40.0 | 1.0 packet (1 NLEA serving) | 144 | 8.92 | 8 |
| 16513 | WORTHINGTON FriChik Original, canned, unprepared | 90.0 | 2.0 pieces | 144 | 12.06 | -- |
| 18205 | Cookies, sugar, refrigerated dough | 33.0 | 1.0 serving | 144 | 1.32 | 2 |
| 28062 | KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies | 31.0 | 2.0 cookies | 144 | 1.30 | 8 |
| 19081 | Candies, sweet chocolate | 28.35 | 1.0 oz | 144 | 1.11 | 32 |
| 13946 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 144 | 24.40 | 21 |
| 23271 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 144 | 17.04 | 21 |
| 13414 | Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 144 | 24.05 | 16 |
| 23377 | Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 144 | 23.42 | 12 |
| 05074 | Chicken, broilers or fryers, drumstick, meat only, cooked, stewed | 85.0 | 3.0 oz | 144 | 23.38 | 18 |
| 13975 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 144 | 17.13 | 19 |
| 23068 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 144 | 16.73 | 18 |
| 10953 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw | 85.0 | 3.0 oz | 144 | 14.61 | 15 |
| 10984 | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 85.0 | 3.0 oz | 144 | 22.22 | 21 |
| 21319 | McDONALD'S, Hash Brown | 53.0 | 1.0 serving 1 patty | 144 | 1.31 | 11 |
| 16532 | WORTHINGTON Prosage Roll, frozen, unprepared | 55.0 | 1.0 slice , 5/8" | 144 | 10.78 | -- |
| 19031 | Snacks, oriental mix, rice-based | 28.35 | 1.0 oz | 143 | 4.91 | 33 |
| 19122 | Puddings, banana, dry mix, regular, prepared with 2% milk | 142.0 | 0.5 cup From 19211 | 143 | 4.12 | 18 |
| 08182 | Cereals, WHEATENA, cooked with water, with salt | 243.0 | 1.0 cup | 143 | 4.93 | 51 |
| 25063 | Snacks, potato chips, made from dried potatoes (preformed), multigrain | 28.35 | 1.0 oz | 143 | 1.50 | 11 |
| 09177 | Mangosteen, canned, syrup pack | 196.0 | 1.0 cup, drained | 143 | 0.80 | 25 |
| 09437 | Tamarind nectar, canned | 251.0 | 1.0 cup | 143 | 0.23 | 10 |
| 09256 | Pears, canned, light syrup pack, solids and liquids | 251.0 | 1.0 cup, halves | 143 | 0.48 | 10 |
| 28207 | MOTHER'S, Old Fashioned Iced Oatmeal Cookies | 31.0 | 2.0 cookies | 143 | 1.86 | 3 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09010 | Apples, dehydrated (low moisture), sulfured, stewed | 193.0 | 1.0 cup | 143 | 0.54 | 10 |
| 23456 | Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 143 | 25.07 | 20 |
| 17139 | Veal, sirloin, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 143 | 22.37 | 23 |
| 17368 | Lamb, New Zealand, imported, liver, cooked, soaked and fried | 85.0 | 3.0 oz | 143 | 21.93 | 18 |
| 08142 | Cereals, WHEATENA, dry | 40.0 | 0.33 cup (1 NLEA serving) | 143 | 5.24 | 52 |
| 05627 | Emu, full rump, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 143 | 28.62 | 29 |
| 10052 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 143 | 17.41 | 20 |
| 23056 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 143 | 24.72 | 22 |
| 07956 | Beef sausage, fresh, cooked | 43.0 | 1.0 serving | 143 | 7.83 | 6 |
| 18188 | Cookies, peanut butter, refrigerated dough, baked | 28.35 | 1.0 oz | 143 | 2.58 | 12 |
| 10960 | Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled | 92.0 | 1.0 piece | 143 | 25.27 | 25 |
| 17154 | Veal, Australian, separable fat, raw | 28.0 | 1.0 oz | 143 | 2.77 | -- |
| 09229 | Papaya nectar, canned | 250.0 | 1.0 cup | 142 | 0.42 | 8 |
| 23403 | Beef, New Zealand, imported, brisket point end, separable lean only, raw | 114.0 | 4.0 oz | 142 | 23.85 | 24 |
| 07915 | Sausage, Polish, beef with chicken, hot | 55.0 | 1.0 serving 5 pieces | 142 | 9.68 | 8 |
| 19045 | Snacks, potato chips, made from dried potatoes, reduced fat | 28.35 | 1.0 oz | 142 | 1.29 | 13 |
| 18640 | HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen | 59.0 | 1.0 eclair, frozen | 142 | 2.60 | -- |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk | 128.0 | 0.5 cup | 142 | 4.20 | 27 |
| 19208 | Puddings, rice, dry mix, prepared with 2% milk | 128.0 | 0.5 cup | 142 | 4.21 | 17 |
| 19058 | Snacks, tortilla chips, ranch-flavor | 28.35 | 1.0 oz | 142 | 2.04 | 25 |
| 18942 | Pie Crust, Cookie-type, Graham Cracker, Ready Crust | 28.35 | 1.0 oz | 142 | 1.45 | 7 |
| 12060 | Nuts, acorn flour, full fat | 28.35 | 1.0 oz | 142 | 2.12 | 31 |
| 11400 | Potatoes, frozen, whole, unprepared | 182.0 | 1.0 cup | 142 | 4.33 | 24 |
| 15087 | Fish, salmon, sockeye, canned, drained solids | 85.0 | 3.0 oz | 142 | 20.05 | 26 |
| 23498 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked | 85.0 | 3.0 oz | 142 | 23.38 | 19 |
| 13415 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 142 | 25.21 | 13 |
| 23416 | Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised | 85.0 | 3.0 oz | 142 | 26.55 | 17 |
| 17163 | Game meat, caribou, cooked, roasted | 85.0 | 3.0 oz | 142 | 25.30 | 23 |
| 13959 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 142 | 25.47 | 14 |
| 18973 | Focaccia, Italian flatbread, plain | 57.0 | 1.0 piece | 142 | 5.00 | 11 |
| 28254 | SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar | 30.0 | 0.5 cup 25 crackers | 142 | 2.56 | 8 |
| 18980 | KASHI, Original Waffle | 72.0 | 2.0 pieces | 142 | 4.32 | 28 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28289 | Cookie, vanilla with caramel, coconut, and chocolate coating | 29.0 | 2.0 cookies | 142 | 1.02 | 9 |
| 28032 | GIRL SCOUTS, Samoas Cookies | 29.0 | 2.0 cookies | 142 | 1.02 | 9 |
| 28394 | PEPPERIDGE FARM, Hamburger Bun | 51.0 | 1.0 serving | 142 | 0.01 | -- |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 81.0 | 1.0 slice | 142 | 21.48 | 18 |
| 11990 | Wasabi, root, raw | 130.0 | 1.0 cup, sliced | 142 | 6.24 | 90 |
| 28158 | KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond | 30.0 | 16.0 crackers | 142 | 2.52 | 13 |
| 05680 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised | 95.0 | 1.0 drumstick without skin | 142 | 21.84 | 20 |
| 05671 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised | 95.0 | 1.0 drumstick without skin | 142 | 22.73 | 21 |
| 19007 | Snacks, corn-based, extruded, onion-flavor | 28.35 | 1.0 oz | 141 | 2.18 | 8 |
| 28061 | KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size | 28.0 | 5.0 cookies 1 serving | 141 | 1.33 | 5 |
| 07962 | Frankfurter, meat and poultry, unheated | 51.0 | 1.0 frankfurter | 141 | 4.96 | 6 |
| 28194 | MOTHER'S, 4th of July Circus Animal Cookies | 29.0 | 6.0 cookies | 141 | 1.10 | 3 |
| 19524 | Snacks, taro chips | 28.35 | 1.0 oz | 141 | 0.65 | 24 |
| 19857 | Snacks, tortilla chips, nacho-flavor, made with enriched masa flour | 28.35 | 1.0 oz | 141 | 2.21 | 23 |
| 13492 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 141 | 25.70 | 14 |
| 23150 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 141 | 18.04 | 18 |
| 10915 | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 141 | 17.68 | 16 |
| 31029 | Potatoes, french fried, wedge cut, frozen, unprepared | 85.0 | 3.0 oz | 141 | 2.18 | -- |
| 23052 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 141 | 23.81 | 22 |
| 13419 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 141 | 25.45 | 13 |
| 23043 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 141 | 16.47 | 20 |
| 10224 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 141 | 18.14 | 20 |
| 11921 | Peppers, sweet, red, sauteed | 106.0 | 1.0 cup chopped | 141 | 1.10 | 13 |
| 05352 | Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning | 53.0 | 1.0 wing | 141 | 12.90 | 13 |
| 19321 | Puddings, banana, dry mix, regular, prepared with whole milk | 127.0 | 0.5 cup | 141 | 3.48 | 13 |
| 16248 | SILK Mocha, soymilk | 243.0 | 1.0 cup | 141 | 5.01 | 0 |
| 16237 | SILK Chocolate, soymilk | 243.0 | 1.0 cup | 141 | 5.01 | 39 |
| 14284 | Beverages, Cranberry juice cocktail | 271.0 | 1.0 cup | 141 | 0.00 | 3 |
| 18161 | Cookies, chocolate chip, dry mix | 28.35 | 1.0 oz | 141 | 1.30 | 10 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 25028 | Tortilla chips, yellow, plain, salted | 28.35 | 1.0 oz | 141 | 1.88 | 24 |
| 18168 | Cookies, chocolate sandwich, with extra creme filling | 28.35 | 1.0 oz | 141 | 1.23 | 10 |
| 18506 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat | 70.0 | 2.0 waffles 1 serving | 141 | 4.55 | 37 |
| 19421 | Snacks, potato chips, cheese-flavor | 28.35 | 1.0 oz | 141 | 2.41 | 21 |
| 25022 | Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor | 28.35 | 1.0 oz | 141 | 2.46 | 19 |
| 09403 | Apricot nectar, canned, with added ascorbic acid | 251.0 | 1.0 cup | 141 | 0.93 | 13 |
| 09036 | Apricot nectar, canned, without added ascorbic acid | 251.0 | 1.0 cup | 141 | 0.93 | 13 |
| 28290 | Cookie, with peanut butter filling, chocolate-coated | 25.0 | 2.0 cookies | 140 | 2.02 | 4 |
| 16201 | Campbell's Pork and Beans | 130.0 | 0.5 cup | 140 | 6.01 | -- |
| 19016 | Snacks, granola bars, hard, almond | 28.35 | 1.0 oz | 140 | 2.18 | 23 |
| 17070 | Lamb, New Zealand, imported, fore-shank, separable lean only, raw | 115.0 | 1.0 serving | 140 | 25.36 | 23 |
| 06588 | CAMPBELL'S Soup on the Go, Classic Tomato Soup | 305.0 | 1.0 container | 140 | 2.99 | -- |
| 13904 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 140 | 17.27 | 19 |
| 10015 | Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 140 | 24.53 | 23 |
| 13954 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 140 | 17.54 | 18 |
| 10111 | Pork, fresh, variety meats and by-products, liver, cooked, braised | 85.0 | 3.0 oz | 140 | 22.12 | 12 |
| 23260 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 140 | 24.95 | 25 |
| 13322 | Beef, variety meats and by-products, heart, cooked, simmered | 85.0 | 3.0 oz | 140 | 24.21 | 18 |
| 17289 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 140 | 23.38 | 19 |
| 05741 | Turkey, thigh, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 140 | 23.55 | 23 |
| 10094 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw | 114.0 | 4.0 oz | 140 | 27.08 | 30 |
| 28215 | MURRAY, JACKS Vanilla Wafers | 32.0 | 9.0 cookies | 140 | 1.54 | 3 |
| 28160 | KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers | 30.0 | 18.0 crackers | 140 | 2.58 | 6 |
| 25045 | Formulated bar, high fiber, chewy, oats and chocolate | 40.0 | 1.0 bar | 140 | 2.00 | 76 |
| 01242 | Ice cream sandwich, vanilla, light, no sugar added | 70.0 | 1.0 serving | 140 | 4.00 | 7 |
| 12156 | Nuts, walnuts, glazed | 28.0 | 1.0 oz | 140 | 2.32 | -- |
| 27035 | Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium | 40.0 | 1.41 oz dry (half noodle block) | 140 | 4.36 | 9 |
| 16557 | MORNINGSTAR FARMS Chik Patties, frozen, unprepared | 71.0 | 1.0 patty | 140 | 8.38 | -- |
| 16608 | MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared | 71.0 | 1.0 patty | 140 | 7.95 | -- |
| 27032 | CAMPBELL'S Red and White, Lentil Soup, condensed | 126.0 | 0.5 cup | 140 | 8.00 | -- |
| 28047 | KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft | 32.0 | 2.0 cookies | 140 | 1.70 | 10 |
| 28211 | MURRAY, Chocolatey Chip Thins Cookies | 30.0 | 8.0 cookies | 140 | 2.13 | 6 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28252 | SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers | 30.0 | 26.0 crackers | 140 | 3.27 | 5 |
| 28152 | KEEBLER, Vanilla Wafers Minis, Rainbow | 30.0 | 18.0 cookies | 140 | 1.20 | -- |
| 15206 | Fish, pout, ocean, cooked, dry heat | 137.0 | 0.5 fillet | 140 | 29.22 | 23 |
| 28079 | KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies | 28.0 | 2.0 cookies | 140 | 0.98 | 6 |
| 06245 | CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve | 245.0 | 1.0 serving 1 cup | 140 | 7.01 | -- |
| 06389 | CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup | 245.0 | 1.0 cup | 140 | 8.01 | -- |
| 06399 | CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup | 245.0 | 1.0 cup | 140 | 7.01 | -- |
| 06438 | CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup | 245.0 | 1.0 serving | 140 | 7.01 | -- |
| 28320 | English muffins, whole grain white | 57.0 | 1.0 muffin 1 serving | 140 | 4.00 | 19 |
| 06252 | CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve | 245.0 | 1.0 serving 1 cup | 140 | 8.01 | -- |
| 15056 | Fish, mullet, striped, cooked, dry heat | 93.0 | 1.0 fillet | 140 | 23.07 | 31 |
| 28033 | GIRL SCOUTS, Tagalongs Cookies | 25.0 | 2.0 cookies | 140 | 2.02 | 4 |
| 18164 | Cookies, chocolate chip, refrigerated dough, baked | 28.35 | 1.0 oz | 139 | 1.39 | 8 |
| 14220 | Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled | 249.0 | 8.0 fl oz | 139 | 0.72 | 2 |
| 23277 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 139 | 24.11 | 22 |
| 23408 | Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 139 | 25.23 | 20 |
| 23559 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 139 | 21.93 | 20 |
| 23163 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 139 | 17.99 | 18 |
| 17127 | Veal, shoulder, arm, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 139 | 22.21 | 23 |
| 05647 | Ostrich, inside strip, cooked | 85.0 | 1.0 serving ( 3 oz ) | 139 | 24.96 | 22 |
| 05733 | Turkey, retail parts, breast, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 139 | 24.66 | 25 |
| 05681 | Chicken, dark meat, thigh, meat only, with added solution, cooked, braised | 85.0 | 3.0 oz | 139 | 19.55 | 20 |
| 15230 | Mollusks, octopus, common, cooked, moist heat | 85.0 | 3.0 oz | 139 | 25.35 | 51 |
| 11955 | Tomatoes, sun-dried | 54.0 | 1.0 cup | 139 | 7.62 | 105 |
| 04703 | Salad dressing, honey mustard, regular | 30.0 | 2.0 tbsp | 139 | 0.26 | 2 |
| 25023 | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor | 28.35 | 1.0 oz | 139 | 2.29 | 17 |
| 25013 | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor | 28.35 | 1.0 oz | 139 | 2.25 | 22 |
| 17441 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 139 | 25.64 | 24 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23306 | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw | 114.0 | 4.0 oz | 139 | 24.97 | -- |
| 18087 | Cake, angelfood, dry mix | 38.0 | 1.0 serving | 139 | 2.43 | 4 |
| 28214 | MURRAY, Lemon Creme Sandwich Cookies | 29.0 | 3.0 cookies | 139 | 1.36 | 3 |
| 28271 | MURRAY, COOKIE JAR CLASSICS, Butter Cookies | 30.0 | 8.0 cookies | 139 | 2.16 | 4 |
| 28275 | MURRAY, Old Fashioned Gingersnaps Cookies | 30.0 | 5.0 cookies | 139 | 1.53 | 4 |
| 06037 | Soup, lentil with ham, canned, ready-to-serve | 248.0 | 1.0 cup (8 fl oz) | 139 | 9.28 | 22 |
| 19092 | Candies, TWIZZLERS NIBS CHERRY BITS | 40.0 | 27.0 pieces | 139 | 0.92 | -- |
| 18206 | Cookies, sugar, refrigerated dough, baked | 28.35 | 1.0 oz | 139 | 1.33 | 2 |
| 28276 | MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies | 29.0 | 2.0 cookies | 139 | 2.06 | 2 |
| 28264 | KEEBLER, Oatmeal Cookies | 29.0 | 2.0 cookies | 139 | 2.06 | 2 |
| 18609 | KEEBLER, Vanilla Wafers | 30.0 | 8.0 cookies | 139 | 1.20 | -- |
| 06359 | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 252.0 | 1.0 serving 1 cup | 139 | 6.10 | 33 |
| 10215 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 139 | 24.44 | 21 |
| 23339 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 139 | 19.07 | 9 |
| 13418 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 139 | 25.37 | 13 |
| 23352 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 139 | 25.32 | 14 |
| 23349 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 139 | 25.57 | 13 |
| 17198 | Veal, variety meats and by-products, kidneys, cooked, braised | 85.0 | 3.0 oz | 139 | 22.37 | 20 |
| 19333 | Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water | 127.0 | 0.5 cup | 138 | 0.83 | 1 |
| 18378 | Cookies, chocolate chip, prepared from recipe, made with butter | 28.35 | 1.0 oz | 138 | 1.62 | 16 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 28.35 | 1.0 oz | 138 | 1.62 | 16 |
| 28273 | MURRAY, Vanilla Creme Sandwich Cookies | 29.0 | 3.0 cookies | 138 | 1.42 | 3 |
| 28233 | MURRAY, Vanilla Wafer | 30.0 | 8.0 cookies | 138 | 1.20 | -- |
| 18978 | KASHI, Blueberry Waffle | 72.0 | 2.0 pieces | 138 | 4.10 | 27 |
| 19823 | Potato chips, without salt, reduced fat | 28.35 | 1.0 oz | 138 | 2.01 | 25 |
| 19042 | Snacks, potato chips, barbecue-flavor | 28.35 | 1.0 oz | 138 | 1.85 | 16 |
| 16533 | WORTHINGTON Smoked Turkey Roll, frozen, unprepared | 55.0 | 1.0 slice , 3/8" | 138 | 10.18 | -- |
| 28217 | MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies | 28.0 | 2.0 cookies | 138 | 1.54 | 10 |
| 28000 | KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip | 46.0 | 1.0 set | 138 | 2.39 | 8 |
| 28237 | SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers | 30.0 | 25.0 crackers | 138 | 2.85 | 5 |
| 28080 | KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies | 27.0 | 3.0 pieces | 138 | 1.08 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28274 | MURRAY, Honey Graham | 31.0 | 8.0 crackers | 138 | 1.83 | -- |
| 09099 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids | 242.0 | 1.0 cup | 138 | 0.97 | 12 |
| 17410 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw | 113.0 | 4.0 oz | 138 | 24.23 | 29 |
| 12006 | Seeds, chia seeds, dried | 28.35 | 1.0 oz | 138 | 4.69 | 95 |
| 19148 | Candies, peanut brittle, prepared-from-recipe | 28.35 | 1.0 oz | 138 | 2.15 | 12 |
| 01081 | Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D | 246.0 | 1.0 cup | 138 | 9.72 | 39 |
| 28071 | KEEBLER, CLUB Crackers, Snack Sticks, Original | 29.0 | 12.0 crackers | 138 | 1.74 | -- |
| 28213 | MURRAY, Duplex Creme Sandwich Cookies | 29.0 | 3.0 cookies | 138 | 1.42 | 7 |
| 13491 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 138 | 25.58 | 14 |
| 17386 | Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 138 | 21.70 | 20 |
| 13417 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 138 | 25.03 | 12 |
| 28045 | KEEBLER, ANIMALS, Iced Cookies | 30.0 | 6.0 cookies 1 serving | 138 | 1.68 | 4 |
| 23048 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 138 | 22.62 | 22 |
| 17400 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 138 | 22.36 | 23 |
| 10959 | Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 138 | 24.20 | 22 |
| 23378 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 138 | 25.58 | 13 |
| 13969 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 138 | 25.24 | 14 |
| 15009 | Fish, carp, cooked, dry heat | 85.0 | 3.0 oz | 138 | 19.43 | 32 |
| 23177 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 138 | 18.22 | 19 |
| 05180 | Turkey from whole, neck, meat only, cooked, simmered | 85.0 | 1.0 serving | 138 | 19.11 | 15 |
| 31027 | Potatoes, yellow fleshed, french fried, frozen, unprepared | 85.0 | 3.0 oz | 138 | 2.10 | -- |
| 11674 | Potatoes, baked, flesh and skin, without salt | 148.0 | 1.0 NLEA serving | 138 | 3.70 | 41 |
| 19899 | Ice creams, regular, low carbohydrate, chocolate | 58.0 | 1.0 individual (3.5 fl oz) | 137 | 2.20 | 17 |
| 28097 | KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday | 26.0 | 2.0 cookies | 137 | 0.75 | 4 |
| 08228 | Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry | 37.0 | 1.0 packet | 137 | 3.26 | 34 |
| 28014 | KELLOGG'S, EGGO, Waffles, French Toast | 45.0 | 1.0 waffle | 137 | 2.61 | 7 |
| 08577 | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt | 245.0 | 1.0 cup | 137 | 4.04 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 01152 | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A | 245.0 | 1.0 cup | 137 | 9.68 | 37 |
| 42189 | Milk, buttermilk, fluid, cultured, reduced fat | 245.0 | 1.0 cup | 137 | 10.04 | 32 |
| 28312 | Rolls, hamburger or hot dog, wheat/cracked wheat | 51.0 | 1.0 roll | 137 | 5.96 | 24 |
| 28272 | MURRAY, Chocolate Creme Sandwich Cookies | 29.0 | 3.0 cookies | 137 | 1.42 | 10 |
| 28325 | Crackers, toast thins, low sodium | 31.0 | 1.0 serving | 137 | 2.00 | 32 |
| 19228 | Frostings, cream cheese-flavor, ready-to-eat | 33.0 | 2.0 tbsp creamy | 137 | 0.03 | 1 |
| 19420 | Snacks, granola bars, hard, peanut butter | 28.35 | 1.0 oz | 137 | 2.78 | 16 |
| 18210 | Cookies, vanilla sandwich with creme filling | 28.35 | 1.0 oz | 137 | 1.28 | 4 |
| 13961 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz (1 serving) | 137 | 21.88 | 20 |
| 23519 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 85.0 | 3.0 oz | 137 | 21.87 | 20 |
| 05181 | Turkey from whole, light meat, meat and skin, raw | 85.0 | 3.0 oz | 137 | 18.67 | 21 |
| 05742 | Turkey, retail parts, thigh, meat and skin, raw | 85.0 | 3.0 oz | 137 | 16.61 | 17 |
| 31025 | Sweet Potato puffs, frozen, unprepared | 85.0 | 3.0 oz | 137 | 1.16 | -- |
| 23067 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 137 | 17.12 | 17 |
| 10216 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 137 | 24.31 | 23 |
| 05148 | Goose, domesticated, meat only, raw | 85.0 | 3.0 oz | 137 | 19.34 | 20 |
| 23154 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 137 | 18.38 | 19 |
| 17372 | Lamb, New Zealand, imported, heart, cooked, soaked and simmered | 85.0 | 3.0 oz | 137 | 22.32 | 19 |
| 13231 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 137 | 18.81 | 9 |
| 10913 | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 137 | 17.08 | 15 |
| 19088 | Ice creams, vanilla, light | 76.0 | 1.0 serving 1/2 cup | 137 | 3.63 | 11 |
| 17422 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw | 113.0 | 4.0 oz | 137 | 23.65 | 27 |
| 10973 | Pork, ground, 96% lean / 4% fat, raw | 113.0 | 4.0 oz | 137 | 23.84 | 21 |
| 17381 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw | 113.0 | 4.0 oz | 137 | 23.65 | 27 |
| 23477 | Beef, ground, 97% lean meat / 3% fat, raw | 113.0 | 4.0 oz | 137 | 24.84 | 25 |
| 17363 | Lamb, New Zealand, imported, chump, boneless, separable lean only, raw | 113.0 | 4.0 oz | 137 | 24.50 | 27 |
| 19893 | Ice creams, BREYERS, All Natural Light French Chocolate | 68.0 | 1.0 serving 1/2 cup | 137 | 3.60 | -- |
| 09007 | Apples, canned, sweetened, sliced, drained, unheated | 204.0 | 1.0 cup slices | 137 | 0.37 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09008 | Apples, canned, sweetened, sliced, drained, heated | 204.0 | 1.0 cup slices | 137 | 0.37 | 6 |
| 08574 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt | 244.0 | 1.0 cup | 137 | 3.51 | 17 |
| 06461 | Soup, tomato beef with noodle, canned, prepared with equal volume water | 244.0 | 1.0 cup | 137 | 4.34 | 7 |
| 19095 | Ice creams, vanilla | 66.0 | 1.0 serving 1/2 cup | 137 | 2.31 | 9 |
| 28070 | KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat | 29.0 | 12.0 crackers | 137 | 1.88 | -- |
| 18213 | Cookies, vanilla wafers, higher fat | 30.0 | 8.0 wafers | 136 | 1.47 | 4 |
| 18167 | Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated | 28.35 | 1.0 oz | 136 | 1.02 | 11 |
| 18422 | Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched | 28.35 | 1.0 oz | 136 | 1.53 | 9 |
| 18992 | KELLOGG'S, BEANATURAL, Original 3-Bean Chips | 28.0 | 12.0 chips | 136 | 6.41 | 27 |
| 16548 | MORNINGSTAR FARMS Grillers Original, frozen, unprepared | 64.0 | 1.0 burger | 136 | 15.30 | -- |
| 28108 | KEEBLER, Holiday Jingles Cookies | 29.0 | 6.0 cookies | 136 | 1.45 | -- |
| 19371 | Frostings, vanilla, creamy, dry mix, prepared with margarine | 33.0 | 2.0 tablespoon | 136 | 0.11 | 1 |
| 05043 | Chicken, broilers or fryers, dark meat, meat only, raw | 109.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 136 | 21.89 | 25 |
| 19063 | Snacks, tortilla chips, taco-flavor | 28.35 | 1.0 oz | 136 | 2.24 | 25 |
| 08143 | Cereals, WHEATENA, cooked with water | 243.0 | 1.0 cup | 136 | 4.86 | 49 |
| 21378 | McDONALD'S, Bacon Ranch Salad without chicken | 223.0 | 1.0 item 7.8 oz | 136 | 9.23 | 22 |
| 23547 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 136 | 21.99 | 20 |
| 15238 | Fish, salmon, coho, farmed, raw | 85.0 | 3.0 oz | 136 | 18.08 | 26 |
| 23348 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 136 | 25.42 | 13 |
| 13235 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 136 | 18.79 | 9 |
| 17098 | Veal, leg (top round), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 136 | 23.54 | 24 |
| 17159 | Game meat, boar, wild, cooked, roasted | 85.0 | 3.0 oz | 136 | 24.06 | 23 |
| 23033 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 136 | 24.85 | 23 |
| 23078 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 136 | 18.11 | 19 |
| 28038 | JACKSON'S, Old Fashioned Vanilla Wafers | 30.0 | 8.0 cookies | 136 | 1.50 | 3 |
| 03274 | Babyfood, dinner, vegetables and chicken, junior | 256.0 | 1.0 cup | 136 | 5.22 | 20 |
| 03085 | Babyfood, dinner, vegetables and turkey, junior | 256.0 | 1.0 cup | 136 | 4.40 | 23 |
| 18562 | ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps | 32.0 | 1.0 serving | 136 | 1.49 | -- |
| 17389 | Lamb, New Zealand, imported, loin, boneless, separable lean only, raw | 113.0 | 4.0 oz | 136 | 24.30 | 29 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17423 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw | 113.0 | 4.0 oz | 136 | 23.09 | 29 |
| 09240 | Peaches, canned, light syrup pack, solids and liquids | 251.0 | 1.0 cup, halves or slices | 136 | 1.13 | 13 |
| 18190 | Cookies, peanut butter sandwich, regular | 28.35 | 1.0 oz | 136 | 2.49 | 14 |
| 28109 | KEEBLER, Iced Oatmeal Cookies | 29.0 | 2.0 cookies | 135 | 1.88 | 1 |
| 28219 | MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies | 29.0 | 2.0 cookies | 135 | 1.88 | 1 |
| 05162 | Squab, (pigeon), light meat without skin, raw | 101.0 | 1.0 breast, bone removed | 135 | 21.98 | 28 |
| 28039 | KASHI, TLC, Happy Trail Mix Cookies | 30.0 | 1.0 cookie | 135 | 2.43 | 18 |
| 36010 | T.G.I. FRIDAY'S, chicken fingers, from kids' menu | 41.0 | 1.0 piece | 135 | 7.43 | 11 |
| 43297 | Pork, oriental style, dehydrated | 22.0 | 1.0 cup | 135 | 2.60 | 2 |
| 19067 | Candies, TWIZZLERS CHERRY BITES | 40.0 | 18.0 pieces | 135 | 1.19 | -- |
| 05652 | Ostrich, oyster, cooked | 85.0 | 1.0 serving ( 3 oz ) | 135 | 24.49 | 25 |
| 05168 | Turkey, whole, meat only, cooked, roasted | 85.0 | 3.0 oz | 135 | 24.70 | 25 |
| 23351 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 135 | 25.21 | 13 |
| 17380 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 135 | 21.50 | 22 |
| 05722 | Turkey, retail parts, thigh, meat only, cooked, roasted | 85.0 | 3.0 oz | 135 | 21.37 | 20 |
| 10902 | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated | 85.0 | 3.0 oz | 135 | 19.40 | 16 |
| 23521 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0 | 3.0 oz | 135 | 22.17 | 20 |
| 17430 | Veal, shoulder, blade chop, separable lean only, cooked, grilled | 85.0 | 3.0 oz | 135 | 23.23 | 29 |
| 17427 | Veal, loin, chop, separable lean only, cooked, grilled | 85.0 | 3.0 oz | 135 | 25.29 | 28 |
| 23509 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 135 | 22.02 | 20 |
| 28302 | Cookies, graham crackers, plain or honey, lowfat | 35.0 | 1.0 serving | 135 | 2.00 | 20 |
| 01141 | Egg, turkey, whole, fresh, raw | 79.0 | 1.0 egg | 135 | 10.81 | 10 |
| 18174 | Cookies, graham crackers, chocolate-coated | 27.0 | 3.0 pieces | 135 | 1.08 | 4 |
| 15034 | Fish, haddock, cooked, dry heat | 150.0 | 1.0 fillet | 135 | 29.98 | 39 |
| 09072 | Cherries, sweet, canned, juice pack, solids and liquids | 250.0 | 1.0 cup, pitted | 135 | 2.28 | 30 |
| 28072 | KEEBLER, Country Style Oatmeal Cookies with Raisins | 28.0 | 2.0 cookies | 135 | 1.82 | 3 |
| 28106 | KEEBLER, Almond Crescents Cookies, Holiday | 28.0 | 4.0 cookies | 135 | 1.43 | 1 |
| 18999 | KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry | 46.0 | 1.0 set | 135 | 2.30 | 6 |
| 06248 | Soup, oyster stew, canned, prepared with equal volume milk | 245.0 | 1.0 cup (8 fl oz) | 135 | 6.15 | 20 |
| 16527 | WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared | 55.0 | 2.0 slices , 3/8" | 135 | 10.23 | -- |
| 28281 | SUNSHINE, CHEEZ-IT, Reduced Fat Crackers | 30.0 | 29.0 crackers | 135 | 3.99 | 6 |
| 18189 | Cookies, peanut butter, prepared from recipe | 28.35 | 1.0 oz | 135 | 2.55 | 11 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19241 | Frostings, chocolate, creamy, dry mix, prepared with butter | 33.0 | 2.0 tablespoon | 135 | 0.37 | 10 |
| 06064 | Soup, turkey, chunky, canned, ready-to-serve | 236.0 | 1.0 cup (8 fl oz) | 135 | 10.22 | 24 |
| 23427 | Beef, New Zealand, imported, manufacturing beef, raw | 113.0 | 4.0 oz | 134 | 23.99 | 24 |
| 09251 | Peach nectar, canned, without added ascorbic acid | 249.0 | 1.0 cup | 134 | 0.67 | 10 |
| 09407 | Peach nectar, canned, with added ascorbic acid | 249.0 | 1.0 cup | 134 | 0.67 | 10 |
| 42270 | Beverages, Orange juice drink | 249.0 | 1.0 cup | 134 | 0.50 | 7 |
| 09442 | Pomegranate juice, bottled | 249.0 | 1.0 cup | 134 | 0.37 | 17 |
| 10961 | Pork, Shoulder petite tender, boneless, separable lean and fat, raw | 105.0 | 1.0 piece | 134 | 22.73 | 25 |
| 28048 | KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft | 32.0 | 2.0 cookies | 134 | 1.95 | 3 |
| 11811 | Peas, green, cooked, boiled, drained, with salt | 160.0 | 1.0 cup | 134 | 8.58 | 62 |
| 03109 | Babyfood, vegetables, sweet potatoes, junior | 224.0 | 1.0 cup | 134 | 2.46 | 27 |
| 03861 | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA | 28.0 | 3.0 scoop | 134 | 4.37 | 15 |
| 11305 | Peas, green, cooked, boiled, drained, without salt | 160.0 | 1.0 cup | 134 | 8.58 | 62 |
| 19209 | Puddings, tapioca, dry mix, prepared with 2% milk | 128.0 | 0.5 cup | 134 | 3.69 | 15 |
| 06027 | Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve | 240.0 | 1.0 cup (8 fl oz) | 134 | 7.25 | 19 |
| 19301 | Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe | 28.35 | 1.0 oz | 134 | 0.92 | 13 |
| 08351 | Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal | 33.0 | 1.0 cup (1 NLEA serving) | 134 | 2.51 | 24 |
| 05728 | Turkey, thigh, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 134 | 22.18 | 20 |
| 05725 | Turkey, drumstick, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 134 | 22.18 | 20 |
| 05706 | Turkey, whole, meat and skin, with added solution, raw | 85.0 | 3.0 oz | 134 | 16.18 | 18 |
| 17165 | Game meat, deer, cooked, roasted | 85.0 | 3.0 oz | 134 | 25.68 | 20 |
| 13983 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 134 | 17.48 | 19 |
| 15229 | Mollusks, cuttlefish, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 134 | 27.61 | 51 |
| 05151 | Guinea hen, meat and skin, raw | 85.0 | 3.0 oz | 134 | 19.89 | 19 |
| 13324 | Beef, variety meats and by-products, kidneys, cooked, simmered | 85.0 | 3.0 oz | 134 | 23.18 | 10 |
| 15264 | Salmon, sockeye, canned, drained solids, without skin and bones | 85.0 | 3.0 oz | 134 | 22.38 | 20 |
| 10956 | Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 134 | 23.43 | 20 |
| 15050 | Fish, mackerel, Pacific and jack, mixed species, raw | 85.0 | 3.0 oz | 134 | 17.06 | 24 |
| 13493 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 134 | 25.34 | 14 |
| 05695 | Turkey, dark meat, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 134 | 22.18 | 20 |
| 23382 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 134 | 25.45 | 14 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23379 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 134 | 25.70 | 13 |
| 28078 | KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies | 26.0 | 3.0 cookies | 134 | 1.12 | 11 |
| 13357 | Beef, cured, sausage, cooked, smoked | 43.0 | 1.0 sausage | 134 | 6.07 | 6 |
| 25040 | Snacks, vegetable chips, made from garden vegetables | 28.35 | 1.0 oz | 134 | 1.51 | 15 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 28.35 | 1.0 oz | 134 | 2.53 | 12 |
| 21418 | POPEYES, Spicy Chicken Strips, analyzed 2006 | 53.0 | 1.0 strip | 134 | 10.39 | 15 |
| 16606 | MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared | 67.0 | 1.0 Burger | 134 | 10.38 | 12 |
| 18208 | Cookies, sugar, prepared from recipe, made with margarine | 28.35 | 1.0 oz | 134 | 1.67 | 3 |
| 19056 | Snacks, tortilla chips, plain, white corn, salted | 28.35 | 1.0 oz | 134 | 2.01 | 24 |
| 19077 | Baking chocolate, unsweetened, liquid | 28.35 | 1.0 oz | 134 | 3.43 | 75 |
| 06969 | Potato soup, instant, dry mix | 39.0 | 1.0 serving 1/3 cup | 134 | 3.59 | 24 |
| 16529 | WORTHINGTON FriPats, frozen, unprepared | 64.0 | 1.0 patty | 134 | 15.17 | -- |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 165.0 | 1.0 cup | 134 | 4.21 | 46 |
| 08200 | Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry | 40.0 | 0.5 cup (1 NLEA serving) | 134 | 5.06 | 46 |
| 31021 | Potatoes, hash brown, refrigerated, unprepared | 159.0 | 1.0 cup unprepared | 134 | 2.78 | 30 |
| 19422 | Snacks, potato chips, reduced fat | 28.35 | 1.0 oz | 134 | 2.01 | 25 |
| 18183 | Cookies, oatmeal, refrigerated dough, baked | 28.35 | 1.0 oz | 134 | 1.70 | 9 |
| 18976 | KASHI, TLC, Country Cheddar Crackers | 30.0 | 18.0 cracker | 134 | 2.94 | 1 |
| 17418 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 133 | 23.69 | 26 |
| 13420 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 133 | 25.09 | 12 |
| 23421 | Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled | 85.0 | 3.0 oz | 133 | 23.19 | 15 |
| 05294 | Turkey thigh, pre-basted, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 133 | 15.98 | 14 |
| 17409 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 133 | 24.62 | 24 |
| 05703 | Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted | 85.0 | 3.0 oz | 133 | 22.54 | 26 |
| 13963 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 133 | 22.21 | 20 |
| 10989 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 85.0 | 3.0 oz | 133 | 17.46 | 18 |
| 13958 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 133 | 17.54 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05746 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised | 85.0 | 3.0 oz | 133 | 27.25 | 27 |
| 13499 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 133 | 16.75 | 17 |
| 17429 | Veal, foreshank, osso buco, separable lean only, cooked, braised | 85.0 | 3.0 oz | 133 | 24.75 | 29 |
| 10863 | Pork, fresh, variety meats and by-products, stomach, cooked, simmered | 85.0 | 3.0 oz | 133 | 18.19 | 13 |
| 17343 | Game meat, deer, ground, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 133 | 18.51 | 18 |
| 23350 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 133 | 26.32 | 13 |
| 11323 | Peas and carrots, frozen, cooked, boiled, drained, without salt | 278.0 | 1.0 package (10 oz) yields | 133 | 8.59 | 44 |
| 10948 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw | 114.0 | 4.0 oz | 133 | 24.04 | 26 |
| 17358 | Lamb, New Zealand, imported, brains, raw | 113.0 | 4.0 oz | 133 | 12.80 | 16 |
| 19372 | Frostings, chocolate, creamy, dry mix, prepared with margarine | 33.0 | 2.0 tablespoon | 133 | 0.36 | 10 |
| 10852 | HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored | 112.0 | 4.0 oz | 133 | 20.38 | 25 |
| 19879 | Ice creams, BREYERS, All Natural Light Mint Chocolate Chip | 68.0 | 1.0 serving 1/2 cup | 133 | 3.19 | -- |
| 08452 | Cereals, QUAKER, Whole Wheat Natural Cereal, dry | 40.0 | 0.5 cup | 133 | 4.72 | 59 |
| 09044 | Cherries, tart, dried, sweetened | 40.0 | 0.25 cup | 133 | 0.50 | 9 |
| 03066 | Babyfood, dinner, vegetables and lamb, strained | 256.0 | 1.0 cup | 133 | 5.12 | 18 |
| 28324 | Pancakes, whole wheat, dry mix, incomplete | 38.0 | 0.25 cup mix 1 serving | 133 | 4.00 | 32 |
| 20113 | Noodles, chinese, chow mein | 28.0 | 0.5 cup dry | 133 | 2.27 | 15 |
| 19117 | Candies, halavah, plain | 28.35 | 1.0 oz | 133 | 3.54 | 62 |
| 18994 | BEAR NAKED, Fruit & Nut Cookies | 30.0 | 1.0 cookie | 133 | 2.25 | 11 |
| 28249 | SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers | 30.0 | 25.0 crackers | 133 | 2.91 | 5 |
| 08487 | Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal | 30.0 | 0.75 cup (1 NLEA serving) | 133 | 1.47 | 11 |
| 05679 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted | 91.0 | 1.0 drumstick without skin | 133 | 23.06 | 18 |
| 42179 | Frankfurter, beef, low fat | 57.0 | 1.0 frankfurter | 133 | 6.84 | 6 |
| 18448 | Taco shells, baked, without added salt | 28.35 | 1.0 oz | 133 | 2.04 | 30 |
| 05156 | Pheasant, leg, meat only, raw | 99.0 | 1.0 unit (yield from 1 lb ready-to-eat pheasant) | 133 | 21.98 | 20 |
| 08225 | Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry | 35.0 | 1.0 packet | 133 | 2.90 | 29 |
| 17215 | Lamb, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 133 | 22.49 | 18 |
| 13487 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 133 | 17.14 | 18 |
| 17341 | Game meat, elk, round, separable lean only, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 133 | 26.30 | 24 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23153 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 133 | 18.69 | 20 |
| 05629 | Emu, inside drums, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 133 | 27.52 | 28 |
| 05650 | Ostrich, outside strip, cooked | 85.0 | 1.0 serving ( 3 oz ) | 133 | 24.27 | 22 |
| 10962 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 133 | 26.44 | 21 |
| 17388 | Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 133 | 24.64 | 24 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 85.0 | 3.0 oz | 133 | 22.51 | 31 |
| 09409 | Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid | 250.0 | 1.0 cup | 132 | 0.90 | 30 |
| 09273 | Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid | 250.0 | 1.0 cup | 132 | 0.90 | 30 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 48.0 | 1.0 cup | 132 | 1.99 | 8 |
| 18155 | Cookies, butter, commercially prepared, enriched | 28.35 | 1.0 oz | 132 | 1.73 | 3 |
| 18421 | Cookies, butter, commercially prepared, unenriched | 28.35 | 1.0 oz | 132 | 1.73 | 3 |
| 11991 | Yautia (tannier), raw | 135.0 | 1.0 cup, sliced | 132 | 1.97 | 32 |
| 18632 | PILLSBURY, Traditional Fudge Brownie Mix, dry | 30.0 | 1.0 serving | 132 | 1.44 | -- |
| 18639 | GEORGE WESTON BAKERIES, Thomas English Muffins | 57.0 | 1.0 serving | 132 | 4.56 | -- |
| 01021 | Cheese, gjetost | 28.35 | 1.0 oz | 132 | 2.74 | 20 |
| 18154 | Cookies, brownies, prepared from recipe | 28.35 | 1.0 oz | 132 | 1.76 | 15 |
| 11911 | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt | 165.0 | 1.0 cup | 132 | 4.54 | 31 |
| 11374 | Potatoes, canned, solids and liquids | 300.0 | 1.0 cup, whole | 132 | 3.60 | 42 |
| 08105 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt | 240.0 | 1.0 cup | 132 | 4.37 | 17 |
| 18982 | KASHI, H2H Woven Wheat Cracker, Roasted Garlic | 30.0 | 7.0 cracker | 132 | 3.15 | 26 |
| 11912 | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt | 165.0 | 1.0 cup | 132 | 4.54 | 31 |
| 08594 | Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX | 32.0 | 0.75 cup (1 NLEA serving) | 132 | 1.54 | 9 |
| 28231 | MURRAY, SUGAR FREE, Vanilla Wafer | 32.0 | 9.0 cookies | 132 | 1.89 | 4 |
| 28077 | KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies | 26.0 | 3.0 cookies | 132 | 1.09 | 2 |
| 06549 | Soup, chicken mushroom, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 132 | 4.39 | 10 |
| 10920 | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 132 | 16.87 | 16 |
| 23627 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 132 | 19.36 | 20 |
| 05732 | Turkey, retail parts, breast, meat and skin, raw | 85.0 | 3.0 oz | 132 | 18.60 | 20 |
| 17384 | Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 132 | 23.75 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13464 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 132 | 18.97 | 9 |
| 23381 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 132 | 25.37 | 13 |
| 10062 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 132 | 18.32 | 22 |
| 05658 | Ostrich, top loin, cooked | 85.0 | 1.0 serving ( 3 oz ) | 132 | 23.90 | 21 |
| 23152 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 132 | 18.40 | 18 |
| 13970 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 132 | 18.04 | 19 |
| 04704 | Salad dressing, poppyseed, creamy | 33.0 | 2.0 tbsp | 132 | 0.30 | 3 |
| 07919 | Sausage, turkey, breakfast links, mild | 56.0 | 2.0 oz, 2 links | 132 | 8.64 | 9 |
| 28076 | KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate | 26.0 | 3.0 cookies | 132 | 1.14 | 6 |
| 18204 | Cookies, sugar, commercially prepared, regular (includes vanilla) | 28.35 | 1.0 oz | 132 | 1.52 | 4 |
| 09090 | Figs, canned, water pack, solids and liquids | 248.0 | 1.0 cup | 131 | 0.99 | 25 |
| 07953 | Pork sausage, link/patty, fully cooked, microwaved | 30.0 | 1.0 patty | 131 | 4.54 | 4 |
| 28253 | SUNSHINE, CHEEZ-IT, Snack Mix | 30.0 | 0.5 cup | 131 | 2.70 | 4 |
| 28227 | MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies | 28.0 | 3.0 cookies | 131 | 1.37 | 3 |
| 19049 | Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel | 28.35 | 1.0 oz | 131 | 2.79 | 6 |
| 16120 | Soymilk, original and vanilla, unfortified | 243.0 | 1.0 cup | 131 | 7.95 | 61 |
| 06590 | CAMPBELL'S Soup on the Go, Creamy Chicken Soup | 305.0 | 1.0 container | 131 | 2.99 | -- |
| 06596 | CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup | 305.0 | 1.0 container | 131 | 2.01 | -- |
| 05719 | Turkey, back, from whole bird, meat only, with added solution, raw | 114.0 | 4.0 oz | 131 | 21.97 | 24 |
| 05694 | Turkey, dark meat from whole, meat only, with added solution, raw | 114.0 | 4.0 oz | 131 | 21.97 | 24 |
| 05724 | Turkey, drumstick, from whole bird, meat only, with added solution, raw | 114.0 | 4.0 oz | 131 | 21.97 | 24 |
| 23409 | Beef, New Zealand, imported, eye round, separable lean only, raw | 113.0 | 4.0 oz | 131 | 22.77 | 25 |
| 17385 | Lamb, New Zealand, imported, tenderloin, separable lean only, raw | 113.0 | 4.0 oz | 131 | 23.20 | 29 |
| 28377 | PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns | 51.0 | 1.0 serving | 131 | 0.01 | 53 |
| 05362 | Chicken, broiler, rotisserie, BBQ, wing meat and skin | 51.0 | 1.0 wing | 131 | 11.94 | 12 |
| 09269 | Pineapple, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup, crushed, sliced, or chunks | 131 | 0.91 | 40 |
| 28073 | KEEBLER, Danish Wedding Cookies | 26.0 | 4.0 cookies | 131 | 1.01 | 4 |
| 05059 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 59.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 131 | 18.79 | 18 |
| 18180 | Cookies, oatmeal, dry mix | 28.35 | 1.0 oz | 131 | 1.84 | 14 |
| 05675 | Chicken, skin (drumsticks and thighs), cooked, roasted | 28.35 | 1.0 oz | 131 | 4.70 | 5 |
| 23175 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 131 | 18.57 | 20 |
| 17357 | Lamb, New Zealand, imported, brains, cooked, soaked and fried | 85.0 | 3.0 oz | 131 | 11.93 | 13 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23480 | Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 131 | 23.44 | 19 |
| 05624 | Emu, fan fillet, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 131 | 26.58 | 26 |
| 23353 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 131 | 25.05 | 13 |
| 15211 | Fish, salmon, chum, cooked, dry heat | 85.0 | 3.0 oz | 131 | 21.95 | 24 |
| 23648 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 131 | 17.99 | 19 |
| 42240 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds | 32.0 | 0.75 cup (1 NLEA serving) | 131 | 2.46 | 20 |
| 11402 | Potatoes, french fried, all types, salt added in processing, frozen, unprepared | 89.0 | 10.0 strip | 131 | 1.99 | 19 |
| 43364 | Snacks, tortilla chips, unsalted, white corn | 26.0 | 1.0 cup | 131 | 2.03 | 38 |
| 28228 | MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies | 28.0 | 3.0 cookies | 131 | 1.37 | 3 |
| 25060 | Snack, Pretzel, hard chocolate coated | 28.0 | 1.0 serving | 131 | 1.97 | 10 |
| 18199 | Cookies, chocolate sandwich, with creme filling, special dietary | 28.35 | 1.0 oz | 131 | 1.28 | 7 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 28.35 | 1.0 oz | 131 | 1.24 | 16 |
| 06182 | Soup, cream of mushroom, canned, condensed, reduced sodium | 251.0 | 1.0 cup | 131 | 3.04 | 13 |
| 11191 | Cowpeas (blackeyes), immature seeds, raw | 145.0 | 1.0 cup | 130 | 4.28 | 74 |
| 28046 | KEEBLER, ANIMALS, Crackers | 29.0 | 8.0 crackers 1 serving | 130 | 1.62 | 4 |
| 11774 | Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt | 165.0 | 1.0 cup | 130 | 4.21 | 46 |
| 08578 | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt | 237.0 | 1.0 cup | 130 | 4.62 | 19 |
| 18977 | KASHI, TLC, Toasted Asiago Crackers | 31.0 | 15.0 crackers | 130 | 3.94 | 18 |
| 28279 | MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies | 28.0 | 3.0 cookies | 130 | 1.48 | 12 |
| 01241 | Ice cream sandwich, made with light ice cream, vanilla | 70.0 | 1.0 serving | 130 | 3.00 | 7 |
| 23478 | Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 130 | 22.41 | 20 |
| 15212 | Fish, salmon, pink, cooked, dry heat | 85.0 | 3.0 oz | 130 | 20.89 | 27 |
| 15253 | Salmon, sockeye, canned, total can contents | 85.0 | 3.0 oz | 130 | 17.54 | 26 |
| 23080 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 130 | 18.10 | 19 |
| 13478 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 130 | 18.89 | 9 |
| 15182 | Fish, salmon, sockeye, canned, without salt, drained solids with bone | 85.0 | 3.0 oz | 130 | 17.40 | 25 |
| 23167 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 130 | 18.37 | 19 |
| 15195 | Fish, drum, freshwater, cooked, dry heat | 85.0 | 3.0 oz | 130 | 19.12 | 32 |
| 23337 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 130 | 18.28 | 10 |
| 08025 | Cereals ready-to-eat, RALSTON CRISP RICE | 33.0 | 1.25 cup (1 NLEA serving) | 130 | 2.21 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06231 | PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 130 | 3.00 | -- |
| 09444 | Juice, apple, grape and pear blend, with added ascorbic acid and calcium | 250.0 | 8.0 fl oz | 130 | 0.42 | 15 |
| 15137 | Crustaceans, crab, alaska king, cooked, moist heat | 134.0 | 1.0 leg | 130 | 25.93 | 84 |
| 05219 | Turkey, breast, from whole bird, meat only, raw | 114.0 | 4.0 oz | 130 | 26.97 | 32 |
| 17391 | Lamb, New Zealand, imported, hind-shank, separable lean only, raw | 113.0 | 4.0 oz | 130 | 23.05 | 25 |
| 18960 | Crackers, snack, GOYA CRACKERS | 30.0 | 1.0 serving (1 NLEA serving - about 4 crackers) | 130 | 4.28 | 12 |
| 13326 | Beef, variety meats and by-products, liver, cooked, braised | 68.0 | 1.0 slice | 130 | 19.77 | 14 |
| 27008 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup | 245.0 | 1.0 cup | 130 | 7.01 | -- |
| 06543 | CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup | 245.0 | 1.0 cup | 130 | 7.01 | -- |
| 27009 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder | 245.0 | 1.0 cup | 130 | 5.00 | -- |
| 06537 | CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla | 245.0 | 1.0 cup | 130 | 7.01 | -- |
| 06396 | CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup | 245.0 | 1.0 cup | 130 | 7.01 | -- |
| 06388 | CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup | 245.0 | 1.0 cup | 130 | 8.01 | -- |
| 42237 | Cereals ready-to-eat, WEETABIX whole grain cereal | 35.0 | 2.0 biscuits (1 NLEA serving) | 130 | 4.00 | 32 |
| 27018 | CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla | 245.0 | 1.0 cup | 130 | 7.01 | -- |
| 18187 | Cookies, peanut butter, refrigerated dough | 28.35 | 1.0 oz | 130 | 2.32 | 10 |
| 12071 | Nuts, almond paste | 28.35 | 1.0 oz | 130 | 2.55 | 37 |
| 06379 | CAMPBELL'S Red and White, Tomato Bisque, condensed | 126.0 | 1.0 serving 1/2 cup | 130 | 2.00 | -- |
| 25007 | Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter | 28.0 | 1.0 bar | 130 | 1.65 | -- |
| 14217 | Beverages, OCEAN SPRAY, Cran Grape | 240.0 | 8.0 fl oz | 130 | 0.50 | 2 |
| 25037 | Snacks, pita chips, salted | 28.35 | 1.0 oz | 130 | 3.34 | 10 |
| 19048 | Snacks, pretzels, hard, confectioner's coating, chocolate-flavor | 28.35 | 1.0 oz | 130 | 2.13 | 12 |
| 18186 | Cookies, peanut butter, commercially prepared, soft-type | 28.35 | 1.0 oz | 130 | 1.50 | 9 |
| 01138 | Egg, duck, whole, fresh, raw | 70.0 | 1.0 egg | 130 | 8.97 | 12 |
| 06968 | Soup, cream of mushroom, low sodium, ready-to-serve, canned | 244.0 | 1.0 cup | 129 | 2.44 | 5 |
| 17204 | Veal, variety meats and by-products, liver, cooked, pan-fried | 67.0 | 1.0 slice | 129 | 18.34 | 15 |
| 28229 | MURRAY, SUGAR FREE, Shortbread Cookies | 30.0 | 8.0 cookies | 129 | 2.10 | 4 |
| 19212 | Puddings, vanilla, dry mix, regular, prepared with 2% milk | 128.0 | 0.5 cup | 129 | 3.76 | 15 |
| 10199 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 129 | 18.53 | 19 |
| 05632 | Emu, top loin, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 129 | 24.71 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13889 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 129 | 17.06 | 16 |
| 23072 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 129 | 17.74 | 15 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 145.0 | 1.0 cup | 129 | 27.55 | 62 |
| 28263 | KEEBLER, Grahams, Cinnamon Crisp | 30.0 | 8.0 crackers | 129 | 1.77 | 4 |
| 15164 | Mollusks, mussel, blue, raw | 150.0 | 1.0 cup | 129 | 17.85 | 51 |
| 07019 | Chorizo, pork and beef | 28.35 | 1.0 oz | 129 | 6.83 | 5 |
| 25048 | Snacks, NUTRI-GRAIN FRUIT AND NUT BAR | 32.0 | 1.0 bar | 129 | 3.00 | 34 |
| 05215 | Turkey, back from whole bird, meat only, raw | 114.0 | 4.0 oz | 129 | 24.26 | 28 |
| 23417 | Beef, New Zealand, imported, hind shin, separable lean only, raw | 113.0 | 4.0 oz | 129 | 24.25 | 24 |
| 09515 | Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS | 230.0 | 1.0 cup | 129 | 1.45 | 34 |
| 16245 | SILK Very Vanilla, soymilk | 243.0 | 1.0 cup | 129 | 6.00 | 39 |
| 16247 | SILK Chai, soymilk | 243.0 | 1.0 cup | 129 | 6.00 | 0 |
| 21421 | KFC, Crispy Chicken Strips | 47.0 | 1.0 strip | 129 | 9.52 | 16 |
| 18950 | Crackers, wheat, reduced fat | 29.0 | 1.0 serving | 129 | 2.71 | 14 |
| 08314 | Cereals, QUAKER, hominy grits, white, quick, dry | 37.0 | 0.25 cup | 129 | 3.26 | 10 |
| 08493 | Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS | 33.0 | 1.0 cup (1 NLEA serving) | 129 | 1.49 | 8 |
| 16610 | MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared | 67.0 | 1.0 burger | 129 | 7.17 | -- |
| 08511 | Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt | 268.0 | 1.0 serving (3 T dry cereal plus 1 cup water) | 129 | 4.48 | 5 |
| 11211 | Edamame, frozen, unprepared | 118.0 | 1.0 cup | 129 | 13.24 | 72 |
| 28285 | Bread, chapati or roti, whole wheat, commercially prepared, frozen | 43.0 | 1.0 piece | 129 | 3.38 | 24 |
| 18088 | Cake, angelfood, dry mix, prepared | 50.0 | 1.0 piece (1/12 of 10" dia) | 128 | 3.05 | 4 |
| 06742 | Soup, vegetable beef, microwavable, ready-to-serve, single brand | 292.0 | 1.0 serving | 128 | 18.10 | -- |
| 23341 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 128 | 19.37 | 10 |
| 13320 | Beef, variety meats and by-products, brain, cooked, simmered | 85.0 | 3.0 oz | 128 | 9.92 | 10 |
| 17425 | Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled | 85.0 | 3.0 oz | 128 | 27.11 | 32 |
| 13486 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 128 | 17.41 | 19 |
| 05663 | Ground turkey, fat free, pan-broiled crumbles | 85.0 | 3.0 oz | 128 | 26.94 | 30 |
| 05747 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled | 85.0 | 3.0 oz | 128 | 25.96 | 29 |
| 19403 | Snacks, crisped rice bar, almond | 28.0 | 1.0 bar (1 oz) | 128 | 1.96 | 20 |
| 28210 | MURRAY, SUGAR FREE, Vanilla Sugar Wafer | 28.0 | 4.0 cookies | 128 | 0.90 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 01156 | Cheese, goat, hard type | 28.35 | 1.0 oz | 128 | 8.65 | 15 |
| 18249 | Doughnuts, cake-type, plain, chocolate-coated or frosted | 28.35 | 1.0 oz | 128 | 1.40 | 9 |
| 09436 | Mango nectar, canned | 251.0 | 1.0 cup | 128 | 0.28 | 8 |
| 15152 | Crustaceans, shrimp, mixed species, canned | 128.0 | 1.0 cup | 128 | 26.14 | 42 |
| 14648 | Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin | 237.0 | 8.0 fl oz | 128 | 0.31 | 12 |
| 05699 | Turkey, skin from whole, (light and dark), with added solution, roasted | 28.35 | 1.0 oz | 128 | 6.28 | 8 |
| 25046 | Snacks, bagel chips, plain | 28.35 | 1.0 oz | 128 | 3.50 | 11 |
| 28040 | KASHI, TLC, Oatmeal Dark Chocolate Cookies | 30.0 | 1.0 cookie | 128 | 2.16 | -- |
| 21381 | McDONALD'S, Fruit 'n Yogurt Parfait (without granola) | 142.0 | 1.0 item | 128 | 3.51 | 17 |
| 08488 | Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry | 35.0 | 3.0 tbsp (1 NLEA serving) | 128 | 3.67 | 5 |
| 08116 | Cereals, MALT-O-MEAL, original, plain, dry | 35.0 | 3.0 tbsp (1 NLEA serving) | 128 | 4.13 | 6 |
| 28303 | Crackers, cheese, whole grain | 31.0 | 1.0 serving 55 pieces | 128 | 2.98 | 21 |
| 06336 | CAMPBELL'S, Cream of Chicken Soup, condensed | 124.0 | 0.5 cup condensed | 128 | 2.18 | 5 |
| 05119 | Chicken, roasting, dark meat, meat only, raw | 113.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 128 | 21.18 | 24 |
| 03108 | Babyfood, vegetables, sweet potatoes strained | 224.0 | 1.0 cup | 128 | 2.46 | 29 |
| 18198 | Cookies, chocolate chip, commercially prepared, special dietary | 28.35 | 1.0 oz | 128 | 1.11 | 6 |
| 18178 | Cookies, oatmeal, commercially prepared, regular | 28.35 | 1.0 oz | 128 | 1.76 | 9 |
| 23424 | Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled | 85.0 | 3.0 oz | 128 | 19.80 | 18 |
| 17145 | Game meat, antelope, cooked, roasted | 85.0 | 3.0 oz | 128 | 25.03 | 24 |
| 23380 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 128 | 25.34 | 13 |
| 23045 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 128 | 17.63 | 20 |
| 10875 | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 128 | 23.59 | 20 |
| 08494 | Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS | 30.0 | 0.75 cup (1 NLEA serving) | 128 | 1.00 | 8 |
| 01278 | Yogurt, Greek, nonfat, vanilla, DANNON OIKOS | 150.0 | 5.3 oz | 128 | 12.18 | 15 |
| 23049 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 128 | 18.05 | 20 |
| 23343 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 128 | 18.33 | 10 |
| 09275 | Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water | 250.0 | 1.0 cup | 128 | 1.00 | 35 |
| 17103 | Veal, leg (top round), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 128 | 23.86 | 24 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 137.0 | 0.167 package (5.5 oz) yields | 127 | 3.15 | 21 |
| 06429 | CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder | 245.0 | 1.0 cup | 127 | 5.00 | -- |
| 08268 | Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY | 33.0 | 1.0 cup (1 NLEA serving) | 127 | 1.82 | 8 |
| 08273 | Cereals ready-to-eat, GENERAL MILLS, BOO BERRY | 33.0 | 1.0 cup (1 NLEA serving) | 127 | 1.82 | 16 |
| 18200 | Cookies, oatmeal, commercially prepared, special dietary | 28.35 | 1.0 oz | 127 | 1.36 | 5 |
| 11841 | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated | 74.0 | 10.0 strip | 127 | 1.97 | 19 |
| 06022 | Soup, chicken rice, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 127 | 12.26 | 10 |
| 08113 | Cereals, farina, enriched, cooked with water, without salt | 240.0 | 1.0 cup | 127 | 4.37 | 17 |
| 06039 | Soup, minestrone, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 127 | 5.11 | 14 |
| 19114 | Ice creams, chocolate, light | 68.0 | 1.0 serving | 127 | 3.40 | 14 |
| 19406 | Snacks, granola bars, soft, uncoated, nut and raisin | 28.0 | 1.0 bar (1 oz) | 127 | 2.24 | 25 |
| 07912 | Roast beef spread | 57.0 | 1.0 serving .25 cup | 127 | 8.70 | 14 |
| 28295 | Tortillas, ready-to-bake or -fry, whole wheat | 41.0 | 1.0 tortilla 1 serving | 127 | 4.00 | 35 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 31.0 | 0.75 cup (1 NLEA serving) | 127 | 1.69 | 17 |
| 08634 | Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH | 31.0 | 0.75 cup (1 NLEA serving) | 127 | 2.54 | 16 |
| 08177 | Cereals, MALT-O-MEAL, chocolate, dry | 35.0 | 3.0 tbsp (1 NLEA serving) | 127 | 3.71 | 12 |
| 16505 | LOMA LINDA Swiss Stake with Gravy, canned, unprepared | 92.0 | 1.0 piece | 127 | 9.38 | -- |
| 18993 | BEAR NAKED, Double Chocolate Cookies | 30.0 | 1.0 cookie | 127 | 1.98 | 16 |
| 28085 | KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat | 27.0 | 4.0 cookies | 127 | 1.51 | 1 |
| 28269 | MOTHER'S, Old Fashioned Oatmeal Cookies | 27.0 | 2.0 cookies | 127 | 1.76 | 2 |
| 08101 | Cereals, CREAM OF RICE, cooked with water, without salt | 244.0 | 1.0 cup | 127 | 2.20 | 7 |
| 08168 | Cereals, CREAM OF RICE, cooked with water, with salt | 244.0 | 1.0 cup | 127 | 2.20 | 7 |
| 09163 | Blueberries, dried, sweetened | 40.0 | 0.25 cup | 127 | 1.00 | 7 |
| 18377 | Cookies, oatmeal, prepared from recipe, without raisins | 28.35 | 1.0 oz | 127 | 1.93 | 12 |
| 19280 | Frozen novelties, ice type, lime | 99.0 | 0.5 cup (4 fl oz) | 127 | 0.40 | 1 |
| 13284 | Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 127 | 17.99 | 17 |
| 17347 | Game meat, deer, tenderloin, separable lean only, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 127 | 25.42 | 28 |
| 23370 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 127 | 19.49 | 9 |
| 23383 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 127 | 25.09 | 13 |
| 23336 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 127 | 18.42 | 10 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23254 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 127 | 19.12 | 22 |
| 10118 | Pork, fresh, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 127 | 23.97 | 13 |
| 23385 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 127 | 19.49 | 9 |
| 13426 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 127 | 23.26 | 15 |
| 16618 | MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared | 67.0 | 1.0 burger | 127 | 6.16 | -- |
| 07934 | Kielbasa, Polish, turkey and beef, smoked | 56.0 | 1.0 serving 2 oz | 127 | 7.34 | -- |
| 05363 | Ruffed Grouse, breast meat, skinless, raw | 113.0 | 4.0 oz | 127 | 29.31 | 36 |
| 09428 | Rowal, raw | 114.0 | 0.5 cup | 127 | 2.62 | 36 |
| 08678 | Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX | 31.0 | 0.75 cup (1 NLEA serving) | 126 | 1.45 | 8 |
| 28399 | Cookies, animal crackers (includes arrowroot, tea biscuits) | 28.35 | 1.0 oz | 126 | 1.96 | 5 |
| 19009 | Snacks, KRAFT, CORNNUTS, plain | 28.35 | 1.0 oz | 126 | 2.41 | 32 |
| 08629 | Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal | 32.0 | 1.0 cup (1 NLEA serving) | 126 | 1.47 | 18 |
| 16602 | MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared | 80.0 | 5.0 meatballs | 126 | 14.16 | -- |
| 18631 | PILLSBURY, Crusty French Loaf, refrigerated dough | 52.0 | 1.0 serving | 126 | 4.47 | -- |
| 18566 | Artificial Blueberry Muffin Mix, dry | 31.0 | 1.0 muffin | 126 | 1.46 | -- |
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 28.35 | 1.0 oz | 126 | 2.47 | 27 |
| 08046 | Cereals ready-to-eat, POST, Honeycomb Cereal | 32.0 | 1.5 cup (1 NLEA serving) | 126 | 1.92 | 14 |
| 08355 | Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS | 33.0 | 1.0 cup (1 NLEA serving) | 126 | 1.39 | 20 |
| 04699 | Oil, industrial, soy, low linolenic | 14.0 | 1.0 tablespoon | 126 | 0.00 | -- |
| 28389 | PEPPERIDGE FARM, White Bread | 45.0 | 1.0 serving | 126 | 0.00 | -- |
| 04698 | Oil, industrial, canola, high oleic | 14.0 | 1.0 tablespoon | 126 | 0.00 | -- |
| 01280 | Yogurt, Greek, nonfat, strawberry, DANNON OIKOS | 150.0 | 5.3 oz | 126 | 12.04 | 16 |
| 18275 | Muffins, blueberry, dry mix | 43.0 | 1.0 serving | 126 | 1.50 | 6 |
| 09232 | Passion-fruit juice, purple, raw | 247.0 | 1.0 cup | 126 | 0.96 | 42 |
| 08512 | Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt | 268.0 | 1.0 serving (3 T dry cereal plus 1 cup water) | 126 | 3.67 | 11 |
| 05354 | USDA Commodity, turkey taco meat, frozen, cooked | 85.0 | 3.0 oz | 126 | 14.28 | 23 |
| 05125 | Chicken, stewing, meat only, raw | 85.0 | 3.0 oz | 126 | 18.07 | 20 |
| 10899 | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 126 | 23.10 | 21 |
| 05749 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled | 85.0 | 3.0 oz | 126 | 25.08 | 26 |
| 15053 | Fish, milkfish, raw | 85.0 | 3.0 oz | 126 | 17.45 | 26 |
| 17128 | Veal, shoulder, blade chop, separable lean and fat, raw | 85.0 | 3.0 oz | 126 | 15.91 | 27 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15159 | Mollusks, clam, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 126 | 21.72 | 15 |
| 23155 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 126 | 19.17 | 20 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33.0 | 1.25 cup (1 NLEA serving) | 126 | 2.23 | 9 |
| 05673 | Chicken, skin (drumsticks and thighs), cooked, braised | 28.35 | 1.0 oz | 126 | 4.14 | 4 |
| 08169 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt | 251.0 | 1.0 cup (1 serving) | 126 | 3.66 | 13 |
| 08103 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt | 251.0 | 1.0 cup (1 serving) | 126 | 3.61 | 13 |
| 09452 | Orange Pineapple Juice Blend | 246.0 | 8.0 fl oz | 125 | 1.01 | 25 |
| 06316 | Soup, HEALTHY CHOICE Garden Vegetable Soup, canned | 246.0 | 1.0 serving 1 cup | 125 | 5.24 | -- |
| 14083 | Beverages, chocolate malt, powder, prepared with fat free milk | 256.0 | 1.0 serving | 125 | 8.32 | 51 |
| 18965 | Crackers, cheese, reduced fat | 30.0 | 1.0 serving | 125 | 3.00 | 7 |
| 09164 | Litchis, raw | 190.0 | 1.0 cup | 125 | 1.58 | 19 |
| 20077 | Wheat bran, crude | 58.0 | 1.0 cup | 125 | 9.02 | 354 |
| 19270 | Ice creams, chocolate | 58.0 | 1.0 individual (3.5 fl oz) | 125 | 2.20 | 17 |
| 19898 | Ice creams, regular, low carbohydrate, vanilla | 58.0 | 1.0 individual (3.5 fl oz) | 125 | 1.84 | 8 |
| 15092 | Fish, sea bass, mixed species, cooked, dry heat | 101.0 | 1.0 fillet | 125 | 23.87 | 54 |
| 07914 | Sausage, Italian, sweet, links | 84.0 | 1.0 link 3 oz | 125 | 13.55 | 10 |
| 21463 | Yogurt parfait, lowfat, with fruit and granola | 149.0 | 1.0 item | 125 | 5.01 | 25 |
| 15091 | Fish, sea bass, mixed species, raw | 129.0 | 1.0 fillet | 125 | 23.77 | 53 |
| 08349 | Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES | 32.0 | 1.0 cup (1 NLEA serving) | 125 | 1.50 | 8 |
| 06977 | Gravy, meat or poultry, low sodium, prepared | 236.0 | 1.0 cup | 125 | 8.97 | 5 |
| 28223 | MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies | 26.0 | 4.0 cookies | 125 | 1.56 | 12 |
| 18212 | Cookies, vanilla wafers, lower fat | 28.35 | 1.0 oz | 125 | 1.42 | 4 |
| 05150 | Goose, liver, raw | 94.0 | 1.0 liver | 125 | 15.39 | 23 |
| 09443 | Juice, apple and grape blend, with added ascorbic acid | 250.0 | 8.0 fl oz | 125 | 0.40 | 18 |
| 09510 | Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E | 250.0 | 1.0 cup | 125 | 0.90 | 28 |
| 05220 | Turkey, breast, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 125 | 25.61 | 27 |
| 10222 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 125 | 22.13 | 25 |
| 23342 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 125 | 18.46 | 10 |
| 06403 | CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup | 245.0 | 1.0 cup | 125 | 8.01 | -- |
| 01080 | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D | 245.0 | 1.0 cup | 125 | 8.53 | 34 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05186 | Turkey, all classes, light meat, cooked, roasted | 85.0 | 1.0 serving | 125 | 25.61 | 27 |
| 05228 | Turkey, wing, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 125 | 25.61 | 27 |
| 43026 | Syrups, sugar free | 240.0 | 1.0 cup | 125 | 1.92 | 0 |
| 05674 | Chicken, skin (drumsticks and thighs), raw | 28.35 | 1.0 oz | 125 | 2.72 | 2 |
| 06736 | Soup, cream of chicken, canned, condensed, single brand | 126.0 | 1.0 serving | 125 | 3.02 | -- |
| 11167 | Corn, sweet, yellow, raw | 145.0 | 1.0 cup | 125 | 4.74 | 54 |
| 14034 | Alcoholic beverage, creme de menthe, 72 proof | 33.6 | 1.0 fl oz | 125 | 0.00 | -- |
| 19265 | Ice creams, chocolate, light, no sugar added | 72.0 | 1.0 serving 1/2 cup | 125 | 2.55 | 11 |
| 06625 | SMART SOUP, Vietnamese Carrot Lemongrass | 283.0 | 10.0 oz 1 pouch | 125 | 3.68 | -- |
| 28161 | KELLOGG'S, ALL-BRAN, Multigrain Crackers | 30.0 | 18.0 crackers | 124 | 2.58 | 21 |
| 09223 | Tangerine juice, canned, sweetened | 249.0 | 1.0 cup | 124 | 1.24 | 20 |
| 09103 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids | 249.0 | 1.0 cup | 124 | 1.27 | 20 |
| 28359 | GLUTINO, Gluten Free Wafers, Milk Chocolate | 23.0 | 3.0 cookies | 124 | 0.93 | 9 |
| 28333 | Cookies, gluten-free, chocolate wafer | 23.0 | 3.0 cookies | 124 | 0.93 | 9 |
| 08699 | Cereals ready-to-eat, KELLOGG'S KRAVE Smores | 31.0 | 0.75 Cup (1 NLEA serving) | 124 | 2.26 | 10 |
| 28041 | KASHI, TLC, Oatmeal Raisin Flax Cookies | 30.0 | 1.0 cookie | 124 | 2.31 | 19 |
| 16517 | WORTHINGTON Prime Stakes, canned, unprepared | 92.0 | 1.0 piece | 124 | 9.38 | -- |
| 28298 | Cookies, brownies, commercially prepared, reduced fat, with added fiber | 36.0 | 1.0 brownie 1 serving | 124 | 1.00 | 11 |
| 19017 | Snacks, granola bars, hard, chocolate chip | 28.35 | 1.0 oz | 124 | 2.07 | 20 |
| 17167 | Game meat, elk, cooked, roasted | 85.0 | 3.0 oz | 124 | 25.66 | 20 |
| 13863 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 124 | 17.14 | 16 |
| 15135 | Fish, yellowtail, mixed species, raw | 85.0 | 3.0 oz | 124 | 19.67 | 26 |
| 15081 | Fish, salmon, coho, wild, raw | 85.0 | 3.0 oz | 124 | 18.38 | 26 |
| 17149 | Bison, ground, grass-fed, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 124 | 17.20 | 18 |
| 23074 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 124 | 17.82 | 15 |
| 16507 | LOMA LINDA Redi-Burger, canned, unprepared | 85.0 | 1.0 slice , 5/8" | 124 | 18.62 | -- |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 33.0 | 1.25 cup (1 NLEA serving) | 124 | 2.04 | 14 |
| 08641 | Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar | 33.0 | 1.0 packet | 124 | 3.35 | 34 |
| 19020 | Snacks, granola bars, soft, uncoated, plain | 28.0 | 1.0 bar (1 oz) | 124 | 2.07 | 21 |
| 09254 | Pears, canned, juice pack, solids and liquids | 248.0 | 1.0 cup, halves | 124 | 0.84 | 17 |
| 06149 | Soup, chicken mushroom, canned, condensed | 124.0 | 0.5 cup | 124 | 2.00 | 9 |
| 16147 | Veggie burgers or soyburgers, unprepared | 70.0 | 1.0 pattie | 124 | 10.99 | 39 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18114 | Cake, gingerbread, dry mix | 28.35 | 1.0 oz | 124 | 1.25 | 6 |
| 06158 | Soup, tomato bisque, canned, condensed | 129.0 | 0.5 cup (4 fl oz) | 124 | 2.27 | 9 |
| 04584 | Oil, sunflower, high oleic (70% and over) | 14.0 | 1.0 tbsp | 124 | 0.00 | -- |
| 04581 | Oil, avocado | 14.0 | 1.0 tbsp | 124 | 0.00 | -- |
| 04678 | Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%) | 14.0 | 1.0 tbsp | 124 | 0.00 | -- |
| 04582 | Oil, canola | 14.0 | 1.0 tbsp | 124 | 0.00 | -- |
| 04685 | Oil, cooking and salad, ENOVA, 80% diglycerides | 14.0 | 1.0 tbsp (1 NLEA serving) | 124 | 0.00 | -- |
| 44005 | Oil, corn, peanut, and olive | 14.0 | 1.0 tablespoon | 124 | 0.00 | -- |
| 42289 | Oil, corn and canola | 14.0 | 1.0 tbsp | 124 | 0.00 | -- |
| 04583 | Oil, mustard | 14.0 | 1.0 tbsp | 124 | 0.00 | -- |
| 08662 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries | 31.0 | 0.75 cup (1 NLEA serving) | 124 | 2.08 | 14 |
| 18107 | Coffeecake, cinnamon with crumb topping, dry mix | 28.35 | 1.0 oz | 124 | 1.36 | 5 |
| 19401 | Snacks, cornnuts, barbecue-flavor | 28.35 | 1.0 oz | 124 | 2.55 | 31 |
| 06558 | Soup, tomato bisque, canned, prepared with equal volume water | 247.0 | 1.0 cup (8 fl oz) | 124 | 2.27 | 10 |
| 06116 | Gravy, beef, canned, ready-to-serve | 233.0 | 1.0 cup | 123 | 8.74 | 5 |
| 08173 | Cereals, farina, enriched, cooked with water, with salt | 233.0 | 1.0 cup | 123 | 4.24 | 16 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 28.35 | 1.0 oz | 123 | 1.84 | 12 |
| 19104 | Candies, fudge, vanilla with nuts | 28.35 | 1.0 oz | 123 | 0.85 | 7 |
| 05158 | Quail, meat only, raw | 92.0 | 1.0 quail | 123 | 20.02 | 23 |
| 17350 | Veal, Australian, shank, fore, bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 123 | 16.64 | -- |
| 05748 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised | 85.0 | 3.0 oz | 123 | 24.00 | 24 |
| 10874 | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 123 | 21.21 | 18 |
| 05656 | Ostrich, tip trimmed, cooked | 85.0 | 1.0 serving ( 3 oz ) | 123 | 24.22 | 21 |
| 13971 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 123 | 18.04 | 19 |
| 13488 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 123 | 17.68 | 19 |
| 13334 | Beef, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 123 | 21.34 | 16 |
| 13468 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 123 | 19.22 | 9 |
| 13294 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 123 | 18.01 | 19 |
| 17186 | Lamb, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 123 | 10.67 | 12 |
| 10853 | HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored | 112.0 | 4.0 oz | 123 | 19.28 | 24 |
| 09079 | Cranberries, dried, sweetened | 40.0 | 0.25 cup | 123 | 0.07 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14638 | Beverages, Horchata, as served in restaurant | 228.0 | 1.0 cup | 123 | 1.09 | 7 |
| 08652 | Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal | 31.0 | 0.75 cup (1 NLEA serving) | 123 | 2.17 | 12 |
| 18152 | Cookies, brownies, dry mix, regular | 28.35 | 1.0 oz | 123 | 1.13 | 11 |
| 08679 | Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH | 30.0 | 0.75 cup (1 NLEA serving) | 123 | 1.56 | 8 |
| 09301 | Rambutan, canned, syrup pack | 150.0 | 1.0 cup, drained | 123 | 0.98 | 10 |
| 11359 | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased | 82.0 | 10.0 strip | 123 | 1.92 | 17 |
| 01174 | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D | 246.0 | 1.0 cup | 123 | 8.12 | 27 |
| 01285 | Yogurt, Greek, strawberry, nonfat | 150.0 | 1.0 container (5.3 oz) | 123 | 12.08 | 15 |
| 08588 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal | 30.0 | 1.0 cup (1 NLEA serving) | 123 | 1.71 | 4 |
| 18346 | Rolls, dinner, rye | 43.0 | 1.0 large (approx 3-1/2" to 4" dia) | 123 | 4.43 | 23 |
| 03084 | Babyfood, dinner, vegetables and turkey, strained | 256.0 | 1.0 cup | 123 | 5.94 | 33 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 32.0 | 1.0 cup (1 NLEA serving) | 123 | 1.57 | 8 |
| 14084 | Alcoholic beverage, wine, table, all | 148.0 | 1.0 serving (5 fl oz) | 123 | 0.10 | 16 |
| 18350 | Rolls, hamburger or hotdog, plain | 44.0 | 1.0 roll 1 serving | 123 | 4.30 | 10 |
| 07924 | Bratwurst, pork, beef and turkey, lite, smoked | 66.0 | 1.0 serving 2.33 oz | 123 | 9.54 | 9 |
| 18157 | Cookies, chocolate wafers | 28.35 | 1.0 oz | 123 | 1.87 | 15 |
| 03213 | Babyfood, cookies | 28.35 | 1.0 oz | 123 | 3.35 | 14 |
| 28241 | SUNSHINE, GRIPZ, Cheez-It Crackers | 25.0 | 1.0 package | 123 | 2.75 | 4 |
| 28034 | GIRL SCOUTS, Thank U Berry Munch Cookies | 25.0 | 2.0 cookies | 123 | 1.15 | 0 |
| 04590 | Fish oil, herring | 13.6 | 1.0 tbsp | 123 | 0.00 | -- |
| 04594 | Fish oil, sardine | 13.6 | 1.0 tbsp | 123 | 0.00 | -- |
| 04591 | Fish oil, menhaden | 13.6 | 1.0 tbsp | 123 | 0.00 | -- |
| 04593 | Fish oil, salmon | 13.6 | 1.0 tbsp | 123 | 0.00 | -- |
| 01095 | Milk, canned, condensed, sweetened | 38.2 | 1.0 fl oz | 123 | 3.02 | 10 |
| 06177 | Soup, minestrone, canned, reduced sodium, ready-to-serve | 245.0 | 1.0 cup | 122 | 4.90 | 32 |
| 18420 | Cake, yellow, unenriched, dry mix | 28.35 | 1.0 oz | 122 | 1.25 | 3 |
| 19434 | Cheese puffs and twists, corn based, baked, low fat | 28.35 | 1.0 oz | 122 | 2.41 | 12 |
| 19880 | Ice creams, BREYERS, No Sugar Added, Butter Pecan | 68.0 | 1.0 serving 1/2 cup | 122 | 2.71 | -- |
| 23338 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 122 | 18.62 | 10 |
| 05000 | Chicken, broiler, rotisserie, BBQ, breast meat only | 85.0 | 3.0 oz | 122 | 23.83 | 21 |
| 17374 | Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered | 85.0 | 3.0 oz | 122 | 17.96 | 21 |
| 23479 | Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 122 | 22.13 | 20 |
| 15110 | Fish, swordfish, raw | 85.0 | 3.0 oz | 122 | 16.71 | 25 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13482 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 122 | 19.05 | 10 |
| 15117 | Fish, tuna, fresh, bluefin, raw | 85.0 | 3.0 oz | 122 | 19.83 | 42 |
| 17352 | Veal, Australian, shank, hind, bone-in, separable lean and fat | 85.0 | 3.0 oz | 122 | 16.81 | -- |
| 04518 | Oil, corn, industrial and retail, all purpose salad or cooking | 13.6 | 1.0 tbsp | 122 | 0.00 | -- |
| 05727 | Turkey, retail parts, breast, meat and skin, with added solution, raw | 85.0 | 3.0 oz | 122 | 17.67 | 20 |
| 19039 | Snacks, popcorn, caramel-coated, without peanuts | 28.35 | 1.0 oz | 122 | 1.08 | 10 |
| 05319 | Chicken, broiler, rotisserie, BBQ, drumstick, meat only | 71.0 | 1.0 drumstick | 122 | 19.67 | 16 |
| 19193 | Puddings, rice, ready-to-eat | 113.0 | 1.0 serving 4 oz pudding cup | 122 | 3.65 | 9 |
| 09506 | Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E | 249.0 | 1.0 cup | 122 | 1.69 | 27 |
| 09209 | Orange juice, chilled, includes from concentrate | 249.0 | 1.0 cup | 122 | 1.69 | 27 |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D | 244.0 | 1.0 cup | 122 | 8.05 | 27 |
| 14199 | Beverages, tea, black, ready-to-drink, lemon, sweetened | 271.0 | 1.0 cup | 122 | 0.00 | 3 |
| 05129 | Chicken, stewing, light meat, meat only, raw | 89.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 122 | 20.56 | 23 |
| 18247 | Danish pastry, nut (includes almond, raisin nut, cinnamon nut) | 28.35 | 1.0 oz | 122 | 2.01 | 9 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 28.35 | 1.0 oz | 122 | 1.90 | 11 |
| 18177 | Cookies, molasses | 28.35 | 1.0 oz | 122 | 1.59 | 15 |
| 28191 | KELLOGG'S, SPECIAL K, Savory Herb Crackers | 30.0 | 24.0 crackers | 122 | 3.27 | 24 |
| 18533 | ARCHWAY Home Style Cookies, Iced Oatmeal | 28.0 | 1.0 serving | 122 | 1.37 | -- |
| 43417 | Babyfood, meat, beef with vegetables, toddler | 179.0 | 1.0 jar NFS | 122 | 6.26 | 20 |
| 08639 | Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar | 34.0 | 1.0 packet (1 NLEA serving) | 122 | 3.83 | 39 |
| 43572 | Popcorn, microwave, low fat and sodium | 28.35 | 1.0 oz | 122 | 3.57 | 43 |
| 23079 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 122 | 18.09 | 20 |
| 13520 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 122 | 17.30 | 16 |
| 23373 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 122 | 18.51 | 10 |
| 15228 | Crustaceans, spiny lobster, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 122 | 22.45 | 43 |
| 23386 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 122 | 19.61 | 10 |
| 23367 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 122 | 18.51 | 10 |
| 05165 | Turkey, whole, meat and skin, raw | 85.0 | 3.0 oz | 122 | 18.39 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23061 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 122 | 17.79 | 20 |
| 10032 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 122 | 18.04 | 15 |
| 23253 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 122 | 19.22 | 23 |
| 10061 | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 122 | 22.24 | 25 |
| 17169 | Game meat, goat, cooked, roasted | 85.0 | 3.0 oz | 122 | 23.04 | 0 |
| 23369 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 122 | 19.61 | 10 |
| 17157 | Game meat, bison, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 122 | 24.17 | 22 |
| 10024 | Pork, fresh, loin, whole, separable lean only, raw | 85.0 | 3.0 oz | 122 | 18.22 | 20 |
| 23037 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 122 | 17.33 | 20 |
| 14233 | Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink | 248.0 | 8.0 fl oz | 122 | 0.69 | 2 |
| 21346 | McDONALD'S, NEWMAN'S OWN Cobb Dressing | 62.0 | 2.0 fl oz | 122 | 1.05 | 2 |
| 08204 | Cereals ready-to-eat, chocolate-flavored frosted puffed corn | 30.0 | 1.0 cup | 122 | 1.00 | 11 |
| 06125 | Gravy, turkey, canned, ready-to-serve | 238.0 | 1.0 cup | 121 | 6.19 | 5 |
| 19033 | Snacks, GENERAL MILLS, CHEX MIX, traditional flavor | 28.35 | 1.0 oz | 121 | 2.50 | 14 |
| 04047 | Oil, coconut | 13.6 | 1.0 tbsp | 121 | 0.00 | -- |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 23.0 | 1.0 piece (1/8 of 9" crust) | 121 | 1.47 | 3 |
| 09516 | Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana | 233.0 | 1.0 cup | 121 | 1.03 | 30 |
| 28162 | KELLOGG'S, Corn Flakes Crumbs | 33.0 | 6.0 tbsp | 121 | 2.48 | 13 |
| 14227 | Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink | 247.0 | 8.0 fl oz | 121 | 0.54 | 5 |
| 06434 | CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup | 247.0 | 1.0 cup | 121 | 7.81 | 25 |
| 09025 | Apricots, canned, extra light syrup pack, with skin, solids and liquids | 247.0 | 1.0 cup, halves | 121 | 1.48 | 15 |
| 28242 | SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers | 25.0 | 1.0 pouch | 121 | 2.70 | 4 |
| 19027 | Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip | 28.0 | 1.0 bar (1 oz) | 121 | 2.74 | 25 |
| 08595 | Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX | 30.0 | 0.75 cup (1 NLEA serving) | 121 | 1.50 | 8 |
| 07918 | Sausage, summer, pork and beef, sticks, with cheddar cheese | 28.35 | 1.0 oz | 121 | 5.51 | 4 |
| 18250 | Doughnuts, cake-type, plain, sugared or glazed | 28.35 | 1.0 oz | 121 | 1.47 | 5 |
| 18196 | Cookies, brownies, dry mix, sugar free | 28.35 | 1.0 oz | 121 | 0.82 | 1 |
| 03217 | Zwieback | 28.35 | 1.0 oz | 121 | 2.86 | 4 |
| 23344 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 121 | 18.66 | 10 |
| 23063 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 121 | 18.35 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85.0 | 3.0 oz | 121 | 20.61 | 27 |
| 23646 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 121 | 18.07 | 19 |
| 23179 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 121 | 19.09 | 20 |
| 17361 | Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 121 | 20.14 | 21 |
| 15076 | Fish, salmon, Atlantic, wild, raw | 85.0 | 3.0 oz | 121 | 16.86 | 25 |
| 18949 | Crackers, whole-wheat, reduced fat | 29.0 | 1.0 serving | 121 | 3.29 | 35 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31.0 | 0.75 cup (1 NLEA serving) | 121 | 1.43 | 12 |
| 08409 | Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes | 31.0 | 0.75 cup (1 NLEA serving) | 121 | 1.32 | 4 |
| 14620 | Beverages, V8 V-FUSION Juices, Peach Mango | 246.0 | 1.0 serving 8 oz | 121 | 1.01 | 17 |
| 32007 | Taquitos, frozen, beef and cheese, oven-heated | 42.0 | 1.0 piece | 121 | 3.95 | 10 |
| 14621 | Beverages, V8 V-FUSION Juices, Strawberry Banana | 246.0 | 1.0 serving 8 oz | 121 | 1.01 | 17 |
| 14622 | Beverages, V8 V-FUSION Juices, Tropical | 246.0 | 1.0 serving 8 oz | 121 | 1.01 | 17 |
| 19128 | Syrups, table blends, pancake, reduced-calorie | 73.0 | 1.0 serving 1/4 cup | 120 | 0.00 | 1 |
| 08590 | Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon | 33.0 | 0.75 cup (1 NLEA serving) | 120 | 3.83 | 9 |
| 08706 | Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal | 32.0 | 1.0 Cup (1 NLEA serving) | 120 | 2.75 | 27 |
| 28190 | KELLOGG'S, SPECIAL K, Multigrain Crackers | 30.0 | 24.0 crackers | 120 | 2.70 | 9 |
| 43570 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted | 30.0 | 0.75 cup (1 NLEA serving) | 120 | 2.14 | 15 |
| 08346 | Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH | 30.0 | 0.75 cup (1 NLEA serving) | 120 | 1.09 | 2 |
| 04707 | Oil, flaxseed, contains added sliced flaxseed | 13.7 | 1.0 tablespoon | 120 | 0.05 | 2 |
| 06353 | CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 120 | 3.00 | -- |
| 06343 | CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 120 | 4.01 | -- |
| 14421 | Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk | 185.0 | 6.0 fl oz | 120 | 6.10 | 30 |
| 04502 | Oil, cottonseed, salad or cooking | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04642 | Oil, industrial, mid-oleic, sunflower | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04534 | Oil, babassu | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04659 | Oil, industrial, coconut, confection fat, typical basis for ice cream coatings | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04058 | Oil, sesame, salad or cooking | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04530 | Oil, apricot kernel | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04656 | Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04669 | USDA Commodity Food, oil, vegetable, soybean, refined | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04653 | Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04516 | Oil, teaseed | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04650 | Oil, industrial, soy, refined, for woks and light frying | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04545 | Oil, sunflower, linoleic, (partially hydrogenated) | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04646 | Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04663 | Oil, industrial, palm kernel (hydrogenated), filling fat | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04570 | Shortening, confectionery, fractionated palm | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04506 | Oil, sunflower, linoleic, (approx. 65%) | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04643 | Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04700 | Oil, industrial, soy, ultra low linolenic | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04536 | Oil, sheanut | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04660 | Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04060 | Oil, sunflower, linoleic (less than 60%) | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04588 | Oil, oat | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04657 | Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04670 | USDA Commodity Food, oil, vegetable, low saturated fat | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04528 | Oil, walnut | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04654 | Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04517 | Oil, grapeseed | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04651 | Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04034 | Oil, soybean, salad or cooking, (partially hydrogenated) | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04514 | Oil, poppyseed | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04648 | Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04543 | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04664 | Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04572 | Oil, nutmeg butter | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04510 | Oil, safflower, salad or cooking, linoleic, (over 70%) | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04644 | Oil, industrial, canola for salads, woks and light frying | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04701 | Oil, industrial, soy, fully hydrogenated | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04501 | Oil, cocoa butter | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04532 | Oil, hazelnut | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04658 | Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04055 | Oil, palm | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04529 | Oil, almond | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04044 | Oil, soybean, salad or cooking | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04652 | Oil, industrial, soy ( partially hydrogenated), all purpose | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04037 | Oil, rice bran | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04515 | Oil, tomatoseed | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04649 | Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04573 | Oil, ucuhuba butter | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 04511 | Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04645 | Oil, industrial, canola (partially hydrogenated) oil for deep fat frying | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 42231 | Oil, flaxseed, cold pressed | 13.6 | 1.0 tbsp | 120 | 0.01 | 0 |
| 04702 | Oil, industrial, cottonseed, fully hydrogenated | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 04541 | Oil, cupu assu | 13.6 | 1.0 tablespoon | 120 | 0.00 | -- |
| 03214 | Babyfood, cookies, arrowroot | 28.35 | 1.0 oz | 120 | 2.15 | 6 |
| 25001 | Snacks, popcorn, microwave, low fat | 28.35 | 1.0 oz | 120 | 3.57 | 43 |
| 18182 | Cookies, oatmeal, refrigerated dough | 28.35 | 1.0 oz | 120 | 1.53 | 8 |
| 08575 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt | 231.0 | 1.0 cup | 120 | 4.34 | 18 |
| 08387 | Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat | 33.0 | 0.75 cup (1 NLEA serving) | 120 | 3.76 | 2 |
| 21059 | Fast foods, shrimp, breaded and fried | 39.0 | 3.0 pieces shrimp | 120 | 3.06 | 6 |
| 08643 | Cereals ready-to-eat, GENERAL MILLS, Honey KIX | 33.0 | 1.25 cup (1 NLEA serving) | 120 | 2.11 | 16 |
| 11403 | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 76.0 | 10.0 fries | 120 | 2.09 | 18 |
| 06462 | CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup | 245.0 | 1.0 cup | 120 | 8.01 | -- |
| 06529 | CAMPBELL'S Homestyle Light New England Clam Chowder | 245.0 | 1.0 cup | 120 | 6.00 | -- |
| 06441 | CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup | 245.0 | 1.0 cup | 120 | 7.01 | -- |
| 27007 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup | 245.0 | 1.0 serving | 120 | 7.01 | -- |
| 06408 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup | 245.0 | 1.0 cup | 120 | 3.99 | -- |
| 06541 | CAMPBELL'S Homestyle Italian-Style Wedding Soup | 245.0 | 1.0 cup | 120 | 7.01 | -- |
| 14095 | Beverages, MINUTE MAID, Lemonada, Limeade | 240.0 | 8.0 fl oz | 120 | 0.00 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08553 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry | 30.0 | 0.75 cup (1 NLEA serving) | 120 | 2.00 | 24 |
| 01281 | Yogurt, Greek, nonfat, strawberry, CHOBANI | 150.0 | 5.3 oz | 120 | 12.04 | 15 |
| 08666 | Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS | 32.0 | 1.0 cup (1 NLEA serving) | 120 | 2.02 | 16 |
| 42236 | Cereals ready-to-eat, frosted oat cereal with marshmallows | 30.0 | 0.75 cup (1 NLEA serving) | 120 | 2.13 | 8 |
| 14054 | Beverages, almond milk, chocolate, ready-to-drink | 240.0 | 8.0 fl oz | 120 | 1.51 | 29 |
| 27060 | Soup, chunky vegetable, reduced sodium, canned, ready-to-serve | 240.0 | 1.0 cup | 120 | 2.78 | 29 |
| 06749 | Soup, beef and vegetables, canned, ready-to-serve | 250.0 | 1.0 cup | 120 | 7.95 | 25 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 32.0 | 0.75 cup (1 NLEA serving) | 120 | 2.02 | 8 |
| 09062 | Cherimoya, raw | 160.0 | 1.0 cup, pieces | 120 | 2.51 | 27 |
| 08665 | Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches | 30.0 | 0.75 cup (1 NLEA serving) | 120 | 2.13 | 14 |
| 06063 | Soup, tomato rice, canned, condensed | 129.0 | 0.5 cup (4 fl oz) | 120 | 2.12 | 5 |
| 18135 | Cake, pudding-type, white, enriched, dry mix | 28.35 | 1.0 oz | 120 | 1.11 | 3 |
| 18142 | Cake, pudding-type, yellow, dry mix | 28.35 | 1.0 oz | 120 | 1.13 | 3 |
| 18419 | Cake, pudding-type, white, unenriched, dry mix | 28.35 | 1.0 oz | 120 | 1.11 | 3 |
| 11962 | Peppers, hot chile, sun-dried | 37.0 | 1.0 cup | 120 | 3.91 | 33 |
| 15080 | Fish, salmon, chum, canned, drained solids with bone | 85.0 | 3.0 oz | 120 | 18.22 | 26 |
| 15180 | Fish, salmon, chum, canned, without salt, drained solids with bone | 85.0 | 3.0 oz | 120 | 18.22 | 26 |
| 23057 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 120 | 17.57 | 20 |
| 23656 | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 120 | 18.33 | 20 |
| 05736 | Turkey, retail parts, drumstick, meat and skin, raw | 85.0 | 3.0 oz | 120 | 16.97 | 18 |
| 05645 | Ostrich, inside leg, cooked | 85.0 | 1.0 serving ( 3 oz ) | 120 | 24.66 | 21 |
| 05631 | Emu, oyster, raw | 85.0 | 3.0 oz | 120 | 19.39 | 26 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS | 29.0 | 0.75 cup (1 NLEA serving) | 120 | 1.97 | 16 |
| 04661 | Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 32.0 | 0.75 cup (1 NLEA serving) | 120 | 3.19 | 31 |
| 08210 | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE | 32.0 | 0.75 cup (1 NLEA serving) | 120 | 2.92 | 29 |
| 11178 | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared | 136.0 | 1.0 cup | 120 | 4.11 | 24 |
| 04662 | Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) | 13.6 | 1.0 tbsp | 120 | 0.00 | -- |
| 06222 | PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 120 | 2.00 | -- |
| 19405 | Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow | 28.0 | 1.0 bar (1 oz) | 120 | 1.71 | 20 |
| 43369 | Beverages, Chocolate-flavored drink, whey and milk based | 244.0 | 1.0 cup | 120 | 1.56 | 27 |
| 18235 | Crackers, whole-wheat | 28.0 | 1.0 serving | 120 | 2.96 | 31 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18974 | KASHI, TLC, Honey Sesame Crackers | 30.0 | 15.0 cracker | 119 | 2.61 | 7 |
| 08481 | Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES | 30.0 | 0.75 cup (1 NLEA serving) | 119 | 1.34 | 9 |
| 08628 | Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal | 32.0 | 0.75 cup (1 NLEA serving) | 119 | 2.93 | 29 |
| 08549 | Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal | 32.0 | 0.75 cup (1 NLEA serving) | 119 | 2.99 | 29 |
| 18176 | Cookies, marshmallow, chocolate-coated (includes marshmallow pies) | 28.35 | 1.0 oz | 119 | 1.13 | 10 |
| 05686 | Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted | 28.35 | 1.0 oz | 119 | 5.76 | 5 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 28.35 | 1.0 oz | 119 | 1.74 | 5 |
| 08083 | Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS | 31.0 | 1.0 cup (1 NLEA serving) | 119 | 1.03 | 1 |
| 08615 | Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes | 31.0 | 0.75 cup (1 NLEA serving) | 119 | 2.08 | 7 |
| 04053 | Oil, olive, salad or cooking | 13.5 | 1.0 tablespoon | 119 | 0.00 | -- |
| 04042 | Oil, peanut, salad or cooking | 13.5 | 1.0 tbsp | 119 | 0.00 | -- |
| 18522 | ARCHWAY Home Style Cookies, Chocolate Chip Ice Box | 24.0 | 1.0 serving | 119 | 1.03 | -- |
| 15241 | Fish, trout, rainbow, farmed, cooked, dry heat | 71.0 | 1.0 fillet | 119 | 16.90 | 21 |
| 19021 | Snacks, granola bars, soft, uncoated, peanut butter | 28.0 | 1.0 bar (1 oz) | 119 | 2.94 | 24 |
| 32006 | Taquitos, frozen, chicken and cheese, oven-heated | 42.0 | 1.0 piece | 119 | 3.87 | 10 |
| 08658 | Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal | 30.0 | 0.75 cup (1 NLEA serving) | 119 | 2.13 | 14 |
| 16240 | SILK Light Chocolate, soymilk | 243.0 | 1.0 cup | 119 | 5.01 | 39 |
| 08352 | Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal | 32.0 | 0.75 cup (1 NLEA serving) | 119 | 3.66 | 44 |
| 11308 | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 175.0 | 1.0 cup | 119 | 7.82 | 32 |
| 07926 | Salami, Italian, pork | 28.0 | 1.0 oz | 119 | 6.08 | 6 |
| 23483 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 119 | 18.83 | 18 |
| 23039 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 119 | 17.96 | 21 |
| 10207 | Pork, fresh, loin, country-style ribs, separable lean only, raw | 85.0 | 3.0 oz | 119 | 17.65 | 20 |
| 13293 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 119 | 17.96 | 19 |
| 06121 | Gravy, mushroom, canned | 238.0 | 1.0 cup | 119 | 3.00 | 5 |
| 05316 | Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled | 85.0 | 3.0 oz | 119 | 23.46 | -- |
| 27023 | CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup | 305.0 | 1.0 container | 119 | 2.99 | -- |
| 11927 | Mountain yam, hawaii, cooked, steamed, with salt | 145.0 | 1.0 cup, cubes | 119 | 2.51 | 14 |
| 11259 | Mountain yam, hawaii, cooked, steamed, without salt | 145.0 | 1.0 cup, cubes | 119 | 2.51 | 14 |
| 08347 | Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH | 30.0 | 0.75 cup (1 NLEA serving) | 119 | 1.26 | 3 |
| 20030 | Hominy, canned, white | 165.0 | 1.0 cup | 119 | 2.44 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08674 | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey | 30.0 | 0.75 cup (1 NLEA serving) | 119 | 2.03 | 8 |
| 18979 | KASHI, H2H Woven Wheat Cracker, Original | 30.0 | 7.0 cracker | 119 | 3.18 | 26 |
| 35183 | Corn, dried, yellow (Northern Plains Indians) | 28.35 | 1.0 oz | 119 | 4.11 | 42 |
| 18617 | NABISCO, NABISCO GRAHAMS Crackers | 28.0 | 1.0 serving | 119 | 1.96 | 17 |
| 23415 | Beef, New Zealand, imported, variety meats and by-products, heart, raw | 113.0 | 4.0 oz | 119 | 20.93 | 25 |
| 17373 | Lamb, New Zealand, imported, heart, raw | 113.0 | 4.0 oz | 119 | 20.44 | 23 |
| 19326 | Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar | 22.0 | 1.0 serving 0.78 oz bar | 119 | 1.28 | -- |
| 18417 | Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched | 28.35 | 1.0 oz | 119 | 1.93 | 6 |
| 18104 | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched | 28.35 | 1.0 oz | 119 | 1.93 | 6 |
| 18412 | Bread, cornbread, dry mix, unenriched (includes corn muffin mix) | 28.35 | 1.0 oz | 119 | 1.98 | 7 |
| 18022 | Bread, cornbread, dry mix, enriched (includes corn muffin mix) | 28.35 | 1.0 oz | 119 | 1.98 | 7 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30.0 | 0.75 cup (1 NLEA serving) | 118 | 1.29 | 6 |
| 19409 | Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 | 33.0 | 2.0 tablespoon | 118 | 0.47 | 7 |
| 08576 | Cereals, CREAM OF WHEAT, 1 minute cook time, dry | 33.0 | 3.0 tablespoon (1 serving) | 118 | 3.88 | 15 |
| 28346 | Waffles, gluten-free, frozen, ready-to-heat | 45.0 | 1.0 waffle | 118 | 1.22 | 14 |
| 28102 | KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size | 25.0 | 1.0 pouch | 118 | 1.32 | 9 |
| 28382 | PEPPERIDGE FARM, Farmhouse Oatmeal Bread | 43.0 | 1.0 serving | 118 | 0.00 | -- |
| 18271 | Ice cream cones, cake or wafer-type | 28.35 | 1.0 oz | 118 | 2.30 | 7 |
| 18251 | Doughnuts, cake-type, chocolate, sugared or glazed | 28.35 | 1.0 oz | 118 | 1.28 | 10 |
| 07936 | Bologna, pork and turkey, lite | 56.0 | 1.0 serving 2 oz | 118 | 7.31 | 10 |
| 15247 | Fish, salmon, coho, wild, cooked, dry heat | 85.0 | 3.0 oz | 118 | 19.93 | 28 |
| 05739 | Turkey, drumstick, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 118 | 25.61 | 27 |
| 15181 | Fish, salmon, pink, canned, without salt, solids with bone and liquid | 85.0 | 3.0 oz | 118 | 16.81 | 29 |
| 10933 | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 118 | 22.52 | 20 |
| 13519 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 118 | 17.31 | 17 |
| 23372 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 118 | 18.65 | 10 |
| 23366 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 118 | 18.65 | 10 |
| 13973 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 118 | 17.57 | 18 |
| 15051 | Fish, mackerel, spanish, raw | 85.0 | 3.0 oz | 118 | 16.40 | 28 |
| 08584 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight | 31.0 | 0.75 cup (1 NLEA serving) | 118 | 2.02 | 19 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08047 | Cereals ready-to-eat, QUAKER, KING VITAMAN | 31.0 | 1.5 cup (1 NLEA serving) | 118 | 1.99 | 25 |
| 28020 | KASHI, TLC, Pita Crisps, Zesty Salsa | 31.0 | 11.0 crisps | 118 | 3.41 | 11 |
| 28017 | KASHI, TLC, Pita Crisps, Sea Salt | 31.0 | 11.0 crisps | 118 | 3.26 | 11 |
| 01084 | Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D | 246.0 | 1.0 cup | 118 | 9.67 | 39 |
| 18117 | Cake, pudding-type, marble, dry mix | 28.35 | 1.0 oz | 118 | 0.96 | 5 |
| 19833 | Snacks, tortilla chips, low fat, unsalted | 28.35 | 1.0 oz | 118 | 3.12 | 27 |
| 18172 | Cookies, gingersnaps | 28.35 | 1.0 oz | 118 | 1.59 | 14 |
| 22118 | MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared | 67.0 | 1.0 burger | 118 | 11.93 | -- |
| 15219 | Fish, trout, mixed species, cooked, dry heat | 62.0 | 1.0 fillet | 118 | 16.51 | 17 |
| 18092 | Cake, pudding-type, carrot, dry mix | 28.35 | 1.0 oz | 118 | 1.45 | 2 |
| 19433 | Tortilla chips, low fat, baked without fat | 28.35 | 1.0 oz | 118 | 3.12 | 27 |
| 19876 | Ice creams, BREYERS, All Natural Light French Vanilla | 68.0 | 1.0 serving 1/2 cup | 118 | 3.28 | -- |
| 06457 | CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup | 245.0 | 1.0 cup | 118 | 8.01 | -- |
| 09263 | Persimmons, japanese, raw | 168.0 | 1.0 fruit (2-1/2" dia) | 118 | 0.97 | 15 |
| 19440 | Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip | 28.0 | 1.0 bar | 118 | 1.25 | 20 |
| 18532 | ARCHWAY Home Style Cookies, Iced Molasses | 28.0 | 1.0 serving | 118 | 0.98 | -- |
| 08672 | Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS | 30.0 | 0.75 cup (1 NLEA serving) | 118 | 1.05 | 9 |
| 28103 | KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size | 25.0 | 1.0 pouch | 118 | 1.18 | 6 |
| 11304 | Peas, green, raw | 145.0 | 1.0 cup | 117 | 7.86 | 48 |
| 08531 | Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt | 32.0 | 0.75 cup (1 NLEA serving) | 117 | 2.27 | 16 |
| 18641 | INTERSTATE BRANDS CORP, WONDER Hamburger Rolls | 43.0 | 1.0 serving | 117 | 3.47 | -- |
| 05715 | Turkey, skin, from retail parts, from dark meat, cooked, roasted | 28.35 | 1.0 oz | 117 | 6.97 | 7 |
| 18241 | Croissants, cheese | 28.35 | 1.0 oz | 117 | 2.61 | 7 |
| 05664 | Ground turkey, fat free, patties, broiled | 85.0 | 1.0 patty | 117 | 24.64 | 30 |
| 10097 | Pork, fresh, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 117 | 10.32 | 10 |
| 15260 | Fish, salmon, pink, canned, drained solids | 85.0 | 3.0 oz | 117 | 19.64 | 27 |
| 23607 | Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 117 | 19.49 | 20 |
| 31030 | Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared | 85.0 | 3.0 oz | 117 | 2.04 | -- |
| 23245 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 117 | 18.14 | 20 |
| 23264 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 117 | 19.14 | 22 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04513 | Vegetable oil, palm kernel | 13.6 | 1.0 tablespoon | 117 | 0.00 | -- |
| 08573 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry | 33.0 | 3.0 tablespoon (1 NLEA serving) | 117 | 3.83 | 15 |
| 06416 | Soup, cream of chicken, canned, prepared with equal volume water | 244.0 | 1.0 cup | 117 | 3.44 | 2 |
| 16581 | GARDENBURGER Flame Grilled Burger, frozen, unprepared | 96.0 | 1.0 patty | 117 | 14.59 | -- |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 244.0 | 1.0 cup, halves | 117 | 1.54 | 24 |
| 01023 | Cheese, gruyere | 28.35 | 1.0 oz | 117 | 8.45 | 10 |
| 09210 | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 249.0 | 1.0 cup | 117 | 1.69 | 27 |
| 09211 | Orange juice, chilled, includes from concentrate, with added calcium | 249.0 | 1.0 cup | 117 | 1.69 | 27 |
| 09207 | Orange juice, canned, unsweetened | 249.0 | 1.0 cup | 117 | 1.69 | 25 |
| 01286 | Yogurt, Greek, vanilla, nonfat | 150.0 | 1.0 container (5.3 oz) | 117 | 12.96 | 15 |
| 08305 | Cereals ready-to-eat, Post, Waffle Crisp | 30.0 | 1.0 cup (1 NLEA serving) | 117 | 1.98 | 22 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 34.8 | 1.0 fl oz | 117 | 0.03 | 1 |
| 15114 | Fish, trout, mixed species, raw | 79.0 | 1.0 fillet | 117 | 16.41 | 17 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31.0 | 1.0 cup (1 NLEA serving) | 117 | 5.51 | 4 |
| 18253 | Doughnuts, french crullers, glazed | 28.35 | 1.0 oz | 117 | 0.88 | 3 |
| 18325 | Pie, pecan, prepared from recipe | 28.35 | 1.0 oz | 117 | 1.39 | 7 |
| 10123 | Pork, cured, bacon, unprepared | 28.0 | 1.0 slice raw | 117 | 3.53 | 3 |
| 18121 | Cake, pound, commercially prepared, other than all butter, enriched | 30.0 | 1.0 piece (1/10 of 10.6 oz cake) | 117 | 1.56 | 4 |
| 18981 | KASHI, TLC, Fire Roasted Vegetable Crackers | 30.0 | 15.0 crackers | 117 | 3.60 | 21 |
| 18418 | Cake, pound, commercially prepared, other than all butter, unenriched | 30.0 | 1.0 piece (1/10 of 10.6 oz cake) | 117 | 1.56 | 4 |
| 08206 | Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS | 30.0 | 0.75 cup (1 NLEA serving) | 117 | 1.02 | 8 |
| 08002 | Cereals ready-to-eat, POST, ALPHA-BITS | 30.0 | 1.0 cup (1 NLEA serving for adults) | 117 | 3.00 | 30 |
| 28375 | VAN'S, Gluten Free, Totally Original Waffles | 47.0 | 1.0 waffle | 117 | 1.41 | 15 |
| 14255 | Beverages, OCEAN SPRAY, Cran Pomegranate | 248.0 | 8.0 fl oz | 117 | 0.17 | 2 |
| 36008 | T.G.I. FRIDAY'S, fried mozzarella | 35.0 | 1.0 piece | 117 | 5.54 | 8 |
| 11518 | Taro, raw | 104.0 | 1.0 cup, sliced | 116 | 1.56 | 34 |
| 05081 | Chicken, broilers or fryers, leg, meat only, cooked, fried | 56.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 116 | 15.89 | 14 |
| 14047 | Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan | 26.0 | 1.0 scoop | 116 | 2.11 | 100 |
| 13596 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 116 | 18.09 | 20 |
| 17196 | Lamb, variety meats and by-products, kidneys, cooked, braised | 85.0 | 3.0 oz | 116 | 20.10 | 17 |
| 23047 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 116 | 17.83 | 20 |
| 15177 | Mollusks, whelk, unspecified, raw | 85.0 | 3.0 oz | 116 | 20.26 | 73 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23073 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 116 | 17.94 | 15 |
| 13972 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 116 | 17.52 | 18 |
| 05342 | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning | 85.0 | 3.0 oz | 116 | 23.80 | 21 |
| 23657 | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 116 | 18.22 | 19 |
| 13903 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 116 | 17.24 | 17 |
| 10873 | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 116 | 20.52 | 19 |
| 11905 | Corn, sweet, white, canned, whole kernel, drained solids | 164.0 | 1.0 cup | 116 | 3.80 | 21 |
| 08491 | Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S | 30.0 | 1.0 cup (1 NLEA serving) | 116 | 2.58 | 28 |
| 43382 | Cranberry juice, unsweetened | 253.0 | 1.0 cup | 116 | 0.99 | 15 |
| 05721 | Turkey, breast, from whole bird, meat only, with added solution, raw | 114.0 | 4.0 oz | 116 | 24.56 | 28 |
| 19002 | Snacks, beef jerky, chopped and formed | 28.35 | 1.0 oz | 116 | 9.41 | 14 |
| 28380 | PEPPERIDGE FARM, Whole Grain 15 Grain Bread | 43.0 | 1.0 serving | 116 | 0.00 | -- |
| 08676 | Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS | 30.0 | 1.0 cup (1 NLEA serving) | 116 | 2.58 | 28 |
| 01094 | Milk, buttermilk, dried | 30.0 | 0.25 cup | 116 | 10.29 | 33 |
| 08670 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH | 30.0 | 0.75 cup (1 NLEA serving) | 116 | 2.73 | 31 |
| 08138 | Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS | 30.0 | 1.0 cup | 116 | 2.08 | 21 |
| 08659 | Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS | 30.0 | 0.75 cup (1 NLEA serving) | 116 | 1.53 | 11 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 30.0 | 1.0 cup (1 NLEA serving) | 116 | 1.44 | 8 |
| 06463 | Soup, tomato rice, canned, prepared with equal volume water | 247.0 | 1.0 cup | 116 | 2.03 | 5 |
| 09255 | Pears, canned, extra light syrup pack, solids and liquids | 247.0 | 1.0 cup, halves | 116 | 0.74 | 12 |
| 16504 | LOMA LINDA Tender Rounds with Gravy, canned, unprepared | 80.0 | 6.0 pieces | 116 | 13.04 | -- |
| 18179 | Cookies, oatmeal, commercially prepared, soft-type | 28.35 | 1.0 oz | 116 | 1.73 | 9 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 31.0 | 0.75 cup (1 NLEA serving) | 116 | 1.64 | 8 |
| 09514 | Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST | 252.0 | 1.0 cup | 116 | 1.59 | -- |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30.0 | 0.75 cup (1 NLEA serving) | 116 | 2.49 | 24 |
| 08655 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches | 29.0 | 0.75 cup (1 NLEA serving) | 116 | 2.03 | 10 |
| 28392 | PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread | 43.0 | 1.0 serving | 116 | 0.00 | -- |
| 28384 | PEPPERIDGE FARM, Farmhouse Sourdough Bread | 43.0 | 1.0 serving | 116 | 0.00 | -- |
| 10048 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 116 | 18.52 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15265 | Fish, Salmon, pink, canned, drained solids, without skin and bones | 85.0 | 3.0 oz | 116 | 20.93 | 20 |
| 17189 | Veal, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 116 | 9.76 | 14 |
| 15147 | Crustaceans, lobster, northern, raw | 150.0 | 1.0 lobster | 116 | 24.78 | 57 |
| 08309 | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES | 30.0 | 0.75 cup (1 NLEA serving) | 116 | 2.04 | 7 |
| 18975 | KASHI, TLC, Original 7-Grain Crackers | 30.0 | 15.0 crackers | 116 | 4.17 | 29 |
| 19327 | Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar | 22.0 | 1.0 serving 0.78 oz bar | 116 | 1.40 | -- |
| 04520 | Fat, mutton tallow | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 04001 | Fat, beef tallow | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 04002 | Lard | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 05169 | Turkey, skin from whole, (light and dark), raw | 28.35 | 1.0 oz | 115 | 3.67 | 3 |
| 18324 | Pie, pecan, commercially prepared | 28.35 | 1.0 oz | 115 | 1.28 | 6 |
| 06415 | CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup | 206.0 | 1.0 cup | 115 | 5.95 | 21 |
| 05067 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter | 43.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 115 | 9.44 | 9 |
| 04549 | Shortening industrial, lard and vegetable oil | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 04542 | Fat, chicken | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 20330 | Hominy, canned, yellow | 160.0 | 1.0 cup | 115 | 2.37 | 26 |
| 04550 | Shortening frying (heavy duty), beef tallow and cottonseed | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 04575 | Fat, turkey | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 19393 | Frozen yogurts, chocolate, soft-serve | 72.0 | 0.5 cup (4 fl oz) | 115 | 2.88 | 19 |
| 08032 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES | 30.0 | 0.75 cup (1 NLEA serving) | 115 | 1.29 | 7 |
| 04576 | Fat, goose | 12.8 | 1.0 tbsp | 115 | 0.00 | -- |
| 04544 | Shortening, household, lard and vegetable oil | 12.8 | 1.0 tablespoon | 115 | 0.00 | -- |
| 05696 | Turkey from whole, light meat, meat only, with added solution, raw | 114.0 | 4.0 oz | 115 | 24.56 | 28 |
| 08015 | Cereals ready-to-eat, POST, COCOA PEBBLES | 29.0 | 0.75 cup (1 NLEA serving) | 115 | 1.39 | 9 |
| 08495 | Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES | 29.0 | 0.75 cup (1 NLEA serving) | 115 | 1.20 | 8 |
| 05344 | Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning | 28.35 | 1.0 oz | 115 | 5.01 | 7 |
| 18239 | Croissants, butter | 28.35 | 1.0 oz | 115 | 2.32 | 5 |
| 09124 | Grapefruit juice, white, canned, sweetened | 250.0 | 1.0 cup | 115 | 1.45 | 25 |
| 19260 | Ice creams, vanilla, light, no sugar added | 68.0 | 1.0 serving 1/2 cup | 115 | 2.70 | 6 |
| 08471 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus | 32.0 | 0.75 cup (1 NLEA serving) | 115 | 9.98 | 30 |
| 11286 | Onions, yellow, sauteed | 87.0 | 1.0 cup chopped | 115 | 0.83 | 8 |
| 11830 | Potatoes, baked, skin only, with salt | 58.0 | 1.0 skin | 115 | 2.49 | 25 |
| 11364 | Potatoes, baked, skin, without salt | 58.0 | 1.0 skin | 115 | 2.49 | 25 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18151 | Cookies, brownies, commercially prepared | 28.35 | 1.0 oz | 115 | 1.36 | 9 |
| 28381 | PEPPERIDGE FARM, Farmhouse Hearty White Bread | 43.0 | 1.0 serving | 115 | 0.00 | -- |
| 11864 | Squash, winter, acorn, cooked, baked, with salt | 205.0 | 1.0 cup, cubes | 115 | 2.30 | 88 |
| 11483 | Squash, winter, acorn, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 115 | 2.30 | 88 |
| 16508 | LOMA LINDA Tender Bits, canned, unprepared | 85.0 | 6.0 pieces | 115 | 12.84 | -- |
| 23255 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 115 | 19.35 | 21 |
| 23374 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 115 | 18.84 | 11 |
| 23609 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 115 | 19.47 | 21 |
| 23371 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 115 | 19.80 | 10 |
| 23368 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 115 | 18.84 | 11 |
| 23384 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 115 | 19.80 | 10 |
| 13325 | Beef, variety meats and by-products, liver, raw | 85.0 | 3.0 oz | 115 | 17.31 | 15 |
| 15105 | Fish, sturgeon, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 115 | 17.60 | 38 |
| 28318 | Bread, french or vienna, whole wheat | 48.0 | 1.0 slice 1 serving | 115 | 4.00 | 25 |
| 28031 | GIRL SCOUTS, Do-si-dos Cookies | 24.0 | 2.0 cookies | 115 | 1.94 | -- |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 31.0 | 1.0 cup (1 NLEA serving) | 115 | 1.98 | 8 |
| 28186 | KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar | 30.0 | 27.0 chips | 115 | 1.92 | 16 |
| 11360 | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated | 69.0 | 10.0 strip | 115 | 1.73 | 19 |
| 18453 | Cake, yellow, light, dry mix | 28.35 | 1.0 oz | 115 | 1.33 | 3 |
| 19293 | Frozen yogurts, vanilla, soft-serve | 72.0 | 0.5 cup | 114 | 2.88 | 10 |
| 09101 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids | 130.0 | 0.5 cup | 114 | 0.51 | 6 |
| 11507 | Sweet potato, raw, unprepared | 133.0 | 1.0 cup, cubes | 114 | 2.09 | 33 |
| 18436 | Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns) | 28.35 | 1.0 oz | 114 | 1.81 | 6 |
| 18244 | Danish pastry, cinnamon, enriched | 28.35 | 1.0 oz | 114 | 1.98 | 5 |
| 18430 | Danish pastry, cinnamon, unenriched | 28.35 | 1.0 oz | 114 | 1.98 | 5 |
| 05684 | Chicken, skin (drumsticks and thighs), with added solution, cooked, braised | 28.35 | 1.0 oz | 114 | 3.48 | 3 |
| 16216 | Vitasoy USA, Vitasoy Organic Classic Original Soymilk | 243.0 | 1.0 cup | 114 | 7.78 | -- |
| 06395 | CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup | 243.0 | 1.0 cup | 114 | 8.29 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16227 | Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 114 | 5.10 | 36 |
| 08348 | Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice | 33.0 | 1.25 cup (1 NLEA serving) | 114 | 2.00 | 8 |
| 09400 | Apple juice, canned or bottled, unsweetened, with added ascorbic acid | 248.0 | 1.0 cup | 114 | 0.25 | 12 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248.0 | 1.0 cup | 114 | 0.25 | 12 |
| 14256 | Beverages, OCEAN SPRAY, Cran Cherry | 248.0 | 8.0 fl oz | 114 | 0.47 | 2 |
| 09071 | Cherries, sweet, canned, water pack, solids and liquids | 248.0 | 1.0 cup, pitted | 114 | 1.91 | 22 |
| 08635 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar | 30.0 | 1.0 cup (1 NLEA serving) | 114 | 1.95 | 20 |
| 09531 | Fruit juice smoothie, NAKED JUICE, strawberry banana | 228.0 | 1.0 cup | 114 | 1.09 | 32 |
| 28189 | KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch | 30.0 | 27.0 chips | 114 | 1.86 | 16 |
| 21143 | CHICK-FIL-A, Chick-n-Strips | 50.0 | 1.0 strip | 114 | 10.70 | 15 |
| 18272 | Ice cream cones, sugar, rolled-type | 28.35 | 1.0 oz | 114 | 2.24 | 9 |
| 25000 | Snacks, popcorn, microwave, 94% fat free | 28.35 | 1.0 oz | 114 | 3.04 | 35 |
| 18614 | MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry | 28.0 | 1.0 serving | 114 | 1.24 | -- |
| 05349 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning | 53.0 | 1.0 drumstick | 114 | 14.24 | 13 |
| 05310 | Chicken, cornish game hens, meat only, cooked, roasted | 85.0 | 3.0 oz | 114 | 19.80 | 16 |
| 13349 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 114 | 17.88 | 20 |
| 15200 | Fish, mackerel, king, cooked, dry heat | 85.0 | 3.0 oz | 114 | 22.10 | 35 |
| 23244 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 114 | 18.17 | 21 |
| 17000 | Veal, Australian, rib, rib roast, separable lean only, raw | 85.0 | 3.0 oz | 114 | 18.44 | -- |
| 15130 | Fish, whitefish, mixed species, raw | 85.0 | 3.0 oz | 114 | 16.23 | 28 |
| 17173 | Game meat, moose, cooked, roasted | 85.0 | 3.0 oz | 114 | 24.88 | 20 |
| 04606 | Meat drippings (lard, beef tallow, mutton tallow) | 12.8 | 1.0 tablespoon | 114 | 0.00 | -- |
| 08675 | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds | 30.0 | 0.75 cup (1 NLEA serving) | 114 | 2.34 | 18 |
| 18191 | Cookies, raisin, soft-type | 28.35 | 1.0 oz | 114 | 1.16 | 6 |
| 28351 | Cookies, Marie biscuit | 28.0 | 5.0 cookie | 114 | 1.97 | 8 |
| 06402 | Soup, black bean, canned, prepared with equal volume water | 247.0 | 1.0 cup | 114 | 5.98 | 42 |
| 09513 | Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD | 227.0 | 1.0 cup | 114 | 1.43 | 20 |
| 11310 | Peas, green, canned, seasoned, solids and liquids | 227.0 | 1.0 cup | 114 | 7.01 | 34 |
| 19038 | Snacks, popcorn, caramel-coated, with peanuts | 28.35 | 1.0 oz (approx 2/3 cup) | 113 | 1.81 | 23 |
| 06016 | Soup, cream of chicken, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 113 | 3.00 | 5 |
| 06621 | SMART SOUP, Greek Minestrone | 283.0 | 10.0 oz 1 pouch | 113 | 4.81 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14635 | Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E | 246.0 | 1.0 serving 8 oz | 113 | 0.74 | 17 |
| 04560 | Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04554 | Shortening industrial, soybean (hydrogenated) and cottonseed | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04587 | Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04615 | Shortening, vegetable, household, composite | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04031 | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04666 | Shortening, industrial, soy (partially hydrogenated ) and corn for frying | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04556 | Shortening frying (heavy duty), palm (hydrogenated) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04546 | Shortening bread, soybean (hydrogenated) and cottonseed | 12.8 | 1.0 tablespoon | 113 | 0.00 | -- |
| 04667 | Shortening, industrial, soy (partially hydrogenated ) for baking and confections | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04595 | Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04559 | Shortening household soybean (hydrogenated) and palm | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04586 | Shortening, special purpose for cakes and frostings, soybean (hydrogenated) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04551 | Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 04548 | Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 05315 | Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted | 56.0 | 1.0 unit (yield from 1 lb ready-to-cook duck) | 113 | 13.72 | -- |
| 19010 | Snacks, crisped rice bar, chocolate chip | 28.0 | 1.0 bar (1 oz) | 113 | 1.43 | 13 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 28.35 | 1.0 oz | 113 | 1.03 | 10 |
| 28395 | PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread | 43.0 | 1.0 serving | 113 | 0.00 | -- |
| 23111 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 113 | 17.99 | 20 |
| 13974 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 113 | 17.44 | 18 |
| 13523 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 113 | 17.33 | 17 |
| 05154 | Pheasant, raw, meat only | 85.0 | 3.0 oz | 113 | 20.03 | 17 |
| 10210 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 113 | 19.12 | 19 |
| 23263 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 113 | 19.26 | 22 |
| 05155 | Pheasant, breast, meat only, raw | 85.0 | 3.0 oz | 113 | 20.71 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15214 | Fish, seatrout, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 113 | 18.24 | 34 |
| 23030 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 113 | 18.20 | 20 |
| 05111 | Canada Goose, breast meat, skinless, raw | 85.0 | 3.0 oz | 113 | 20.66 | 25 |
| 23585 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 113 | 19.61 | 20 |
| 04574 | Fat, duck | 12.8 | 1.0 tbsp | 113 | 0.00 | -- |
| 20115 | Noodles, japanese, soba, cooked | 114.0 | 1.0 cup | 113 | 5.77 | 10 |
| 08701 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain | 31.0 | 1.0 Cup (1 NLEA serving) | 113 | 2.35 | 20 |
| 14627 | Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12 | 240.0 | 1.0 serving | 113 | 1.13 | 0 |
| 43125 | Beans, liquid from stewed kidney beans | 240.0 | 1.0 cup | 113 | 4.32 | 89 |
| 14639 | Beverages, rice milk, unsweetened | 240.0 | 8.0 fl oz (approximate weight, 1 serving) | 113 | 0.67 | 26 |
| 04592 | Fish oil, menhaden, fully hydrogenated | 12.5 | 1.0 tbsp | 113 | 0.00 | -- |
| 14066 | Beverages, Protein powder whey based | 32.0 | 0.33 cup | 113 | 25.00 | 62 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27.0 | 0.75 cup (1 NLEA serving) | 113 | 1.92 | 19 |
| 18402 | Pie crust, standard-type, prepared from recipe, unbaked | 24.0 | 1.0 piece (1/8 of 9" crust) | 113 | 1.37 | 3 |
| 22123 | MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared | 67.0 | 1.0 burger | 113 | 9.78 | -- |
| 18131 | Cake, white, dry mix, special dietary (includes lemon-flavored) | 28.35 | 1.0 oz | 113 | 0.85 | 3 |
| 03215 | Babyfood, pretzels | 28.35 | 1.0 oz | 113 | 3.06 | 8 |
| 08602 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan | 30.0 | 0.75 cup (1 NLEA serving) | 112 | 2.25 | 20 |
| 09018 | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid | 239.0 | 1.0 cup | 112 | 0.33 | 12 |
| 09411 | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid | 239.0 | 1.0 cup | 112 | 0.33 | 12 |
| 18284 | Muffins, wheat bran, dry mix | 28.35 | 1.0 oz | 112 | 2.01 | 25 |
| 43543 | Milk, imitation, non-soy | 244.0 | 1.0 cup | 112 | 3.90 | 2 |
| 10931 | Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 112 | 22.12 | 20 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30.0 | 1.0 cup (1 NLEA serving) | 112 | 2.55 | 11 |
| 10225 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 112 | 19.03 | 22 |
| 10881 | Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 112 | 18.44 | 13 |
| 23240 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 112 | 19.58 | 21 |
| 09139 | Guavas, common, raw | 165.0 | 1.0 cup | 112 | 4.21 | 36 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15220 | Fish, tuna, skipjack, fresh, cooked, dry heat | 85.0 | 3.0 oz | 112 | 23.98 | 37 |
| 10084 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw | 85.0 | 3.0 oz | 112 | 15.92 | 19 |
| 13595 | Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 112 | 18.25 | 20 |
| 01003 | Butter oil, anhydrous | 12.8 | 1.0 tbsp | 112 | 0.04 | 0 |
| 15141 | Crustaceans, crab, blue, canned | 135.0 | 1.0 cup | 112 | 24.14 | 49 |
| 09526 | Cranberry sauce, jellied, canned, OCEAN SPRAY | 70.0 | 0.25 cup | 112 | 0.74 | 1 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1.0 oz | 112 | 3.78 | 12 |
| 19387 | Frozen novelties, ice type, pineapple-coconut | 99.0 | 0.5 cup (4 fl oz) | 112 | 0.00 | 5 |
| 09530 | Fruit juice smoothie, ODWALLA, strawberry banana | 233.0 | 1.0 cup | 112 | 1.16 | 33 |
| 18529 | ARCHWAY Home Style Cookies, Frosty Lemon | 26.0 | 1.0 serving | 112 | 1.15 | -- |
| 07958 | Turkey sausage, fresh, cooked | 57.0 | 1.0 serving | 112 | 13.62 | 12 |
| 19107 | Candies, hard | 28.35 | 1.0 oz | 112 | 0.00 | 1 |
| 09206 | Orange juice, raw | 248.0 | 1.0 cup | 112 | 1.74 | 27 |
| 28340 | Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch | 36.0 | 1.0 roll | 112 | 2.88 | 16 |
| 43311 | Potatoes, canned, drained solids, no salt added | 180.0 | 1.0 cup | 112 | 2.52 | 25 |
| 32035 | BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared | 72.0 | 1.0 patty | 112 | 4.96 | 12 |
| 28370 | UDI'S, Gluten Free, Classic French Dinner Rolls | 36.0 | 1.0 roll | 112 | 2.88 | 16 |
| 14192 | Beverages, Cocoa mix, powder | 28.0 | 1.0 serving (3 heaping tsp or 1 envelope) | 111 | 1.87 | 23 |
| 15240 | Fish, trout, rainbow, farmed, raw | 79.0 | 1.0 fillet | 111 | 15.75 | 20 |
| 15262 | Fish, tilapia, cooked, dry heat | 87.0 | 1.0 fillet | 111 | 22.75 | 30 |
| 19271 | Ice creams, strawberry | 58.0 | 1.0 individual (3.5 fl oz) | 111 | 1.86 | 8 |
| 15261 | Fish, tilapia, raw | 116.0 | 1.0 fillet | 111 | 23.29 | 31 |
| 10877 | Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 111 | 18.09 | 16 |
| 17161 | Game meat, buffalo, water, cooked, roasted | 85.0 | 3.0 oz | 111 | 22.81 | 28 |
| 15001 | Fish, anchovy, european, raw | 85.0 | 3.0 oz | 111 | 17.30 | 35 |
| 10868 | Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 111 | 18.73 | 17 |
| 23123 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 111 | 18.01 | 22 |
| 08684 | Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's | 30.0 | 1.0 cup (1 NLEA serving) | 111 | 2.49 | 16 |
| 08653 | Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free | 30.0 | 1.0 cup (1 NLEA serving) | 111 | 2.34 | 45 |
| 08211 | Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S | 27.0 | 0.75 cup (1 NLEA serving) | 111 | 1.06 | 12 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28297 | Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber | 27.0 | 1.0 cake 1 serving | 111 | 1.00 | 3 |
| 22126 | LOMA LINDA Big Franks, canned, unprepared | 51.0 | 1.0 link | 111 | 10.96 | -- |
| 08661 | Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS | 28.0 | 1.0 cup (1 NLEA serving) | 111 | 1.65 | 12 |
| 14234 | Beverages, OCEAN SPRAY, Cran Lemonade | 247.0 | 8.0 fl oz | 111 | 0.17 | 2 |
| 14258 | Beverages, OCEAN SPRAY, White Cranberry Peach | 247.0 | 8.0 fl oz | 111 | 0.32 | 5 |
| 01033 | Cheese, parmesan, hard | 28.35 | 1.0 oz | 111 | 10.14 | 12 |
| 11177 | Corn, sweet, yellow, canned, drained solids, rinsed with tap water | 150.0 | 1.0 cup drained, rinsed | 111 | 3.27 | 16 |
| 08383 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries | 31.0 | 1.0 cup (1 NLEA serving) | 111 | 1.95 | 18 |
| 08642 | Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar | 31.0 | 1.0 packet (1 NLEA serving) | 111 | 3.19 | 32 |
| 14154 | Beverages, Energy drink, RED BULL | 258.0 | 1.0 can 8.4 fl oz | 111 | 1.19 | 49 |
| 28396 | PEPPERIDGE FARM, Whole Grain Oatmeal Bread | 43.0 | 1.0 serving | 111 | 0.00 | -- |
| 06046 | Soup, cream of onion, canned, condensed | 126.0 | 0.5 cup | 111 | 2.77 | 6 |
| 19096 | Ice creams, vanilla, light, soft-serve | 88.0 | 1.0 serving 1/2 cup | 111 | 4.31 | 12 |
| 11973 | Beans, fava, in pod, raw | 126.0 | 1.0 cup | 111 | 9.98 | 42 |
| 18097 | Cake, pudding-type, chocolate, dry mix | 28.35 | 1.0 oz | 111 | 1.30 | 12 |
| 19070 | Candies, butterscotch | 28.35 | 1.0 oz | 111 | 0.01 | 0 |
| 01012 | Cheese, cottage, creamed, large or small curd | 113.0 | 4.0 oz | 111 | 12.57 | 9 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 30.0 | 0.75 cup ( 1 NLEA serving) | 111 | 1.19 | 2 |
| 14623 | Beverages, V8 V- FUSION Juices, Acai Berry | 246.0 | 1.0 serving 8 oz | 111 | 0.00 | -- |
| 13166 | USDA Commodity, beef, canned | 45.0 | 1.0 serving | 111 | 9.23 | 7 |
| 09525 | Cranberry sauce, whole, canned, OCEAN SPRAY | 70.0 | 0.25 cup | 111 | 0.52 | 1 |
| 23652 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 110 | 17.65 | 20 |
| 23095 | Beef, chuck for stew, separable lean and fat, choice, raw | 85.0 | 3.0 oz | 110 | 18.39 | 18 |
| 05709 | Turkey, retail parts, breast, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 110 | 23.75 | 23 |
| 10938 | Pork, cured, ham, slice, bone-in, separable lean only, unheated | 85.0 | 1.0 serving (3 oz) | 110 | 20.71 | 20 |
| 11361 | Potatoes, roasted, salt added in processing, frozen, unprepared | 85.0 | 3.0 oz | 110 | 1.89 | -- |
| 06225 | PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 110 | 2.00 | -- |
| 06240 | PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 110 | 2.00 | -- |
| 10891 | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 110 | 21.34 | 17 |
| 15095 | Fish, shark, mixed species, raw | 85.0 | 3.0 oz | 110 | 17.83 | 42 |
| 23000 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 110 | 18.18 | 21 |
| 15221 | Fish, tuna, yellowfin, fresh, cooked, dry heat | 85.0 | 3.0 oz | 110 | 24.78 | 36 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28296 | Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber | 27.0 | 1.0 cake 1 serving | 110 | 1.00 | 9 |
| 14625 | Beverages, Energy drink, AMP | 240.0 | 1.0 serving | 110 | 0.60 | 7 |
| 14626 | Beverages, Energy drink, FULL THROTTLE | 240.0 | 1.0 serving 8 fluid oz | 110 | 0.60 | 7 |
| 14189 | Beverages, The COCA-COLA company, Minute Maid, Lemonade | 240.0 | 8.0 fl oz | 110 | 0.00 | 5 |
| 06214 | CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed | 124.0 | 0.5 cup condensed | 110 | 2.00 | -- |
| 08711 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch | 31.0 | 0.75 Cup (1 NLEA serving) | 110 | 6.91 | 18 |
| 06312 | CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 110 | 2.00 | -- |
| 43137 | Vegetarian meatloaf or patties | 56.0 | 1.0 slice | 110 | 11.76 | 10 |
| 18084 | Bread stuffing, cornbread, dry mix | 28.35 | 1.0 oz | 110 | 2.84 | 12 |
| 27019 | CAMPBELL'S Homestyle Harvest Tomato with Basil Soup | 245.0 | 1.0 cup | 110 | 2.01 | -- |
| 06418 | CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup | 245.0 | 1.0 serving | 110 | 6.00 | -- |
| 06439 | CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup | 245.0 | 1.0 cup | 110 | 7.01 | -- |
| 06244 | CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve | 245.0 | 1.0 serving 1 cup | 110 | 6.00 | -- |
| 19883 | Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl | 72.0 | 1.0 serving 1/2 cup | 110 | 2.54 | -- |
| 19875 | Ice creams, BREYERS, All Natural Light Vanilla | 68.0 | 1.0 serving 1/2 cup | 110 | 3.29 | -- |
| 08505 | Cereals ready-to-eat, RALSTON Corn Biscuits | 30.0 | 1.0 cup (NLEA serving) | 110 | 1.75 | 4 |
| 16579 | GARDENBURGER Original, frozen, unprepared | 71.0 | 1.0 patty | 110 | 5.11 | -- |
| 16525 | WORTHINGTON Chic-Ketts, frozen, unprepared | 55.0 | 2.0 slices (3/8" thick) | 110 | 12.98 | 7 |
| 11105 | Burdock root, cooked, boiled, drained, without salt | 125.0 | 1.0 cup (1" pieces) | 110 | 2.61 | 49 |
| 11747 | Burdock root, cooked, boiled, drained, with salt | 125.0 | 1.0 cup (1" pieces) | 110 | 2.61 | 49 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 250.0 | 1.0 cup | 110 | 1.58 | 18 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 28.35 | 1.0 oz | 110 | 1.19 | 3 |
| 13147 | Beef, rib, shortribs, separable lean and fat, choice, raw | 28.35 | 1.0 oz | 110 | 4.08 | 4 |
| 08476 | Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS | 29.0 | 1.333 cup | 110 | 1.00 | 8 |
| 08507 | Cereals ready-to-eat, RALSTON Crispy Hexagons | 29.0 | 1.0 cup (1 NLEA serving) | 110 | 1.72 | 5 |
| 08681 | Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch | 27.0 | 0.75 cup (1 NLEA serving) | 110 | 1.54 | 0 |
| 11172 | Corn, sweet, yellow, canned, whole kernel, drained solids | 164.0 | 1.0 cup | 110 | 3.76 | 21 |
| 09148 | Kiwifruit, green, raw | 180.0 | 1.0 cup, sliced | 110 | 2.05 | 31 |
| 08543 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond | 30.0 | 0.75 cup (1 NLEA serving) | 110 | 2.34 | 22 |
| 07909 | Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite | 56.0 | 2.0 oz (1 serving) | 110 | 8.53 | 10 |
| 01010 | Cheese, cheshire | 28.35 | 1.0 oz | 110 | 6.63 | 6 |
| 12058 | Nuts, acorns, raw | 28.35 | 1.0 oz | 110 | 1.74 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 01038 | Cheese, romano | 28.35 | 1.0 oz | 110 | 9.02 | 12 |
| 28321 | Rolls, hamburger, whole grain white, calcium-fortified | 43.0 | 1.0 piece roll | 110 | 4.00 | 16 |
| 15084 | Fish, salmon, pink, canned, total can contents | 85.0 | 3.0 oz | 110 | 16.73 | 26 |
| 23051 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 110 | 18.83 | 20 |
| 23650 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 110 | 18.14 | 20 |
| 28319 | Bagels, whole grain white | 43.0 | 0.5 piece bagel 1 serving | 110 | 4.00 | 18 |
| 23055 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 110 | 18.44 | 20 |
| 17217 | Veal, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 110 | 20.47 | 12 |
| 10056 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 110 | 18.40 | 21 |
| 08508 | Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands) | 29.0 | 1.0 cup | 110 | 1.76 | 6 |
| 06930 | Sauce, cheese, ready-to-serve | 63.0 | 0.25 cup | 110 | 4.23 | 6 |
| 08059 | Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP | 27.0 | 1.0 cup (1 NLEA serving) | 110 | 1.22 | 15 |
| 06350 | CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed | 126.0 | 1.0 serving 1/ 2 cup | 110 | 3.00 | -- |
| 06351 | CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 110 | 1.00 | -- |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29.0 | 1.0 cup (1 NLEA serving) | 110 | 1.91 | 4 |
| 01013 | Cheese, cottage, creamed, with fruit | 113.0 | 4.0 oz | 110 | 12.08 | 8 |
| 11226 | Jerusalem-artichokes, raw | 150.0 | 1.0 cup slices | 110 | 3.00 | 26 |
| 28188 | KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion | 30.0 | 27.0 chips | 110 | 2.13 | 20 |
| 19878 | Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry | 68.0 | 1.0 serving 1/2 cup | 109 | 3.19 | -- |
| 14651 | Beverages, fruit juice drink, greater than 3% juice, high vitamin C | 238.0 | 1.0 cup (8 fl oz) | 109 | 0.31 | 12 |
| 18081 | Bread stuffing, bread, dry mix | 28.35 | 1.0 oz | 109 | 3.12 | 11 |
| 05685 | Chicken, skin (drumsticks and thighs), with added solution, raw | 28.35 | 1.0 oz | 109 | 3.15 | 2 |
| 08290 | Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes | 31.0 | 0.75 cup (1 NLEA serving) | 109 | 4.48 | 45 |
| 16241 | SILK Plus Omega-3 DHA, soymilk | 243.0 | 1.0 cup | 109 | 7.00 | 39 |
| 16223 | Soymilk (All flavors), enhanced | 243.0 | 1.0 cup | 109 | 7.14 | -- |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127.0 | 1.0 fillet | 109 | 19.35 | 28 |
| 08682 | Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter | 28.0 | 0.75 cup (1 NLEA serving) | 109 | 1.90 | 16 |
| 35234 | Piki bread, made from blue cornmeal (Hopi) | 28.0 | 1.0 piece | 109 | 2.54 | 51 |
| 25025 | Snacks, soy chips or crisps, salted | 28.35 | 1.0 oz | 109 | 7.51 | 48 |
| 09528 | Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C | 248.0 | 8.0 fl oz | 109 | 1.24 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08501 | Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES | 27.0 | 0.75 cup | 109 | 1.05 | 4 |
| 11437 | Salsify, (vegetable oyster), raw | 133.0 | 1.0 cup slices | 109 | 4.39 | 31 |
| 08039 | Cereals ready-to-eat, POST, GRAPE-NUTS Flakes | 29.0 | 0.75 cup (1 NLEA serving) | 109 | 2.73 | 29 |
| 08376 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS | 29.0 | 1.0 cup (1 NLEA serving) | 109 | 1.33 | 7 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237.0 | 1.0 cup | 109 | 1.09 | 17 |
| 11840 | Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt | 50.0 | 10.0 strips | 109 | 1.72 | 11 |
| 11407 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated | 50.0 | 10.0 strips | 109 | 1.72 | 11 |
| 08603 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry | 30.0 | 0.75 cup (1 NLEA serving) | 109 | 2.07 | 16 |
| 19047 | Snacks, pretzels, hard, plain, salted | 28.35 | 1.0 oz | 109 | 2.85 | 8 |
| 14181 | Beverages, chocolate syrup | 39.0 | 1.0 serving 2 tbsp | 109 | 0.82 | 25 |
| 23261 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 109 | 19.58 | 21 |
| 10867 | Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 109 | 17.78 | 15 |
| 23246 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 109 | 18.22 | 20 |
| 15126 | Fish, tuna, white, canned in water, drained solids | 85.0 | 3.0 oz | 109 | 20.08 | 28 |
| 23093 | Beef, chuck for stew, separable lean and fat, all grades, raw | 85.0 | 3.0 oz | 109 | 18.49 | 18 |
| 23122 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 109 | 17.96 | 21 |
| 28336 | Bread, gluten-free, white, made with potato extract, rice starch, and rice flour | 34.0 | 1.0 slice | 109 | 1.06 | 4 |
| 15102 | Fish, snapper, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 109 | 22.36 | 31 |
| 28366 | RUDI'S, Gluten-Free Bakery, Original Sandwich Bread | 34.0 | 1.0 slice | 109 | 1.06 | 4 |
| 23328 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 109 | 19.94 | 10 |
| 15186 | Fish, tuna, white, canned in water, without salt, drained solids | 85.0 | 3.0 oz | 109 | 20.08 | 28 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 29.0 | 1.0 cup (1 NLEA serving) | 109 | 1.54 | 9 |
| 01091 | Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 30.0 | 0.25 cup | 109 | 10.85 | 33 |
| 09354 | Pineapple, canned, juice pack, drained | 181.0 | 1.0 cup, chunks | 109 | 0.92 | 27 |
| 01154 | Milk, dry, nonfat, regular, with added vitamin A and vitamin D | 30.0 | 0.25 cup | 109 | 10.85 | 33 |
| 18236 | Cracker meal | 28.35 | 1.0 oz | 109 | 2.64 | 7 |
| 18376 | Bread crumbs, dry, grated, seasoned | 28.35 | 1.0 oz | 109 | 4.01 | 13 |
| 19103 | Candies, fudge, vanilla, prepared-from-recipe | 28.35 | 1.0 oz | 109 | 0.30 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08034 | Cereals ready-to-eat, POST, FRUITY PEBBLES | 27.0 | 0.75 cup (1 NLEA serving) | 109 | 1.25 | 4 |
| 03055 | Babyfood, dinner, beef with vegetables | 113.0 | 1.0 jar Beech-Nut Stage 2 (4 oz) | 108 | 2.29 | 17 |
| 21140 | Side dishes, potato salad | 95.0 | 0.333 cup | 108 | 1.45 | 8 |
| 28187 | KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt | 30.0 | 30.0 chips | 108 | 2.04 | 22 |
| 12032 | Seeds, sesame flour, partially defatted | 28.35 | 1.0 oz | 108 | 11.43 | 103 |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 28.35 | 1.0 oz | 108 | 8.25 | 91 |
| 28104 | KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size | 25.0 | 1.0 pouch | 108 | 1.85 | 17 |
| 27062 | Soup, beef barley, ready to serve | 208.0 | 1.0 cup | 108 | 5.84 | 19 |
| 08579 | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH | 28.0 | 1.0 bowl (3/4 cup) (1 NLEA serving) | 108 | 1.43 | 16 |
| 19812 | Snacks, pretzels, hard, plain, made with unenriched flour, salted | 28.35 | 1.0 oz | 108 | 2.58 | 10 |
| 19813 | Snacks, pretzels, hard, plain, made with unenriched flour, unsalted | 28.35 | 1.0 oz | 108 | 2.58 | 10 |
| 05698 | Turkey, skin from whole (light and dark), with added solution, raw | 28.35 | 1.0 oz | 108 | 3.48 | 3 |
| 19436 | Popcorn, sugar syrup/caramel, fat-free | 28.35 | 1.0 oz | 108 | 0.57 | 8 |
| 19814 | Snacks, pretzels, hard, plain, made with enriched flour, unsalted | 28.35 | 1.0 oz | 108 | 2.58 | 10 |
| 11376 | Potatoes, canned, drained solids | 180.0 | 1.0 cup | 108 | 2.54 | 25 |
| 14021 | Beverages, Energy drink, Citrus | 240.0 | 8.0 fl oz | 108 | 0.00 | -- |
| 23325 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 108 | 19.97 | 10 |
| 10066 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw | 85.0 | 3.0 oz | 108 | 19.05 | 23 |
| 05718 | Turkey, breast, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 108 | 22.92 | 26 |
| 05646 | Ostrich, inside strip, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 108 | 20.14 | 20 |
| 10958 | Pork, Shoulder breast, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 108 | 19.16 | 22 |
| 15008 | Fish, carp, raw | 85.0 | 3.0 oz | 108 | 15.16 | 25 |
| 23112 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 108 | 18.46 | 22 |
| 05697 | Turkey from whole, light meat, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 108 | 22.92 | 26 |
| 23087 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 108 | 18.16 | 22 |
| 05720 | Turkey, back, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 108 | 22.92 | 26 |
| 23334 | Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 108 | 19.75 | 10 |
| 05730 | Turkey, wing, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 108 | 22.92 | 26 |
| 23331 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 108 | 19.77 | 10 |
| 15083 | Fish, salmon, pink, raw | 85.0 | 3.0 oz | 108 | 17.42 | 23 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10040 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 108 | 18.69 | 22 |
| 05117 | Chicken, roasting, light meat, meat only, raw | 99.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 108 | 21.98 | 25 |
| 16554 | MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared | 67.0 | 1.0 burger | 108 | 10.38 | -- |
| 16536 | WORTHINGTON Wham (roll), frozen, unprepared | 55.0 | 1.0 slice , 3/8" | 108 | 9.79 | -- |
| 06504 | CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup | 245.0 | 1.0 cup | 108 | 2.99 | -- |
| 06387 | CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup | 245.0 | 1.0 cup | 108 | 7.01 | -- |
| 06447 | CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup | 245.0 | 1.0 cup | 108 | 2.99 | -- |
| 05714 | Turkey, skin, from retail parts, from dark meat, raw | 28.35 | 1.0 oz | 108 | 4.07 | 2 |
| 16516 | WORTHINGTON Multigrain Cutlets, canned, unprepared | 92.0 | 2.0 slices | 108 | 21.43 | 3 |
| 16552 | MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared | 64.0 | 1.0 burger | 108 | 9.15 | -- |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 27.0 | 0.75 cup (1 NLEA serving) | 107 | 1.19 | 15 |
| 19437 | Snacks, potato chips, fat free, salted | 28.35 | 1.0 oz | 107 | 2.73 | 20 |
| 06446 | Soup, cream of onion, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 107 | 2.76 | 5 |
| 43273 | Cheese, cottage, with vegetables | 113.0 | 4.0 oz | 107 | 12.32 | 5 |
| 08087 | Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS | 29.0 | 1.0 cup (1 NLEA serving) | 107 | 2.41 | 16 |
| 08586 | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX | 28.0 | 1.0 cup | 107 | 1.51 | 8 |
| 19895 | Ice creams, BREYERS, No Sugar Added, Chocolate Caramel | 71.0 | 1.0 serving 1/2 cup | 107 | 2.51 | -- |
| 14534 | Alcoholic beverage, liqueur, coffee, 63 proof | 34.8 | 1.0 fl oz | 107 | 0.03 | 1 |
| 18171 | Cookies, fortune | 28.35 | 1.0 oz | 107 | 1.19 | 2 |
| 10174 | Pork, fresh, variety meats and by-products, tail, raw | 28.35 | 1.0 oz | 107 | 5.03 | 2 |
| 08469 | Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal | 30.0 | 0.75 cup (1 NLEA serving) | 107 | 1.68 | 9 |
| 10917 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 107 | 15.10 | 16 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 107 | 8.92 | 29 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30.0 | 1.25 cup (1 NLEA serving) | 107 | 2.31 | 15 |
| 15098 | Fish, sheepshead, cooked, dry heat | 85.0 | 3.0 oz | 107 | 22.12 | 30 |
| 23651 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 107 | 17.91 | 19 |
| 23426 | Beef, New Zealand, imported, manufacturing beef, cooked, boiled | 85.0 | 3.0 oz | 107 | 20.58 | 14 |
| 09205 | Oranges, raw, with peel | 170.0 | 1.0 cup | 107 | 2.21 | 24 |
| 05293 | Turkey breast, pre-basted, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 107 | 18.84 | 18 |
| 06483 | Soup, cream of chicken, dry, mix, prepared with water | 261.0 | 1.0 cup 8 fl oz | 107 | 1.77 | 5 |
| 01173 | Egg, white, dried | 28.0 | 1.0 oz | 107 | 22.71 | 25 |
| 16215 | Vitasoy USA, Vitasoy Organic Creamy Original Soymilk | 243.0 | 1.0 cup | 107 | 7.05 | 39 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16231 | Soymilk, chocolate, nonfat, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 107 | 6.00 | 24 |
| 43595 | Breakfast bar, corn flake crust with fruit | 28.35 | 1.0 oz | 107 | 1.25 | 8 |
| 08453 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry | 29.0 | 0.75 Cup (1 NLEA serving) | 107 | 2.00 | 17 |
| 19137 | Toppings, strawberry | 42.0 | 2.0 tbsp | 107 | 0.08 | 2 |
| 08509 | Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands) | 28.0 | 1.0 cup (1 NLEA serving) | 107 | 1.81 | 7 |
| 18567 | KRAFT, STOVE TOP Stuffing Mix Chicken Flavor | 28.0 | 1.0 NLEA serving (makes 1/2 cup prepared) | 107 | 3.53 | -- |
| 08513 | Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS | 28.0 | 0.75 cup (1 NLEA serving) | 107 | 1.57 | 16 |
| 01008 | Cheese, caraway | 28.35 | 1.0 oz | 107 | 7.14 | 6 |
| 10001 | Pork, fresh, carcass, separable lean and fat, raw | 28.35 | 1.0 oz | 107 | 3.94 | 4 |
| 19097 | Sherbet, orange | 74.0 | 0.5 cup (4 fl oz) | 107 | 0.81 | 6 |
| 01275 | Yogurt, Greek, nonfat, vanilla, CHOBANI | 150.0 | 5.3 oz | 106 | 13.60 | 16 |
| 18932 | Waffles, buttermilk, frozen, ready-to-heat | 39.0 | 1.0 waffle, square | 106 | 2.57 | 7 |
| 15193 | Fish, cusk, cooked, dry heat | 95.0 | 1.0 fillet | 106 | 23.13 | 38 |
| 18274 | Muffins, blueberry, commercially prepared (Includes mini-muffins) | 28.35 | 1.0 oz | 106 | 1.27 | 3 |
| 13648 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 106 | 18.23 | 21 |
| 23265 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 106 | 19.46 | 22 |
| 17219 | Veal, variety meats and by-products, thymus, cooked, braised | 85.0 | 3.0 oz | 106 | 19.27 | 20 |
| 23327 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 106 | 19.93 | 10 |
| 05651 | Ostrich, oyster, raw | 85.0 | 1.0 serving ( cooked from 4 oz raw) | 106 | 18.32 | 18 |
| 10916 | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 106 | 15.83 | 18 |
| 17376 | Lamb, New Zealand, imported, testes, cooked, soaked and fried | 85.0 | 3.0 oz | 106 | 17.86 | 14 |
| 12013 | Seeds, lotus seeds, dried | 32.0 | 1.0 cup | 106 | 4.93 | 67 |
| 09217 | Orange-grapefruit juice, canned or bottled, unsweetened | 247.0 | 1.0 cup | 106 | 1.48 | 25 |
| 09221 | Tangerine juice, raw | 247.0 | 1.0 cup | 106 | 1.24 | 20 |
| 15022 | Fish, cusk, raw | 122.0 | 1.0 fillet | 106 | 23.17 | 38 |
| 08354 | Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS | 28.0 | 0.75 cup (1 NLEA serving) | 106 | 1.27 | 16 |
| 18513 | ARCHWAY Home Style Cookies, Sugar Free Oatmeal | 24.0 | 1.0 serving | 106 | 1.33 | -- |
| 18128 | Cake, snack cakes, creme-filled, sponge | 28.35 | 1.0 oz | 106 | 0.98 | 2 |
| 18245 | Danish pastry, cheese | 28.35 | 1.0 oz | 106 | 2.27 | 4 |
| 12099 | Nuts, chestnuts, european, dried, unpeeled | 28.35 | 1.0 oz | 106 | 1.81 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16551 | MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared | 67.0 | 1.0 burger | 106 | 7.64 | -- |
| 09088 | Elderberries, raw | 145.0 | 1.0 cup | 106 | 0.96 | 7 |
| 08660 | Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows | 28.0 | 1.0 cup (1 NLEA serving) | 106 | 1.20 | 6 |
| 10994 | Bacon, pre-sliced, reduced/low sodium, unprepared | 26.0 | 1.0 slice | 106 | 3.26 | 3 |
| 19099 | Candies, fondant, prepared-from-recipe | 28.35 | 1.0 oz | 106 | 0.00 | -- |
| 18539 | ARCHWAY Home Style Cookies, Old Fashioned Molasses | 26.0 | 1.0 serving | 106 | 1.11 | -- |
| 18637 | KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry | 28.0 | 1.0 serving | 106 | 1.71 | -- |
| 18538 | ARCHWAY Home Style Cookies, Oatmeal Raisin | 26.0 | 1.0 serving | 106 | 1.34 | -- |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 28.35 | 1.0 oz | 105 | 1.76 | 5 |
| 17029 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 105 | 4.12 | 5 |
| 28112 | KEEBLER, READY CRUST, Shortbread Pie Crust | 21.0 | 0.125 crust 9" crust | 105 | 0.92 | 0 |
| 05171 | Turkey, whole, giblets, raw | 85.0 | 3.0 oz | 105 | 15.45 | 19 |
| 23364 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 105 | 19.85 | 10 |
| 15100 | Fish, smelt, rainbow, cooked, dry heat | 85.0 | 3.0 oz | 105 | 19.21 | 32 |
| 23361 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 105 | 19.85 | 10 |
| 13597 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 105 | 18.48 | 20 |
| 23358 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 105 | 20.05 | 10 |
| 23032 | Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 105 | 18.67 | 21 |
| 23355 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 105 | 20.05 | 10 |
| 23333 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 105 | 19.77 | 10 |
| 23330 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 105 | 19.78 | 10 |
| 23324 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 105 | 19.97 | 10 |
| 23094 | Beef, chuck for stew, separable lean and fat, select, raw | 85.0 | 3.0 oz | 105 | 18.62 | 17 |
| 01083 | Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D | 245.0 | 1.0 cup | 105 | 8.53 | 34 |
| 19234 | Puddings, tapioca, ready-to-eat, fat free | 112.0 | 1.0 container refrigerated 4 oz | 105 | 1.61 | 6 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 28.0 | 0.75 cup (1 NLEA serving) | 105 | 2.48 | 25 |
| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 28.0 | 1.0 cup (1 NLEA serving) | 105 | 3.39 | 32 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 08685 | Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal | 28.0 | 0.75 cup (1 NLEA serving) | 105 | 2.14 | 22 |
| 06584 | Soup, broccoli cheese, canned, condensed, commercial | 121.0 | 1.0 serving 1/2 cup | 105 | 2.54 | 16 |
| 18537 | ARCHWAY Home Style Cookies, Oatmeal | 25.0 | 1.0 serving | 105 | 1.37 | -- |
| 18433 | Danish pastry, lemon, unenriched | 28.35 | 1.0 oz | 105 | 1.53 | 4 |
| 18339 | Popovers, dry mix, enriched | 28.35 | 1.0 oz | 105 | 2.95 | 7 |
| 01253 | Cheese, pasteurized process, American, without added vitamin D | 28.35 | 1.0 oz | 105 | 5.14 | 7 |
| 18431 | Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry) | 28.35 | 1.0 oz | 105 | 1.53 | 4 |
| 18447 | Popovers, dry mix, unenriched | 28.35 | 1.0 oz | 105 | 2.95 | 7 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 28.35 | 1.0 oz | 105 | 1.53 | 4 |
| 18435 | Danish pastry, raspberry, unenriched | 28.35 | 1.0 oz | 105 | 1.53 | 4 |
| 21256 | BURGER KING, Chicken Strips | 36.0 | 1.0 strip | 105 | 6.55 | 10 |
| 16519 | WORTHINGTON Super Links, canned, unprepared | 48.0 | 1.0 link | 105 | 6.96 | -- |
| 19235 | Puddings, chocolate, ready-to-eat, fat free | 113.0 | 1.0 serving 4 oz | 105 | 2.18 | 17 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 28.0 | 1.0 cup (1 NLEA serving) | 105 | 1.43 | 8 |
| 08592 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut | 28.0 | 0.75 cup (1 NLEA serving) | 105 | 1.54 | 16 |
| 08656 | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes | 30.0 | 0.75 cup (1 NLEA serving) | 105 | 3.57 | 8 |
| 08707 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond | 28.0 | 0.67 Cup (1 NLEA serving) | 105 | 2.13 | 21 |
| 08613 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey | 29.0 | 0.666 cup (1 NLEA serving) | 105 | 2.26 | 23 |
| 35211 | Caribou, hind quarter, meat, cooked (Alaska Native) | 66.0 | 0.5 cup | 105 | 19.01 | 16 |
| 18361 | Toaster pastries, brown-sugar-cinnamon | 28.35 | 1.0 oz | 105 | 1.15 | 5 |
| 11875 | Sweet potato, cooked, baked in skin, flesh, with salt | 114.0 | 1.0 medium (2" dia, 5" long, raw) | 105 | 2.29 | 31 |
| 18535 | ARCHWAY Home Style Cookies, Molasses | 26.0 | 1.0 serving | 105 | 1.10 | -- |
| 19881 | Ice creams, BREYERS, No Sugar Added, French Vanilla | 68.0 | 1.0 serving 1/2 cup | 105 | 3.06 | -- |
| 43405 | Cheese, swiss, low sodium | 28.0 | 1.0 slice | 105 | 7.95 | 10 |
| 08389 | Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs | 30.0 | 1.0 cup (1 NLEA serving) | 105 | 3.00 | 34 |
| 01039 | Cheese, roquefort | 28.35 | 1.0 oz | 105 | 6.11 | 9 |
| 12100 | Nuts, chestnuts, european, dried, peeled | 28.35 | 1.0 oz | 105 | 1.42 | 21 |
| 10982 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 105 | 18.15 | 19 |
| 23089 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 105 | 18.10 | 21 |
| 10871 | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 105 | 11.80 | 13 |
| 05654 | Ostrich, tenderloin, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 105 | 18.76 | 19 |
| 10922 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 105 | 11.80 | 13 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17349 | Veal, Australian, shank, fore, bone-in, separable lean only, raw | 85.0 | 3.0 oz | 105 | 17.15 | -- |
| 10892 | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 105 | 20.69 | 17 |
| 10957 | Pork, Leg Cap Steak, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 105 | 18.39 | 19 |
| 13647 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 105 | 18.39 | 21 |
| 05159 | Quail, breast, meat only, raw | 85.0 | 3.0 oz | 105 | 19.20 | 24 |
| 08625 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch | 26.0 | 0.75 cup (1 NLEA serving) | 105 | 1.15 | 14 |
| 16139 | Soymilk, original and vanilla, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 104 | 6.32 | 36 |
| 16229 | Soymilk (All flavors), lowfat, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 104 | 4.01 | -- |
| 06338 | CAMPBELL'S, Cream of Mushroom Soup, condensed | 129.0 | 0.5 cup condensed | 104 | 1.66 | 4 |
| 19269 | Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C | 28.0 | 2.0 rolls | 104 | 0.03 | -- |
| 05346 | Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning | 53.0 | 1.0 wing | 104 | 14.68 | 13 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145.0 | 1.0 cup (not packed) | 104 | 14.99 | 16 |
| 15006 | Fish, burbot, raw | 116.0 | 1.0 fillet | 104 | 22.40 | 37 |
| 18634 | PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough | 34.0 | 1.0 serving | 104 | 2.00 | -- |
| 13355 | Beef, cured, pastrami | 71.0 | 1.0 package, 2.5 oz | 104 | 15.48 | 12 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | 151.0 | 1.0 cup | 104 | 1.09 | 11 |
| 06038 | CAMPBELL'S, Cheddar Cheese Soup, condensed | 124.0 | 0.5 cup condensed | 104 | 0.99 | 15 |
| 19871 | Frozen novelties, No Sugar Added, FUDGSICLE pops | 84.0 | 1.0 serving | 104 | 3.08 | 23 |
| 13847 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 104 | 4.47 | 4 |
| 12011 | Seeds, cottonseed meal, partially defatted (glandless) | 28.35 | 1.0 oz | 104 | 13.92 | 215 |
| 21433 | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed | 44.0 | 1.0 wing, without skin | 104 | 12.61 | 11 |
| 04531 | Oil, soybean lecithin | 13.6 | 1.0 tablespoon | 104 | 0.00 | -- |
| 01042 | Cheese, pasteurized process, American, fortified with vitamin D | 28.35 | 1.0 oz | 104 | 5.14 | 7 |
| 28105 | KEEBLER, GRIPZ, Cinnamon Grahams, bite-size | 25.0 | 1.0 pouch | 104 | 1.85 | 14 |
| 09239 | Peaches, canned, extra light syrup, solids and liquids | 247.0 | 1.0 cup, halves or slices | 104 | 0.99 | 12 |
| 07021 | Dutch brand loaf, chicken, pork and beef | 38.0 | 1.0 slice | 104 | 4.56 | 6 |
| 10890 | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 104 | 19.30 | 18 |
| 23124 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 104 | 17.89 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15222 | Fish, turbot, european, cooked, dry heat | 85.0 | 3.0 oz | 104 | 17.49 | 55 |
| 23262 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 104 | 19.59 | 21 |
| 17351 | Veal, Australian, shank, hind, bone-in, separable lean only, raw | 85.0 | 3.0 oz | 104 | 17.31 | -- |
| 23653 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 104 | 18.17 | 20 |
| 10946 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw | 85.0 | 3.0 oz | 104 | 15.55 | 16 |
| 10869 | Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 104 | 17.76 | 16 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 104 | 5.90 | 20 |
| 17337 | Game meat, bison, top round, separable lean only, 1" steak, raw | 85.0 | 1.0 serving ( 3 oz ) | 104 | 19.82 | 23 |
| 36005 | APPLEBEE'S, chicken tenders, from kids' menu | 35.0 | 1.0 piece | 104 | 6.74 | 10 |
| 15190 | Fish, burbot, cooked, dry heat | 90.0 | 1.0 fillet | 104 | 22.28 | 37 |
| 18175 | Cookies, ladyfingers, with lemon juice and rind | 28.35 | 1.0 oz | 103 | 3.01 | 3 |
| 18528 | ARCHWAY Home Style Cookies, Dutch Cocoa | 24.0 | 1.0 serving | 103 | 1.08 | -- |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 1.51 | 16 |
| 08270 | Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 1.46 | 8 |
| 19328 | Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar | 20.0 | 1.0 serving 0.7 oz bar | 103 | 1.64 | -- |
| 09218 | Tangerines, (mandarin oranges), raw | 195.0 | 1.0 cup, sections | 103 | 1.58 | 23 |
| 08221 | Cereals, QUAKER, Instant Grits, Butter flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 103 | 2.27 | 6 |
| 44203 | Beverages, Cocktail mix, non-alcoholic, concentrated, frozen | 36.0 | 1.0 fl oz | 103 | 0.03 | 0 |
| 08510 | Milk and cereal bar | 25.0 | 1.0 bar | 103 | 1.62 | 5 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES | 26.0 | 0.75 cup (1 NLEA serving) | 103 | 1.16 | 14 |
| 08550 | Cereals ready-to-eat, QUAKER, Christmas Crunch | 26.0 | 0.75 cup (1 NLEA serving) | 103 | 1.15 | 14 |
| 28374 | VAN'S, Gluten Free, Totally Original Pancakes | 48.0 | 1.0 pancake | 103 | 1.59 | 16 |
| 28347 | Pancakes, gluten-free, frozen, ready-to-heat | 48.0 | 1.0 pancake | 103 | 1.59 | 16 |
| 43598 | Mayonnaise dressing, no cholesterol | 15.0 | 1.0 tbsp | 103 | 0.00 | 0 |
| 01157 | Cheese, goat, semisoft type | 28.35 | 1.0 oz | 103 | 6.12 | 8 |
| 11312 | Peas, green, frozen, unprepared | 134.0 | 1.0 cup | 103 | 6.99 | 35 |
| 18423 | Cookies, ladyfingers, without lemon juice and rind | 28.35 | 1.0 oz | 103 | 3.01 | 3 |
| 12094 | Nuts, chestnuts, chinese, dried | 28.35 | 1.0 oz | 103 | 1.93 | 39 |
| 28111 | KEEBLER, READY CRUST, Chocolate Pie Crust | 21.0 | 0.125 crust 1 serving (from 9" shell) | 103 | 1.07 | 6 |
| 11553 | Tomato products, canned, sauce, with onions | 245.0 | 1.0 cup | 103 | 3.82 | 47 |
| 27045 | Soup, beef and vegetables, reduced sodium, canned, ready-to-serve | 245.0 | 1.0 cup | 103 | 7.99 | 22 |
| 08583 | Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 1.57 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23360 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 103 | 19.86 | 10 |
| 23357 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 103 | 20.05 | 10 |
| 23354 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 103 | 20.05 | 10 |
| 23329 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 103 | 19.92 | 10 |
| 10865 | Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 103 | 18.20 | 15 |
| 10952 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted | 85.0 | 3.0 oz | 103 | 18.28 | 21 |
| 13649 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 103 | 18.64 | 22 |
| 10214 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 103 | 19.39 | 20 |
| 23363 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 103 | 19.86 | 10 |
| 19050 | Snacks, pretzels, hard, whole-wheat including both salted and unsalted | 28.35 | 1.0 oz | 103 | 3.15 | 9 |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked | 28.35 | 1.0 oz | 103 | 1.53 | 3 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 2.07 | 20 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 1.54 | 16 |
| 08593 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 1.57 | 16 |
| 08073 | Cereals ready-to-eat, POST, GOLDEN CRISP | 27.0 | 0.75 cup (1 NLEA serving) | 103 | 1.48 | 16 |
| 09451 | Horned melon (Kiwano) | 233.0 | 1.0 cup | 103 | 4.15 | 93 |
| 04585 | Margarine-like, margarine-butter blend, soybean oil and butter | 14.1 | 1.0 tbsp | 103 | 0.04 | 0 |
| 11868 | Squash, winter, hubbard, baked, with salt | 205.0 | 1.0 cup, cubes | 102 | 5.08 | 45 |
| 11490 | Squash, winter, hubbard, baked, without salt | 205.0 | 1.0 cup, cubes | 102 | 5.08 | 45 |
| 11557 | Tomato products, canned, sauce, with onions, green peppers, and celery | 250.0 | 1.0 cup | 102 | 2.35 | 52 |
| 09019 | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) | 244.0 | 1.0 cup | 102 | 0.41 | 7 |
| 01175 | Milk, fluid, 1% fat, without added vitamin A and vitamin D | 244.0 | 1.0 cup | 102 | 8.22 | 27 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D | 244.0 | 1.0 cup | 102 | 8.22 | 27 |
| 09401 | Applesauce, canned, unsweetened, with added ascorbic acid | 244.0 | 1.0 cup | 102 | 0.41 | 7 |
| 18254 | Doughnuts, yeast-leavened, with creme filling | 28.35 | 1.0 oz | 102 | 1.81 | 6 |
| 35232 | Wocas, dried seeds, Oregon, yellow pond lily (Klamath) | 28.35 | 1.0 oz | 102 | 2.24 | 24 |
| 04684 | Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils) | 14.0 | 1.0 tablespoon (1 NLEA serving) | 102 | 0.06 | -- |
| 14285 | Beverages, OCEAN SPRAY, Ruby Red cranberry | 227.0 | 8.0 fl oz | 102 | 0.16 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09281 | Plums, canned, purple, water pack, solids and liquids | 249.0 | 1.0 cup, pitted | 102 | 0.97 | 12 |
| 18355 | Sweet rolls, cheese | 28.35 | 1.0 oz | 102 | 2.01 | 5 |
| 18237 | Cream puff shell, prepared from recipe | 28.35 | 1.0 oz | 102 | 2.55 | 3 |
| 08637 | Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch | 27.0 | 0.75 cup (1 NLEA serving) | 102 | 2.30 | 16 |
| 08239 | Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry | 27.0 | 0.75 cup (1 NLEA serving) | 102 | 2.38 | 24 |
| 08671 | Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS | 27.0 | 0.75 cup (1 NLEA serving) | 102 | 1.76 | 16 |
| 10218 | Pork, fresh, loin, tenderloin, separable lean and fat, raw | 85.0 | 3.0 oz | 102 | 17.55 | 23 |
| 13329 | Beef, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 102 | 17.34 | 8 |
| 05649 | Ostrich, outside strip, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 102 | 19.86 | 20 |
| 23332 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 102 | 19.79 | 9 |
| 23335 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 102 | 19.80 | 9 |
| 05080 | Chicken, broilers or fryers, leg, meat only, raw | 85.0 | 3.0 oz | 102 | 16.29 | 20 |
| 23326 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 102 | 19.97 | 10 |
| 10077 | Pork, fresh, shoulder, arm picnic, separable lean only, raw | 85.0 | 3.0 oz | 102 | 17.22 | 17 |
| 05062 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw | 85.0 | 3.0 oz | 102 | 19.12 | 24 |
| 05295 | Turkey roast, boneless, frozen, seasoned, light and dark meat, raw | 85.0 | 3.0 oz | 102 | 14.96 | 17 |
| 15079 | Fish, salmon, chum, raw | 85.0 | 3.0 oz | 102 | 17.12 | 19 |
| 10014 | Pork, fresh, leg (ham), rump half, separable lean only, raw | 85.0 | 3.0 oz | 102 | 18.54 | 19 |
| 06624 | SMART SOUP, Thai Coconut Curry | 283.0 | 10.0 oz 1 pouch | 102 | 2.26 | -- |
| 04617 | Margarine, regular, 80% fat, composite, stick, without salt | 14.2 | 1.0 tbsp | 102 | 0.02 | 0 |
| 19013 | Snacks, fruit leather, pieces | 28.35 | 1.0 oz | 102 | 0.28 | 4 |
| 14415 | Alcoholic beverage, liqueur, coffee with cream, 34 proof | 31.1 | 1.0 fl oz | 102 | 0.87 | 1 |
| 06011 | Soup, cheese, canned, condensed | 124.0 | 0.5 cup | 102 | 0.99 | 15 |
| 16500 | LOMA LINDA Little Links, canned, unprepared | 46.0 | 2.0 links | 102 | 8.92 | -- |
| 08094 | Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 102 | 2.51 | 7 |
| 08267 | Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS | 27.0 | 0.75 cup (1 NLEA serving) | 102 | 2.43 | 24 |
| 28123 | KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels | 21.0 | 1.0 pouch | 101 | 1.47 | -- |
| 08122 | Cereals, oats, instant, fortified, plain, dry | 28.0 | 1.0 packet | 101 | 3.34 | 36 |
| 09126 | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 247.0 | 1.0 cup | 101 | 1.36 | 27 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 27.0 | 1.0 cup (1 NLEA serving) | 101 | 1.73 | 8 |
| 04618 | Margarine, regular, 80% fat, composite, tub, without salt | 14.2 | 1.0 tbsp | 101 | 0.03 | 0 |
| 04611 | Margarine, regular, 80% fat, composite, tub, with salt | 14.2 | 1.0 tbsp | 101 | 0.03 | 0 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 01018 | Cheese, edam | 28.35 | 1.0 oz | 101 | 7.08 | 9 |
| 18524 | ARCHWAY Home Style Cookies, Coconut Macaroon | 22.0 | 1.0 serving | 101 | 0.66 | -- |
| 14173 | Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened | 281.0 | 9.5 fl oz | 101 | 6.01 | 25 |
| 17334 | Game meat, bison, chuck, shoulder clod, separable lean only, raw | 85.0 | 1.0 serving ( 3 oz ) | 101 | 17.95 | 20 |
| 15234 | Fish, catfish, channel, farmed, raw | 85.0 | 3.0 oz | 101 | 12.95 | 16 |
| 10018 | Pork, fresh, leg (ham), shank half, separable lean only, raw | 85.0 | 3.0 oz | 101 | 18.41 | 18 |
| 18934 | Waffle, buttermilk, frozen, ready-to-heat, microwaved | 35.0 | 1.0 waffle | 101 | 2.42 | 7 |
| 15151 | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) | 85.0 | 3.0 oz | 101 | 19.36 | 31 |
| 10878 | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 101 | 16.00 | 18 |
| 15024 | Fish, drum, freshwater, raw | 85.0 | 3.0 oz | 101 | 14.91 | 26 |
| 05657 | Ostrich, top loin, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 101 | 18.42 | 19 |
| 05011 | Chicken, broilers or fryers, meat only, raw | 85.0 | 3.0 oz | 101 | 18.18 | 21 |
| 31026 | Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared | 85.0 | 3.0 oz | 101 | 1.69 | -- |
| 15115 | Fish, trout, rainbow, wild, raw | 85.0 | 3.0 oz | 101 | 17.41 | 26 |
| 36004 | APPLEBEE'S, mozzarella sticks | 32.0 | 1.0 piece | 101 | 4.76 | 6 |
| 03991 | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA | 153.0 | 5.0 fl oz | 101 | 3.01 | 9 |
| 18102 | Cake, white, prepared from recipe with coconut frosting | 28.35 | 1.0 oz | 101 | 1.25 | 3 |
| 01022 | Cheese, gouda | 28.35 | 1.0 oz | 101 | 7.07 | 8 |
| 18116 | Cake, gingerbread, prepared from recipe | 28.35 | 1.0 oz | 101 | 1.11 | 20 |
| 14088 | Beverages, V8 SPLASH Smoothies, Tropical Colada | 246.0 | 1.0 serving 8 oz | 101 | 3.00 | -- |
| 01087 | Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim) | 246.0 | 1.0 cup | 101 | 9.74 | 39 |
| 05054 | Chicken, broilers or fryers, back, meat only, cooked, fried | 35.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 101 | 10.50 | 9 |
| 08449 | Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 101 | 2.46 | 8 |
| 14264 | Beverages, fruit punch drink, without added nutrients, canned | 210.0 | 6.75 fl oz | 101 | 0.00 | 6 |
| 18541 | ARCHWAY Home Style Cookies, Peanut Butter | 21.0 | 1.0 serving | 101 | 1.89 | -- |
| 21388 | Fast foods, miniature cinnamon rolls | 25.0 | 1.0 each | 101 | 1.76 | 3 |
| 28184 | KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites | 23.0 | 1.0 pouch | 101 | 1.15 | 5 |
| 06498 | Soup, tomato, dry, mix, prepared with water | 265.0 | 1.0 cup 8 fl oz | 101 | 2.46 | 26 |
| 06585 | CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup | 305.0 | 1.0 container | 101 | 2.01 | -- |
| 18291 | Pancakes, plain, dry mix, incomplete (includes buttermilk) | 28.35 | 1.0 oz | 101 | 2.84 | 9 |
| 13833 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 101 | 4.58 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28114 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies | 21.0 | 1.0 pouch | 101 | 0.94 | 9 |
| 42307 | Margarine-like, butter-margarine blend, 80% fat, stick, without salt | 14.0 | 1.0 tablespoon | 101 | 0.13 | 0 |
| 06405 | CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup | 245.0 | 1.0 cup | 100 | 7.28 | 20 |
| 06544 | CAMPBELL'S Homestyle Minestrone Soup | 245.0 | 1.0 cup | 100 | 3.99 | -- |
| 06400 | CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup | 245.0 | 1.0 cup | 100 | 6.00 | -- |
| 27017 | CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup | 245.0 | 1.0 cup | 100 | 6.00 | -- |
| 06251 | CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve | 245.0 | 1.0 serving 1 cup | 100 | 7.01 | -- |
| 27044 | Soup, chicken noodle, reduced sodium, canned, ready-to-serve | 245.0 | 1.0 cup | 100 | 8.06 | 20 |
| 06548 | CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup | 245.0 | 1.0 cup | 100 | 6.00 | -- |
| 06340 | CAMPBELL'S Red and White, Cream of Onion Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 100 | 1.00 | -- |
| 06014 | CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 100 | 2.00 | -- |
| 06342 | CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed | 124.0 | 1.0 serving 1/ 2 cup | 100 | 3.00 | -- |
| 16591 | WORTHINGTON Leanies, frozen, unprepared | 40.0 | 1.0 link | 100 | 7.80 | -- |
| 04696 | Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D | 14.0 | 1.0 tbsp | 100 | 0.02 | 0 |
| 04628 | Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils | 14.0 | 1.0 tbsp | 100 | 0.02 | 0 |
| 04691 | Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D | 14.0 | 1.0 tablespoon | 100 | 0.02 | 0 |
| 04610 | Margarine, regular, 80% fat, composite, stick, with salt | 14.0 | 1.0 tbsp | 100 | 0.02 | 0 |
| 14407 | Beverages, orange-flavor drink, breakfast type, powder | 26.0 | 1.0 serving 2 tbsp | 100 | 0.00 | -- |
| 01093 | Milk, dry, nonfat, calcium reduced | 28.35 | 1.0 oz | 100 | 10.06 | 17 |
| 05039 | Chicken, broilers or fryers, light meat, meat only, raw | 88.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 100 | 20.42 | 24 |
| 03981 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed | 152.0 | 5.0 fl oz | 100 | 2.60 | 8 |
| 05716 | Turkey, retail parts, drumstick, meat only, raw | 85.0 | 3.0 oz | 100 | 17.44 | 19 |
| 01256 | Yogurt, Greek, plain, nonfat | 170.0 | 1.0 container | 100 | 17.32 | 19 |
| 10926 | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 100 | 17.76 | 19 |
| 15032 | Fish, grouper, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 100 | 21.11 | 31 |
| 15205 | Fish, pollock, Atlantic, cooked, dry heat | 85.0 | 3.0 oz | 100 | 21.18 | 73 |
| 01251 | Cheese, Mexican blend | 28.0 | 0.25 cup shredded | 100 | 6.59 | 7 |
| 18333 | Pie crust, standard-type, dry mix, prepared, baked | 20.0 | 1.0 piece (1/8 of 9" crust) | 100 | 1.34 | 3 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05178 | Turkey, liver, all classes, cooked, simmered | 53.0 | 1.0 liver cooked | 100 | 14.31 | 14 |
| 08648 | Cereals ready-to-eat, KASHI Simply Maize | 27.0 | 0.75 cup (1 NLEA serving) | 100 | 2.11 | 28 |
| 06228 | PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 100 | 4.00 | -- |
| 06236 | PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 100 | 3.00 | -- |
| 01004 | Cheese, blue | 28.35 | 1.0 oz | 100 | 6.07 | 7 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 28.35 | 1.0 oz | 100 | 1.98 | 5 |
| 18544 | ARCHWAY Home Style Cookies, Raspberry Filled | 25.0 | 1.0 serving | 100 | 1.09 | -- |
| 18547 | ARCHWAY Home Style Cookies, Strawberry Filled | 25.0 | 1.0 serving | 100 | 1.09 | -- |
| 18527 | ARCHWAY Home Style Cookies, Date Filled Oatmeal | 25.0 | 1.0 serving | 100 | 1.17 | -- |
| 01244 | Milk dessert bar, frozen, made from lowfat milk | 68.0 | 1.0 bar | 100 | 3.00 | 14 |
| 08506 | Cereals ready-to-eat, RALSTON Corn Flakes | 28.0 | 1.0 cup (1 NLEA serving) | 100 | 1.65 | 2 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28.0 | 1.0 cup (1 NLEA serving) | 100 | 2.10 | 11 |
| 04668 | Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy | 14.0 | 1.0 tbsp | 100 | 0.03 | 0 |
| 04665 | Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries | 14.0 | 1.0 tbsp | 100 | 0.27 | 1 |
| 08074 | Cereals ready-to-eat, RALSTON TASTEEOS | 28.0 | 1.0 cup (1 NLEA serving) | 100 | 3.00 | 40 |
| 08478 | Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS | 27.0 | 0.75 cup (1 NLEA serving) | 100 | 1.56 | 12 |
| 05177 | Turkey, liver, all classes, raw | 78.0 | 1.0 raw liver | 100 | 14.24 | 19 |
| 04692 | Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D | 14.0 | 1.0 tbsp | 100 | 0.03 | 0 |
| 11298 | Parsnips, raw | 133.0 | 1.0 cup slices | 100 | 1.60 | 39 |
| 11221 | Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt | 178.0 | 1.0 cup (1" pieces) | 100 | 1.17 | 36 |
| 06314 | Soup, HEALTHY CHOICE Chicken Noodle Soup, canned | 243.0 | 1.0 serving 1 cup | 100 | 8.97 | -- |
| 16235 | SILK Plain, soymilk | 243.0 | 1.0 cup | 100 | 7.00 | 39 |
| 16242 | SILK Plus for Bone Health, soymilk | 243.0 | 1.0 cup | 100 | 6.00 | 39 |
| 16236 | SILK Vanilla, soymilk | 243.0 | 1.0 cup | 100 | 6.00 | 39 |
| 16243 | SILK Plus Fiber, soymilk | 243.0 | 1.0 cup | 100 | 6.00 | 39 |
| 18633 | PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough | 34.0 | 1.0 biscuit | 100 | 2.09 | -- |
| 08610 | Cereals ready-to-eat, KASHI Honey Sunshine | 30.0 | 0.75 cup (1 NLEA serving) | 100 | 2.34 | 24 |
| 25009 | Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate | 24.0 | 1.0 bar | 100 | 0.91 | -- |
| 28183 | KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites | 23.0 | 1.0 pouch | 100 | 1.10 | 3 |
| 05093 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour | 38.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 100 | 10.16 | 10 |
| 06043 | Soup, cream of mushroom, canned, condensed | 126.0 | 0.5 cup | 100 | 1.70 | 4 |
| 06374 | CAMPBELL'S Red and White, Vegetable Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 100 | 3.99 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06992 | HEALTHY REQUEST, Vegetable Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 100 | 3.99 | -- |
| 01135 | Egg, white, dried, flakes, stabilized, glucose reduced | 28.35 | 1.0 oz | 100 | 21.81 | 19 |
| 08092 | Cereals, QUAKER, corn grits, instant, plain, dry | 29.0 | 1.0 packet | 99 | 2.12 | 8 |
| 13000 | Beef, grass-fed, strip steaks, lean only, raw | 85.0 | 3.0 oz | 99 | 19.61 | 20 |
| 05643 | Ostrich, fan, raw | 85.0 | 1.0 serving ( cooked from 4oz raw) | 99 | 18.54 | 19 |
| 11406 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 65.0 | 10.0 strips | 99 | 1.57 | 10 |
| 10879 | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted | 85.0 | 3.0 oz | 99 | 15.29 | 16 |
| 23088 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 99 | 18.04 | 20 |
| 08450 | Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 99 | 3.00 | 10 |
| 43441 | Rolls, pumpernickel | 36.0 | 1.0 medium (2-1/2" dia) | 99 | 3.89 | 19 |
| 06180 | Soup, shark fin, restaurant-prepared | 216.0 | 1.0 cup | 99 | 6.91 | 15 |
| 07230 | OSCAR MAYER, Salami (hard) | 27.0 | 1.0 serving 3 slices | 99 | 6.99 | 6 |
| 28250 | SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix | 21.0 | 1.0 pouch | 99 | 1.78 | 1 |
| 16592 | MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared | 64.0 | 1.0 burger | 99 | 9.54 | -- |
| 28266 | KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat | 21.0 | 0.125 crust | 99 | 1.03 | 1 |
| 09176 | Mangos, raw | 165.0 | 1.0 cup pieces | 99 | 1.35 | 16 |
| 04026 | Salad dressing, mayonnaise, soybean and safflower oil, with salt | 13.8 | 1.0 tablespoon | 99 | 0.15 | 0 |
| 04145 | Salad dressing, mayonnaise, soybean oil, without salt | 13.8 | 1.0 tablespoon | 99 | 0.15 | -- |
| 18156 | Cookies, fudge, cake-type (includes trolley cakes) | 28.35 | 1.0 oz | 99 | 1.42 | 9 |
| 18297 | Pancakes, special dietary, dry mix | 28.35 | 1.0 oz | 99 | 2.52 | 13 |
| 19015 | Snacks, granola bars, hard, plain | 21.0 | 1.0 bar | 99 | 2.12 | 20 |
| 25035 | Snacks, granola bar, chewy, reduced sugar, all flavors | 24.0 | 1.0 bar | 99 | 1.33 | 12 |
| 08582 | Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER | 27.0 | 0.75 cup (1 NLEA serving) | 99 | 1.51 | 8 |
| 08017 | Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP | 26.0 | 0.75 cup (1 NLEA serving) | 99 | 1.35 | 8 |
| 12040 | Seeds, sunflower seed butter, without salt | 16.0 | 1.0 tbsp | 99 | 2.76 | 50 |
| 12540 | Seeds, sunflower seed butter, with salt added | 16.0 | 1.0 tbsp | 99 | 2.76 | 50 |
| 28119 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies | 21.0 | 1.0 pouch | 99 | 0.84 | 3 |
| 06748 | Soup, PROGRESSO, beef barley, traditional, ready to serve | 210.0 | 1.0 cup | 99 | 5.69 | 19 |
| 19882 | Ice creams, BREYERS, No Sugar Added, Vanilla | 69.0 | 1.0 serving 1/2 cup | 99 | 2.54 | -- |
| 12128 | Nuts, ginkgo nuts, dried | 28.35 | 1.0 oz | 99 | 2.93 | 15 |
| 18170 | Cookies, fig bars | 28.35 | 1.0 oz | 99 | 1.05 | 8 |
| 05653 | Ostrich, round, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 99 | 18.69 | 19 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15184 | Fish, tuna, light, canned in water, without salt, drained solids | 85.0 | 3.0 oz | 99 | 21.68 | 23 |
| 10872 | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated | 85.0 | 3.0 oz | 99 | 11.96 | 14 |
| 23365 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 99 | 19.90 | 9 |
| 10943 | Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 99 | 18.37 | 21 |
| 23362 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 99 | 19.90 | 9 |
| 23359 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 99 | 20.05 | 10 |
| 10882 | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 99 | 17.81 | 19 |
| 05309 | Chicken, cornish game hens, meat only, raw | 85.0 | 3.0 oz | 99 | 17.03 | 18 |
| 23356 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 99 | 20.05 | 10 |
| 05717 | Turkey, retail parts, thigh, meat only, raw | 85.0 | 3.0 oz | 99 | 17.51 | 19 |
| 27021 | CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup | 246.0 | 1.0 cup | 98 | 9.35 | 22 |
| 08029 | Cereals ready-to-eat, POST Bran Flakes | 30.0 | 0.75 cup (1 NLEA serving) | 98 | 2.97 | 69 |
| 23423 | Beef, New Zealand, imported, variety meats and by-products, kidney, raw | 113.0 | 4.0 oz | 98 | 17.72 | 17 |
| 08647 | Cereals ready-to-eat, KASHI INDIGO MORNING | 27.0 | 0.75 cup (1 NLEA serving) | 98 | 2.08 | 29 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 126.0 | 0.5 cup | 98 | 11.39 | 47 |
| 28122 | KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies | 21.0 | 1.0 pouch | 98 | 1.09 | 2 |
| 12195 | Nuts, almond butter, plain, without salt added | 16.0 | 1.0 tbsp | 98 | 3.35 | 45 |
| 12695 | Nuts, almond butter, plain, with salt added | 16.0 | 1.0 tbsp | 98 | 3.35 | 45 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 28.35 | 1.0 oz | 98 | 1.73 | 5 |
| 18281 | Muffins, corn, toaster-type | 28.35 | 1.0 oz | 98 | 1.50 | 4 |
| 07039 | Lebanon bologna, beef | 57.0 | 1.0 serving 2 slices | 98 | 10.85 | 11 |
| 07941 | Salami, Italian, pork and beef, dry, sliced, 50% less sodium | 28.0 | 1.0 serving 5 slices | 98 | 6.10 | 5 |
| 09133 | Grapes, canned, thompson seedless, water pack, solids and liquids | 245.0 | 1.0 cup | 98 | 1.22 | 15 |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 245.0 | 1.0 cup | 98 | 8.11 | 27 |
| 16584 | GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared | 71.0 | 1.0 patty | 98 | 4.19 | -- |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 118.0 | 1.0 cup, flaked and pieces | 98 | 21.10 | 42 |
| 25052 | Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar | 24.0 | 1.0 bar | 98 | 1.00 | 17 |
| 16275 | Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm | 85.0 | 3.0 oz | 98 | 11.25 | -- |
| 05726 | Turkey, thigh, from whole bird, meat only, with added solution, raw | 85.0 | 3.0 oz | 98 | 16.38 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05648 | Ostrich, outside leg, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 98 | 19.43 | 20 |
| 15227 | Crustaceans, crab, queen, cooked, moist heat | 85.0 | 3.0 oz | 98 | 20.16 | 54 |
| 09110 | Goji berries, dried | 28.0 | 5.0 tbsp | 98 | 3.99 | -- |
| 06159 | Soup, tomato, canned, condensed | 148.0 | 1.0 cup | 98 | 2.16 | 21 |
| 18299 | Pancakes, whole-wheat, dry mix, incomplete | 28.35 | 1.0 oz | 98 | 3.63 | 29 |
| 11842 | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased | 65.0 | 10.0 strips | 98 | 1.46 | 14 |
| 12588 | Nuts, cashew butter, plain, with salt added | 16.0 | 1.0 tbsp | 97 | 1.94 | 33 |
| 16399 | Peanut butter with omega-3, creamy | 16.0 | 1.0 tbsp | 97 | 3.92 | 31 |
| 16585 | GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared | 71.0 | 1.0 patty | 97 | 3.90 | -- |
| 19884 | Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry | 68.0 | 1.0 serving 1/2 cup | 97 | 2.52 | -- |
| 05063 | Chicken, broilers or fryers, breast, meat only, cooked, fried | 52.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 97 | 17.39 | 16 |
| 03001 | Babyfood, juice treats, fruit medley, toddler | 28.0 | 1.0 packet | 97 | 0.00 | 2 |
| 28121 | KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped | 21.0 | 1.0 package | 97 | 0.86 | 4 |
| 12022 | Seeds, safflower seed meal, partially defatted | 28.35 | 1.0 oz | 97 | 10.10 | 99 |
| 17239 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 97 | 4.34 | 5 |
| 10951 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw | 85.0 | 3.0 oz | 97 | 17.14 | 20 |
| 17107 | Veal, loin, separable lean only, raw | 85.0 | 3.0 oz | 97 | 18.57 | 40 |
| 11318 | Peas and carrots, canned, regular pack, solids and liquids | 255.0 | 1.0 cup | 97 | 5.53 | 36 |
| 05185 | Turkey from whole, light meat, raw | 85.0 | 1.0 serving | 97 | 20.11 | 24 |
| 05227 | Turkey, wing, from whole bird, meat only, raw | 85.0 | 3.0 oz | 97 | 20.11 | 24 |
| 10928 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 97 | 17.46 | 19 |
| 05710 | Turkey, retail parts, breast, meat only, raw | 85.0 | 3.0 oz | 97 | 19.84 | 23 |
| 11816 | Peas and carrots, canned, no salt added, solids and liquids | 255.0 | 1.0 cup | 97 | 5.53 | 36 |
| 05655 | Ostrich, tip trimmed, raw | 85.0 | 1.0 serving ( cooked from 4 oz raw) | 97 | 18.57 | 19 |
| 09015 | Apples, frozen, unsweetened, heated | 206.0 | 1.0 cup slices | 97 | 0.60 | 6 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 97 | 1.64 | 5 |
| 09048 | Blackberries, frozen, unsweetened | 151.0 | 1.0 cup, unthawed | 97 | 1.78 | 33 |
| 08608 | Cereals ready-to-eat, KASHI Berry Blossom | 30.0 | 0.75 cup (1 NLEA serving) | 97 | 2.25 | 26 |
| 09112 | Grapefruit, raw, pink and red, all areas | 230.0 | 1.0 cup sections, with juice | 97 | 1.77 | 21 |
| 18295 | Pancakes, buckwheat, dry mix, incomplete | 28.35 | 1.0 oz | 96 | 3.09 | 54 |
| 18256 | Doughnuts, yeast-leavened, with jelly filling | 28.35 | 1.0 oz | 96 | 1.67 | 6 |
| 01041 | Cheese, tilsit | 28.35 | 1.0 oz | 96 | 6.92 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09404 | Grapefruit juice, pink, raw | 247.0 | 1.0 cup | 96 | 1.24 | 30 |
| 09128 | Grapefruit juice, white, raw | 247.0 | 1.0 cup | 96 | 1.24 | 30 |
| 28348 | Rolls, dinner, sweet | 30.0 | 1.0 roll | 96 | 3.01 | 7 |
| 11785 | Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt | 178.0 | 1.0 cup (1" pieces) | 96 | 1.17 | 36 |
| 18103 | Coffeecake, cheese | 28.35 | 1.0 oz | 96 | 1.98 | 4 |
| 10883 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 96 | 17.48 | 19 |
| 17206 | Lamb, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 96 | 16.90 | 9 |
| 15063 | Fish, pike, northern, cooked, dry heat | 85.0 | 3.0 oz | 96 | 20.99 | 34 |
| 10963 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 96 | 19.45 | 21 |
| 10889 | Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only | 85.0 | 3.0 oz | 96 | 14.90 | 13 |
| 05051 | Chicken, broilers or fryers, back, meat and skin, cooked, roasted | 32.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 96 | 8.30 | 6 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL | 30.0 | 0.75 cup (1 NLEA serving) | 96 | 2.52 | 24 |
| 06740 | Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand | 240.0 | 1.0 serving | 96 | 6.48 | -- |
| 18009 | Biscuits, plain or buttermilk, frozen, baked | 28.35 | 1.0 oz | 96 | 1.76 | 5 |
| 08444 | Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 96 | 2.75 | 9 |
| 28120 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies | 21.0 | 1.0 pouch | 96 | 1.09 | 6 |
| 28330 | Cookies, marshmallow, with rice cereal and chocolate chips | 22.0 | 1.0 bar | 96 | 1.00 | 11 |
| 14055 | Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan, | 26.0 | 1.0 scoop | 96 | 7.25 | 123 |
| 28115 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels | 21.0 | 1.0 package | 96 | 1.58 | 10 |
| 28117 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies | 21.0 | 1.0 package | 96 | 0.94 | 9 |
| 18270 | Hush puppies, prepared from recipe | 28.35 | 1.0 oz | 96 | 2.18 | 7 |
| 14400 | Beverages, carbonated, cola, fast-food cola | 258.0 | 1.0 serving child 12 fl oz, without ice | 95 | 0.18 | 0 |
| 18935 | Waffle, plain, frozen, ready-to-heat, microwave | 32.0 | 1.0 waffle, round (4"dia) | 95 | 2.15 | 8 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 27.0 | 0.75 cup (1 NLEA serving) | 95 | 2.24 | 24 |
| 07937 | Bologna, pork, turkey and beef | 28.35 | 1.0 oz | 95 | 3.28 | 4 |
| 17364 | Lamb, New Zealand, imported, kidney, cooked, soaked and fried | 85.0 | 3.0 oz | 95 | 16.81 | 16 |
| 15154 | Crustaceans, spiny lobster, mixed species, raw | 85.0 | 3.0 oz | 95 | 17.51 | 34 |
| 05626 | Emu, full rump, raw | 85.0 | 3.0 oz | 95 | 19.41 | 34 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 95 | 9.74 | 32 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05662 | Ground turkey, fat free, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 95 | 20.03 | 25 |
| 08096 | Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 95 | 2.78 | 8 |
| 05167 | Turkey, whole, meat only, raw | 85.0 | 3.0 oz | 95 | 19.24 | 23 |
| 09006 | Apples, raw, without skin, cooked, microwave | 170.0 | 1.0 cup slices | 95 | 0.48 | 5 |
| 05095 | Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed | 41.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 95 | 9.54 | 8 |
| 11547 | Tomato products, canned, puree, without salt added | 250.0 | 1.0 cup | 95 | 4.12 | 58 |
| 11888 | Tomato products, canned, puree, with salt added | 250.0 | 1.0 cup | 95 | 4.12 | 58 |
| 09043 | Blackberry juice, canned | 250.0 | 1.0 cup | 95 | 0.75 | 52 |
| 16122 | Soy protein isolate | 28.35 | 1.0 oz | 95 | 25.04 | 11 |
| 18011 | Biscuits, plain or buttermilk, dry mix, prepared | 28.35 | 1.0 oz | 95 | 2.07 | 7 |
| 13859 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 95 | 4.75 | 5 |
| 17367 | Lamb, New Zealand, imported, kidney, raw | 113.0 | 4.0 oz | 95 | 17.19 | 18 |
| 28251 | SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat | 21.0 | 1.0 package | 95 | 2.79 | 4 |
| 28113 | KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies | 21.0 | 1.0 pouch | 95 | 0.99 | 6 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes | 29.0 | 0.75 cup (1 NLEA serving) | 95 | 2.96 | 40 |
| 16511 | WORTHINGTON Choplets, canned, unprepared | 92.0 | 2.0 slices | 95 | 17.85 | -- |
| 07045 | Luncheon meat, pork, canned | 28.35 | 1.0 oz | 95 | 3.54 | 3 |
| 01006 | Cheese, brie | 28.35 | 1.0 oz | 95 | 5.88 | 6 |
| 16570 | GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared | 71.0 | 1.0 patty | 94 | 4.62 | -- |
| 18386 | Muffins, blueberry, toaster-type, toasted | 28.35 | 1.0 oz | 94 | 1.39 | 4 |
| 13841 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 94 | 4.54 | 4 |
| 12033 | Seeds, sesame flour, low-fat | 28.35 | 1.0 oz | 94 | 14.21 | 96 |
| 18357 | Sweet rolls, cinnamon, refrigerated dough with frosting | 28.35 | 1.0 oz | 94 | 1.42 | 3 |
| 42291 | Peanut butter, reduced sodium | 16.0 | 1.0 tbsp | 94 | 3.84 | 25 |
| 11655 | Carrot juice, canned | 236.0 | 1.0 cup | 94 | 2.24 | 33 |
| 90240 | Mollusks, scallop, (bay and sea), cooked, steamed | 85.0 | 3.0 oz | 94 | 17.46 | 31 |
| 05113 | Chicken, roasting, meat only, raw | 85.0 | 3.0 oz | 94 | 17.28 | 20 |
| 05644 | Ostrich, inside leg, raw | 85.0 | 1.0 serving ( cooked from 4 oz raw ) | 94 | 19.03 | 19 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 85.0 | 3.0 oz | 94 | 19.16 | 24 |
| 15198 | Fish, ling, cooked, dry heat | 85.0 | 3.0 oz | 94 | 20.70 | 69 |
| 16427 | Tofu, raw, regular, prepared with calcium sulfate | 124.0 | 0.5 cup | 94 | 10.02 | 37 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28116 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme | 20.0 | 1.0 pouch | 94 | 0.80 | 6 |
| 42281 | Gums, seed gums (includes locust bean, guar) | 28.35 | 1.0 oz | 94 | 1.30 | 0 |
| 12008 | Seeds, cottonseed flour, low fat (glandless) | 28.35 | 1.0 oz | 94 | 14.13 | 203 |
| 07960 | Bologna, chicken, pork | 28.0 | 1.0 serving | 94 | 2.89 | 4 |
| 05101 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter | 29.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 94 | 5.76 | 5 |
| 12088 | Nuts, cashew butter, plain, without salt added | 16.0 | 1.0 tbsp | 94 | 2.81 | 41 |
| 32031 | Salisbury steak with gravy, frozen | 63.0 | 1.0 patty | 94 | 4.40 | 11 |
| 04025 | Salad dressing, mayonnaise, regular | 13.8 | 1.0 tbsp | 94 | 0.13 | 0 |
| 05339 | Chicken, broiler, rotisserie, BBQ, wing, meat only | 51.0 | 1.0 wing | 94 | 14.45 | 12 |
| 18105 | Coffeecake, creme-filled with chocolate frosting | 28.35 | 1.0 oz | 94 | 1.42 | 4 |
| 01045 | Cheese food, cold pack, American | 28.35 | 1.0 oz | 94 | 5.57 | 9 |
| 09414 | Pears, raw, bosc | 140.0 | 1.0 cup, sliced | 94 | 0.50 | 10 |
| 12169 | Seeds, sesame butter, paste | 16.0 | 1.0 tbsp | 94 | 2.89 | 58 |
| 22121 | MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared | 71.0 | 1.0 Burger | 94 | 11.57 | -- |
| 06995 | PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 94 | 2.08 | -- |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240.0 | 1.0 cup, mashed | 94 | 2.95 | 22 |
| 18540 | ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies | 20.0 | 1.0 serving | 94 | 1.03 | -- |
| 11867 | Squash, winter, butternut, frozen, cooked, boiled, with salt | 240.0 | 1.0 cup, mashed | 94 | 2.95 | 22 |
| 10130 | Canadian bacon, unprepared | 85.0 | 3.0 oz | 94 | 17.26 | 17 |
| 10880 | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated | 85.0 | 3.0 oz | 94 | 14.74 | 16 |
| 15226 | Crustaceans, crab, dungeness, cooked, moist heat | 85.0 | 3.0 oz | 94 | 18.97 | 49 |
| 17131 | Veal, shoulder, blade chop, separable lean only, raw | 85.0 | 3.0 oz | 94 | 16.66 | 28 |
| 05152 | Guinea hen, meat only, raw | 85.0 | 3.0 oz | 94 | 17.54 | 20 |
| 05682 | Chicken, dark meat, thigh, meat only, with added solution, raw | 85.0 | 3.0 oz | 94 | 16.24 | 18 |
| 28118 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies | 20.0 | 1.0 pouch | 93 | 0.90 | 2 |
| 05343 | Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning | 53.0 | 1.0 drumstick | 93 | 15.23 | 13 |
| 16211 | Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu | 79.0 | 0.2 package | 93 | 9.80 | -- |
| 19877 | Ice creams, BREYERS, 98% Fat Free Vanilla | 68.0 | 1.0 serving 1/2 cup | 93 | 2.24 | -- |
| 09264 | Persimmons, japanese, dried | 34.0 | 1.0 fruit without refuse | 93 | 0.47 | 11 |
| 11386 | Potatoes, scalloped, dry mix, unprepared | 26.0 | 0.167 package (5.5 oz) | 93 | 2.02 | 15 |
| 15142 | Crustaceans, crab, blue, crab cakes, home recipe | 60.0 | 1.0 cake | 93 | 12.13 | 20 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09061 | Carissa, (natal-plum), raw | 150.0 | 1.0 cup slices | 93 | 0.75 | 24 |
| 16420 | Soy protein concentrate, produced by acid wash | 28.35 | 1.0 oz | 93 | 18.04 | 40 |
| 16121 | Soy protein concentrate, produced by alcohol extraction | 28.35 | 1.0 oz | 93 | 18.04 | 89 |
| 31023 | Sweet Potatoes, french fried, frozen as packaged, salt added in processing | 51.0 | 12.0 fries | 93 | 1.10 | 13 |
| 07971 | Bologna, meat and poultry | 33.0 | 1.0 slice | 93 | 3.41 | 5 |
| 16130 | Okara | 122.0 | 1.0 cup | 93 | 4.29 | 32 |
| 07014 | Braunschweiger (a liver sausage), pork | 28.35 | 1.0 oz | 93 | 4.11 | 3 |
| 03048 | Babyfood, macaroni and cheese, toddler | 113.0 | 1.0 container | 93 | 3.96 | 10 |
| 05738 | Turkey, drumstick, from whole bird, meat only, raw | 85.0 | 3.0 oz | 93 | 20.11 | 24 |
| 15199 | Fish, lingcod, cooked, dry heat | 85.0 | 3.0 oz | 93 | 19.24 | 28 |
| 10060 | Pork, fresh, loin, tenderloin, separable lean only, raw | 85.0 | 3.0 oz | 93 | 17.81 | 23 |
| 15194 | Fish, mahimahi, cooked, dry heat | 85.0 | 3.0 oz | 93 | 20.16 | 32 |
| 16521 | WORTHINGTON Vegetable Skallops, canned, unprepared | 85.0 | 0.5 cup | 93 | 16.92 | -- |
| 09423 | Prune puree | 36.0 | 2.0 tbsp | 93 | 0.76 | -- |
| 19894 | Ice creams, BREYERS, 98% Fat Free Chocolate | 68.0 | 1.0 serving 1/2 cup | 92 | 2.65 | -- |
| 19867 | Ice creams, vanilla, fat free | 67.0 | 0.5 cup | 92 | 3.00 | 14 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 28.35 | 1.0 oz | 92 | 1.22 | 4 |
| 11283 | Onions, cooked, boiled, drained, without salt | 210.0 | 1.0 cup | 92 | 2.86 | 23 |
| 09415 | Pears, raw, green anjou | 140.0 | 1.0 cup, sliced | 92 | 0.62 | 10 |
| 19142 | Candies, MOUNDS Candy Bar | 19.0 | 1.0 bar snack size | 92 | 0.87 | 10 |
| 14357 | Beverages, tea, instant, decaffeinated, lemon, sweetened | 23.0 | 1.0 serving (3 heaping tsp) | 92 | 0.03 | 1 |
| 14370 | Beverages, tea, instant, lemon, sweetened, powder | 23.0 | 1.0 serving (3 heaping tsp) | 92 | 0.03 | 1 |
| 18450 | Tortillas, ready-to-bake or -fry, flour, without added calcium | 28.35 | 1.0 oz | 92 | 2.47 | 7 |
| 09120 | Grapefruit, sections, canned, juice pack, solids and liquids | 249.0 | 1.0 cup | 92 | 1.74 | 27 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249.0 | 1.0 cup | 92 | 1.49 | 25 |
| 09212 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium | 249.0 | 1.0 cup | 92 | 1.49 | 25 |
| 09219 | Tangerines, (mandarin oranges), canned, juice pack | 249.0 | 1.0 cup | 92 | 1.54 | 27 |
| 18110 | Cake, fruitcake, commercially prepared | 28.35 | 1.0 oz | 92 | 0.82 | 5 |
| 11852 | Salsify, cooked, boiled, drained, with salt | 135.0 | 1.0 cup slices | 92 | 3.69 | 24 |
| 05628 | Emu, inside drum, raw | 85.0 | 3.0 oz | 92 | 18.89 | 22 |
| 05187 | Turkey from whole, dark meat, meat only, raw | 85.0 | 1.0 serving | 92 | 18.09 | 21 |
| 11438 | Salsify, cooked, boiled, drained, without salt | 135.0 | 1.0 cup, sliced | 92 | 3.69 | 24 |
| 05314 | Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw | 85.0 | 3.0 oz | 92 | 17.27 | 21 |
| 15097 | Fish, sheepshead, raw | 85.0 | 3.0 oz | 92 | 17.18 | 27 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05740 | Turkey, thigh, from whole bird, meat only, raw | 85.0 | 3.0 oz | 92 | 18.09 | 21 |
| 19874 | Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added | 74.0 | 1.0 serving 3.5 fl oz bar | 92 | 3.19 | -- |
| 06410 | Soup, cream of celery, canned, prepared with equal volume water | 248.0 | 1.0 cup | 92 | 1.69 | 7 |
| 06053 | Soup, cream of potato, canned, condensed | 124.0 | 0.5 cup | 92 | 1.87 | 16 |
| 01047 | Cheese food, pasteurized process, swiss | 28.35 | 1.0 oz | 92 | 6.21 | 8 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 113.0 | 4.0 oz | 92 | 11.81 | 10 |
| 19365 | Toppings, marshmallow cream | 28.35 | 1.0 oz | 91 | 0.23 | 1 |
| 13827 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 91 | 4.63 | 5 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 56.0 | 56.0 grams 1 serving | 91 | 9.30 | 12 |
| 28349 | Cookies, oatmeal, reduced fat | 25.0 | 1.0 cookie | 91 | 1.00 | 8 |
| 36021 | APPLEBEE'S, coleslaw | 76.0 | 1.0 serving | 91 | 0.60 | 8 |
| 09127 | Grapefruit juice, pink or red, with added calcium | 240.0 | 8.0 fl oz | 91 | 1.20 | 29 |
| 14281 | Beverages, tea, black, ready to drink, decaffeinated | 240.0 | 1.0 cup | 91 | 0.00 | 5 |
| 14016 | Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink | 240.0 | 8.0 fl oz | 91 | 1.01 | 17 |
| 19438 | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 22.0 | 1.0 serving | 91 | 0.75 | 3 |
| 01188 | KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce | 33.0 | 2.0 tbsp | 91 | 3.96 | -- |
| 03995 | Babyfood, banana with mixed berries, strained | 99.0 | 1.0 packet | 91 | 1.00 | 23 |
| 16422 | Soy protein isolate, potassium type | 28.35 | 1.0 oz | 91 | 25.04 | 11 |
| 18280 | Muffins, corn, dry mix, prepared | 28.35 | 1.0 oz | 91 | 2.10 | 6 |
| 18147 | Cheesecake commercially prepared | 28.35 | 1.0 oz | 91 | 1.56 | 3 |
| 17435 | Veal, shank, separable lean and fat, raw | 85.0 | 3.0 oz | 91 | 16.39 | 27 |
| 17426 | Veal, leg, top round, cap off, cutlet, boneless, raw | 85.0 | 3.0 oz | 91 | 18.76 | 26 |
| 01132 | Egg, whole, cooked, scrambled | 61.0 | 1.0 large | 91 | 6.09 | 7 |
| 27001 | Soup, hot and sour, Chinese restaurant | 233.0 | 1.0 cup | 91 | 6.01 | 21 |
| 06010 | Soup, cream of celery, canned, condensed | 126.0 | 0.5 cup | 91 | 1.66 | 6 |
| 06056 | Soup, cream of shrimp, canned, condensed | 126.0 | 0.5 cup | 91 | 2.80 | 9 |
| 06030 | Soup, clam chowder, new england, canned, condensed | 126.0 | 0.5 cup | 91 | 3.99 | 16 |
| 14087 | Beverages, V8 SPLASH Smoothies, Strawberry Banana | 245.0 | 1.0 serving 8 oz | 91 | 2.99 | -- |
| 14371 | Beverages, tea, instant, lemon, sweetened, prepared with water | 259.0 | 1.0 cup (8 fl oz) | 91 | 0.03 | 3 |
| 01086 | Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim) | 245.0 | 1.0 cup | 91 | 8.75 | 37 |
| 14086 | Beverages, V8 SPLASH Smoothies, Peach Mango | 245.0 | 1.0 serving 8 oz | 91 | 2.99 | -- |
| 06580 | CAMPBELL'S Homestyle Vegetable Medley Soup | 245.0 | 1.0 cup | 91 | 2.99 | -- |
| 09005 | Apples, raw, without skin, cooked, boiled | 171.0 | 1.0 cup slices | 91 | 0.44 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19379 | Candies, fudge, chocolate marshmallow, prepared-from-recipe | 20.0 | 1.0 piece | 91 | 0.45 | 7 |
| 06991 | HEALTHY REQUEST, Tomato Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 91 | 2.00 | -- |
| 06333 | CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 91 | 2.00 | -- |
| 15187 | Fish, bass, freshwater, mixed species, cooked, dry heat | 62.0 | 1.0 fillet | 91 | 14.99 | 24 |
| 06334 | CAMPBELL'S Red and White, Cream of Celery Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 91 | 1.00 | -- |
| 06213 | CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 91 | 2.00 | -- |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 28.35 | 1.0 oz | 90 | 3.69 | 9 |
| 18119 | Cake, pineapple upside-down, prepared from recipe | 28.35 | 1.0 oz | 90 | 0.99 | 4 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 28.35 | 1.0 oz | 90 | 2.21 | 5 |
| 16246 | SILK Nog, soymilk | 122.0 | 0.5 cup | 90 | 3.00 | 0 |
| 25036 | Snacks, granola bites, mixed flavors | 20.0 | 1.0 package | 90 | 1.43 | 14 |
| 07967 | Pork sausage, link/patty, fully cooked, unheated | 23.0 | 1.0 link | 90 | 3.10 | 3 |
| 01128 | Egg, whole, cooked, fried | 46.0 | 1.0 large | 90 | 6.26 | 6 |
| 01027 | Cheese, mozzarella, whole milk, low moisture | 28.35 | 1.0 oz | 90 | 6.12 | 6 |
| 19444 | Snacks, tortilla chips, low fat, made with olestra, nacho cheese | 28.35 | 1.0 oz | 90 | 2.39 | 28 |
| 18108 | Coffeecake, cinnamon with crumb topping, dry mix, prepared | 28.35 | 1.0 oz | 90 | 1.56 | 5 |
| 10944 | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw | 85.0 | 3.0 oz | 90 | 17.33 | 20 |
| 15003 | Fish, bass, fresh water, mixed species, raw | 79.0 | 1.0 fillet | 90 | 14.90 | 24 |
| 14065 | Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch | 200.0 | 6.75 fl oz | 90 | 0.00 | -- |
| 06232 | PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 90 | 2.00 | -- |
| 06233 | PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 90 | 2.00 | -- |
| 06226 | PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 90 | 3.00 | -- |
| 09522 | Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium | 200.0 | 6.75 fl oz | 90 | 0.54 | 10 |
| 06234 | PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 90 | 3.00 | -- |
| 08546 | Rice and Wheat cereal bar | 22.0 | 1.0 bar | 90 | 2.00 | 10 |
| 08657 | Cereals ready-to-eat, BARBARA'S PUFFINS, original | 27.0 | 0.75 cup (1 NLEA serving) | 90 | 2.00 | 29 |
| 08504 | Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes | 29.0 | 1.0 serving (NLEA serving size = 0.75 cup) | 90 | 2.96 | 55 |
| 14311 | Beverages, Malted drink mix, natural, powder, dairy based. | 21.0 | 1.0 serving (3 heaping tsp or 1 envelope) | 90 | 3.00 | 20 |
| 05145 | Duck, wild, breast, meat only, raw | 73.0 | 1.0 unit (yield from 1 lb ready-to-cook duck) | 90 | 14.49 | 16 |
| 06221 | PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 90 | 2.00 | -- |
| 06235 | P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 90 | 2.00 | -- |
| 07007 | Bologna, beef | 30.0 | 1.0 slice | 90 | 3.27 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06067 | Soup, chunky vegetable, canned, ready-to-serve | 230.0 | 1.0 cup | 90 | 2.62 | 23 |
| 06220 | PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 90 | 2.00 | -- |
| 18445 | Pie, fried pies, lemon | 28.35 | 1.0 oz | 90 | 0.85 | 3 |
| 18396 | Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 90 | 2.41 | 5 |
| 18282 | Muffins, corn, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 90 | 2.01 | 7 |
| 13838 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 90 | 4.61 | 5 |
| 18444 | Pie, fried pies, cherry | 28.35 | 1.0 oz | 90 | 0.85 | 3 |
| 18319 | Pie, fried pies, fruit | 28.35 | 1.0 oz | 90 | 0.85 | 3 |
| 27014 | CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed | 126.0 | 0.5 cup | 89 | 3.99 | -- |
| 06365 | CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed | 126.0 | 1.0 serving 1/2 cup | 89 | 3.00 | -- |
| 06146 | CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 89 | 5.00 | -- |
| 06366 | CAMPBELL'S Red and White, Minestrone Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 89 | 3.99 | -- |
| 06082 | CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 89 | 3.00 | -- |
| 06367 | CAMPBELL'S Red and White, New England Clam Chowder, condensed | 126.0 | 1.0 serving 1/2 cup | 89 | 3.99 | -- |
| 27013 | CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed | 126.0 | 0.5 cup | 89 | 3.99 | -- |
| 06373 | CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 89 | 3.00 | -- |
| 08018 | Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN | 27.0 | 0.75 cup (1 NLEA serving) | 89 | 1.72 | 16 |
| 18028 | Bread, egg, toasted | 28.35 | 1.0 oz | 89 | 2.98 | 6 |
| 10146 | Pork, cured, ham, patties, unheated | 28.35 | 1.0 oz | 89 | 3.62 | 3 |
| 15090 | Fish, scup, raw | 85.0 | 3.0 oz | 89 | 16.05 | 20 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 85.0 | 3.0 oz | 89 | 19.35 | 35 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15.0 | 1.0 tbsp | 89 | 2.55 | 14 |
| 15049 | Fish, mackerel, king, raw | 85.0 | 3.0 oz | 89 | 17.24 | 27 |
| 15232 | Fish, roughy, orange, cooked, dry heat | 85.0 | 3.0 oz | 89 | 19.24 | 15 |
| 15104 | Fish, sturgeon, mixed species, raw | 85.0 | 3.0 oz | 89 | 13.72 | 30 |
| 15155 | Mollusks, abalone, mixed species, raw | 85.0 | 3.0 oz | 89 | 14.54 | 41 |
| 05704 | Turkey, whole, meat only, with added solution, raw | 85.0 | 3.0 oz | 89 | 17.74 | 20 |
| 15016 | Fish, cod, Atlantic, cooked, dry heat | 85.0 | 3.0 oz | 89 | 19.41 | 36 |
| 14450 | Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder | 23.0 | 1.0 scoop powder | 89 | 0.00 | 0 |
| 10851 | HORMEL, Cure 81 Ham | 84.0 | 1.0 serving | 89 | 15.48 | 17 |
| 12698 | Seeds, sesame butter, tahini, type of kernels unspecified | 15.0 | 1.0 tbsp | 89 | 2.61 | 14 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06315 | Soup, HEALTHY CHOICE Chicken and Rice Soup, canned | 240.0 | 1.0 serving 1 cup | 89 | 6.07 | -- |
| 03127 | Babyfood, vegetables, spinach, creamed, strained | 240.0 | 1.0 cup | 89 | 6.00 | 132 |
| 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 28.35 | 1.0 oz | 89 | 1.56 | 6 |
| 18277 | Muffins, blueberry, toaster-type | 28.35 | 1.0 oz | 89 | 1.30 | 3 |
| 18065 | Bread, wheat, toasted | 28.35 | 1.0 oz | 89 | 3.67 | 17 |
| 19272 | Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E | 26.0 | 1.0 pouch | 89 | 1.14 | -- |
| 19364 | Toppings, butterscotch or caramel | 41.0 | 2.0 tbsp | 89 | 0.50 | 2 |
| 14548 | Beverages, tea, instant, lemon, with added ascorbic acid | 23.0 | 1.0 serving (3 heaping tsp) | 89 | 0.14 | 3 |
| 07018 | Chicken spread | 56.0 | 1.0 serving (1 serving) | 88 | 10.09 | 7 |
| 07929 | Sausage, turkey, hot, smoked | 56.0 | 2.0 oz | 88 | 8.43 | 14 |
| 07201 | OSCAR MAYER, Bologna (beef) | 28.0 | 1.0 serving (1 slice) | 88 | 3.09 | 4 |
| 07927 | Sausage, Italian, turkey, smoked | 56.0 | 1.0 serving 2 oz | 88 | 8.43 | 14 |
| 18403 | Waffles, plain, frozen, ready -to-heat, toasted | 28.35 | 1.0 oz | 88 | 2.04 | 7 |
| 15093 | Fish, seatrout, mixed species, raw | 85.0 | 3.0 oz | 88 | 14.23 | 26 |
| 17208 | Veal, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 88 | 15.93 | 7 |
| 07955 | Turkey sausage, fresh, raw | 57.0 | 1.0 serving | 88 | 10.71 | 11 |
| 04146 | Salad dressing, french, cottonseed, oil, home recipe | 14.0 | 1.0 tablespoon | 88 | 0.01 | -- |
| 04133 | Salad dressing, french, home recipe | 14.0 | 1.0 tablespoon | 88 | 0.01 | 0 |
| 09412 | Pears, raw, bartlett | 140.0 | 1.0 cup, sliced | 88 | 0.55 | 8 |
| 11805 | Onions, cooked, boiled, drained, with salt | 210.0 | 1.0 cup | 88 | 2.86 | 23 |
| 04626 | Margarine-like spread with yogurt, 70% fat, stick, with salt | 14.0 | 1.0 tablespoon | 88 | 0.04 | 0 |
| 11579 | Vegetables, mixed, canned, solids and liquids | 245.0 | 1.0 cup | 88 | 3.48 | 37 |
| 09201 | Oranges, raw, California, valencias | 180.0 | 1.0 cup sections, without membranes | 88 | 1.87 | 18 |
| 18106 | Coffeecake, fruit | 28.35 | 1.0 oz | 88 | 1.47 | 5 |
| 17262 | Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 88 | 4.50 | 4 |
| 07050 | Mortadella, beef, pork | 28.35 | 1.0 oz | 88 | 4.64 | 3 |
| 19233 | Puddings, vanilla, ready-to-eat, fat free | 99.0 | 1.0 serving 3.5 oz shelf stable | 88 | 2.00 | 7 |
| 06341 | CAMPBELL'S, Cream of Potato Soup, condensed | 124.0 | 0.5 cup condensed | 88 | 1.87 | 16 |
| 11033 | Lima beans, immature seeds, canned, regular pack, solids and liquids | 124.0 | 0.5 cup | 88 | 5.05 | 42 |
| 06377 | CAMPBELL'S, Tomato Soup, condensed | 124.0 | 0.5 cup condensed | 88 | 1.81 | 17 |
| 14557 | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients | 22.0 | 1.0 serving | 88 | 1.00 | 12 |
| 04629 | Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick | 14.0 | 1.0 tbsp (1 NLEA serving) | 88 | 0.04 | 0 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04655 | Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries | 14.0 | 1.0 tbsp | 88 | 0.00 | -- |
| 17023 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 88 | 4.63 | 6 |
| 09119 | Grapefruit, sections, canned, water pack, solids and liquids | 244.0 | 1.0 cup | 88 | 1.42 | 24 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244.0 | 1.0 cup | 88 | 1.88 | 15 |
| 06456 | Soup, cream of shrimp, canned, prepared with equal volume water | 244.0 | 1.0 cup | 88 | 2.71 | 10 |
| 07064 | Pork sausage, link/patty, cooked, pan-fried | 27.0 | 1.0 patty | 88 | 5.00 | 4 |
| 01243 | Fat free ice cream, no sugar added, flavors other than chocolate | 68.0 | 0.5 cup | 88 | 3.00 | 6 |
| 20034 | Oat bran, cooked | 219.0 | 1.0 cup | 88 | 7.03 | -- |
| 19150 | Candies, REESE'S Peanut Butter Cups | 17.0 | 1.0 package 0.6 oz 1 cup | 88 | 1.74 | 11 |
| 23444 | Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled | 85.0 | 3.0 oz | 88 | 16.15 | 20 |
| 05623 | Emu, fan fillet, raw | 85.0 | 1.0 serving ( 3 oz ) | 88 | 19.12 | 36 |
| 10888 | Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 88 | 12.30 | 12 |
| 05630 | Emu, outside drum, raw | 85.0 | 3.0 oz | 88 | 19.62 | 25 |
| 15123 | Fish, tuna, fresh, skipjack, raw | 85.0 | 3.0 oz | 88 | 18.70 | 29 |
| 16565 | MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared | 55.0 | 0.667 cup | 87 | 11.11 | -- |
| 32034 | HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared | 64.0 | 1.0 patty | 87 | 5.09 | 12 |
| 01127 | Egg, yolk, raw, frozen, sugared, pasteurized | 28.35 | 1.0 oz | 87 | 3.93 | 3 |
| 18344 | Rolls, dinner, egg | 28.35 | 1.0 oz | 87 | 2.69 | 7 |
| 23445 | Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw | 113.0 | 4.0 oz | 87 | 16.79 | 21 |
| 03269 | Babyfood, juice, apple, with calcium | 189.0 | 1.0 serving | 87 | 0.11 | 11 |
| 09070 | Cherries, sweet, raw | 138.0 | 1.0 cup, with pits, yields | 87 | 1.46 | 15 |
| 06001 | Soup, cream of asparagus, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 87 | 2.29 | 4 |
| 28337 | Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca | 35.0 | 1.0 slice | 87 | 1.51 | 4 |
| 06430 | Soup, clam chowder, new england, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 87 | 3.84 | 17 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28.0 | 1.0 roll (1 oz) | 87 | 3.04 | 7 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 28.35 | 1.0 oz | 87 | 4.61 | 28 |
| 13824 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 87 | 4.69 | 5 |
| 05625 | Emu, flat fillet, raw | 85.0 | 3.0 oz | 87 | 18.91 | 26 |
| 05729 | Turkey, wing, from whole bird, meat only, with added solution, raw | 85.0 | 3.0 oz | 87 | 18.31 | 21 |
| 15169 | Mollusks, oyster, eastern, wild, cooked, moist heat | 85.0 | 3.0 oz | 87 | 9.71 | 30 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16514 | WORTHINGTON Low Fat Fri Chik, canned, unprepared | 85.0 | 2.0 pieces | 87 | 12.16 | -- |
| 07940 | Macaroni and cheese loaf, chicken, pork and beef | 38.0 | 1.0 slice | 87 | 4.47 | 10 |
| 18933 | Waffle, buttermilk, frozen, ready-to-heat, toasted | 28.0 | 1.0 oz | 87 | 2.08 | 6 |
| 18279 | Muffins, corn, commercially prepared | 28.35 | 1.0 oz | 86 | 1.67 | 9 |
| 18078 | Bread, whole-wheat, prepared from recipe, toasted | 28.35 | 1.0 oz | 86 | 2.61 | 25 |
| 42290 | Milk, fluid, nonfat, calcium fortified (fat free or skim) | 247.0 | 1.0 cup | 86 | 8.40 | 27 |
| 06172 | Soup, stock, chicken, home-prepared | 240.0 | 1.0 cup | 86 | 6.05 | 10 |
| 11901 | Corn, sweet, white, cooked, boiled, drained, without salt | 89.0 | 1.0 ear, small (5-1/2" to 6-1/2" long) | 86 | 2.97 | 28 |
| 11902 | Corn, sweet, white, cooked, boiled, drained, with salt | 89.0 | 1.0 ear, small (5-1/2" to 6-1/2" long) | 86 | 2.97 | 28 |
| 14317 | Beverages, malted drink mix, chocolate, powder | 21.0 | 1.0 serving (3 heaping tsp or 1 envelope) | 86 | 1.07 | 15 |
| 10114 | Pork, fresh, variety meats and by-products, mechanically separated, raw | 28.35 | 1.0 oz | 86 | 4.26 | 5 |
| 07040 | Liver cheese, pork | 28.35 | 1.0 oz | 86 | 4.31 | 3 |
| 11390 | Potatoes, hash brown, frozen, plain, unprepared | 105.0 | 0.5 cup | 86 | 2.16 | 12 |
| 06127 | Gravy, unspecified type, dry | 25.0 | 1.0 cup (8 fl oz) | 86 | 3.25 | 11 |
| 16586 | GARDENBURGER Veggie Medley Burger, frozen, unprepared | 71.0 | 1.0 patty | 86 | 2.91 | -- |
| 07900 | Turkey, pork, and beef sausage, low fat, smoked | 85.0 | 3.0 oz | 86 | 6.80 | 14 |
| 15153 | Crustaceans, shrimp, mixed species, imitation, made from surimi | 85.0 | 3.0 oz | 86 | 10.53 | 37 |
| 11551 | Tomato products, canned, sauce, with mushrooms | 245.0 | 1.0 cup | 86 | 3.55 | 47 |
| 09143 | Guava sauce, cooked | 238.0 | 1.0 cup | 86 | 0.76 | 17 |
| 06309 | CAMPBELL'S, Chicken with Rice Soup, condensed | 126.0 | 0.5 cup condensed | 86 | 2.32 | 13 |
| 06044 | Soup, mushroom with beef stock, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 86 | 3.16 | 9 |
| 06023 | Soup, chicken with rice, canned, condensed | 126.0 | 0.5 cup | 86 | 2.32 | 13 |
| 14350 | Strawberry-flavor beverage mix, powder | 22.0 | 1.0 serving (2-3 heaping tsp) | 86 | 0.02 | 0 |
| 12198 | Seeds, sesame butter, tahini, from raw and stone ground kernels | 15.0 | 1.0 tbsp | 86 | 2.67 | 14 |
| 07058 | Pickle and pimiento loaf, pork | 38.0 | 1.0 slice | 86 | 4.27 | 13 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 89.0 | 1.0 ear small (5-1/2" to 6-1/2" long) | 85 | 3.03 | 23 |
| 11770 | Corn, sweet, yellow, cooked, boiled, drained, with salt | 89.0 | 1.0 ear small (5-1/2" to 6-1/2" long) | 85 | 3.03 | 23 |
| 06444 | Soup, mushroom with beef stock, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 85 | 3.15 | 10 |
| 06401 | Soup, cream of asparagus, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 85 | 2.29 | 5 |
| 19124 | Baking chocolate, mexican, squares | 20.0 | 1.0 tablet | 85 | 0.73 | 19 |
| 18971 | Bread, potato | 32.0 | 1.0 slice | 85 | 4.00 | 9 |
| 19314 | Pie fillings, canned, cherry | 74.0 | 0.125 can | 85 | 0.27 | 5 |
| 09203 | Oranges, raw, Florida | 185.0 | 1.0 cup sections, without membranes | 85 | 1.30 | 18 |
| 09117 | Grapefruit, raw, white, California | 230.0 | 1.0 cup sections, with juice | 85 | 2.02 | 21 |
| 09113 | Grapefruit, raw, pink and red, California and Arizona | 230.0 | 1.0 cup sections, with juice | 85 | 1.15 | 21 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 01007 | Cheese, camembert | 28.35 | 1.0 oz | 85 | 5.61 | 6 |
| 07044 | USDA Commodity, luncheon meat, canned | 45.0 | 1.0 serving | 85 | 7.88 | 8 |
| 15101 | Fish, snapper, mixed species, raw | 85.0 | 3.0 oz | 85 | 17.43 | 27 |
| 12171 | Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat) | 14.0 | 1.0 tbsp | 85 | 2.51 | 49 |
| 11104 | Burdock root, raw | 118.0 | 1.0 cup (1" pieces) | 85 | 1.81 | 45 |
| 09517 | Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium | 177.0 | 6.0 fl oz | 85 | 0.21 | 9 |
| 01191 | KRAFT VELVEETA Pasteurized Process Cheese Spread | 28.0 | 1.0 oz | 85 | 4.56 | -- |
| 04683 | Margarine, margarine-like vegetable oil spread, 67-70% fat, tub | 14.0 | 1.0 tbsp (1 NLEA serving) | 85 | 0.01 | -- |
| 18338 | Phyllo dough | 28.35 | 1.0 oz | 85 | 2.01 | 4 |
| 03112 | Babyfood, potatoes, toddler | 163.0 | 1.0 cup | 85 | 1.63 | 24 |
| 04677 | Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) | 14.0 | 1.0 tablespoon | 85 | 0.02 | -- |
| 16526 | WORTHINGTON Meatless Chicken Roll, frozen, unprepared | 55.0 | 1.0 slices , 3/8" | 85 | 8.86 | -- |
| 09200 | Oranges, raw, all commercial varieties | 180.0 | 1.0 cup, sections | 85 | 1.69 | 18 |
| 18313 | Pie, coconut creme, commercially prepared | 28.35 | 1.0 oz | 84 | 0.60 | 6 |
| 09050 | Blueberries, raw | 148.0 | 1.0 cup | 84 | 1.10 | 9 |
| 21428 | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed | 39.0 | 1.0 wing wing without skin | 84 | 11.17 | 9 |
| 18134 | Cake, sponge, prepared from recipe | 28.35 | 1.0 oz | 84 | 2.07 | 3 |
| 18048 | Bread, raisin, enriched, toasted | 28.35 | 1.0 oz | 84 | 2.44 | 8 |
| 28142 | KEEBLER, TOWN HOUSE, Original Crackers | 16.0 | 5.0 crackers | 84 | 0.82 | -- |
| 15174 | Mollusks, scallop, mixed species, imitation, made from surimi | 85.0 | 3.0 oz | 84 | 10.85 | 37 |
| 10113 | Pork, fresh, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 84 | 14.11 | 10 |
| 15271 | Crustaceans, shrimp, cooked (not previously frozen) | 85.0 | 3.0 oz | 84 | 20.38 | 33 |
| 06024 | Soup, chicken and vegetable, canned, ready-to-serve | 255.0 | 1.0 cup | 84 | 5.02 | 20 |
| 09430 | Pineapple, raw, extra sweet variety | 165.0 | 1.0 cup, chunks | 84 | 0.87 | 20 |
| 28378 | PEPPERIDGE FARM, Cinnamon Swirl Bread | 28.0 | 1.0 serving | 84 | 0.00 | -- |
| 09123 | Grapefruit juice, white, canned or bottled, unsweetened | 247.0 | 1.0 cup | 84 | 1.43 | 20 |
| 09416 | Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY | 247.0 | 1.0 cup | 84 | 1.43 | 20 |
| 18273 | Muffins, plain, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 84 | 1.96 | 5 |
| 01126 | Egg, yolk, raw, frozen, pasteurized | 28.35 | 1.0 oz | 84 | 4.40 | 3 |
| 06009 | Soup, beef noodle, canned, condensed | 125.0 | 0.5 cup | 84 | 4.81 | 6 |
| 19173 | Gelatin desserts, dry mix, prepared with water | 135.0 | 0.5 cup | 84 | 1.65 | 1 |
| 06040 | Soup, minestrone, canned, condensed | 123.0 | 0.5 cup (4 fl oz) | 84 | 4.28 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 13844 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 84 | 4.68 | 5 |
| 43276 | Cheese spread, cream cheese base | 28.35 | 1.0 oz | 84 | 2.01 | 2 |
| 42235 | Cheese, cottage, lowfat, 1% milkfat, lactose reduced | 113.0 | 4.0 oz | 84 | 14.01 | 6 |
| 09077 | Crabapples, raw | 110.0 | 1.0 cup slices | 84 | 0.44 | 8 |
| 16538 | MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared | 38.0 | 1.0 Patty | 84 | 9.01 | 6 |
| 15133 | Fish, whiting, mixed species, cooked, dry heat | 72.0 | 1.0 fillet | 84 | 16.91 | 19 |
| 32004 | Macaroni and cheese, box mix with cheese sauce, unprepared | 25.0 | 1.0 serving (3.5 oz) | 84 | 3.18 | 8 |
| 06967 | Soup, vegetable soup, condensed, low sodium, prepared with equal volume water | 253.0 | 1.0 cup | 83 | 2.78 | 33 |
| 28371 | UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread | 28.0 | 1.0 slice | 83 | 1.51 | 7 |
| 28338 | Bread, gluten-free, white, made with tapioca starch and brown rice flour | 28.0 | 1.0 slice | 83 | 1.51 | 7 |
| 07952 | Bologna, chicken, turkey, pork | 28.0 | 1.0 serving | 83 | 2.77 | 4 |
| 31035 | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS | 269.0 | 1.0 cup | 83 | 1.32 | 30 |
| 11865 | Squash, winter, acorn, cooked, boiled, mashed, with salt | 245.0 | 1.0 cup, mashed | 83 | 1.64 | 64 |
| 11846 | Pumpkin, canned, with salt | 245.0 | 1.0 cup | 83 | 2.70 | 56 |
| 11484 | Squash, winter, acorn, cooked, boiled, mashed, without salt | 245.0 | 1.0 cup, mashed | 83 | 1.64 | 64 |
| 01085 | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) | 245.0 | 1.0 cup | 83 | 8.26 | 27 |
| 06505 | CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup | 245.0 | 1.0 cup | 83 | 5.00 | -- |
| 11424 | Pumpkin, canned, without salt | 245.0 | 1.0 cup | 83 | 2.70 | 56 |
| 01151 | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim) | 245.0 | 1.0 cup | 83 | 8.26 | 27 |
| 16518 | WORTHINGTON Saucettes, canned, unprepared | 38.0 | 1.0 link | 83 | 5.70 | -- |
| 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160.0 | 1.0 cup | 83 | 5.60 | 45 |
| 18353 | Rolls, hard (includes kaiser) | 28.35 | 1.0 oz | 83 | 2.81 | 8 |
| 18385 | Bread, wheat germ, toasted | 28.35 | 1.0 oz | 83 | 3.03 | 11 |
| 18432 | Bread, white, commercially prepared, toasted, low sodium no salt | 28.35 | 1.0 oz | 83 | 2.55 | 7 |
| 09014 | Apples, frozen, unsweetened, unheated | 173.0 | 1.0 cup slices | 83 | 0.48 | 5 |
| 25043 | Snacks, candy bits, yogurt covered with vitamin C | 20.0 | 1.0 package | 83 | 0.00 | 5 |
| 06409 | Soup, beef noodle, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 83 | 4.71 | 7 |
| 28386 | PEPPERIDGE FARM, Pumpernickel Bread | 32.0 | 1.0 serving | 83 | 0.00 | -- |
| 15132 | Fish, whiting, mixed species, raw | 92.0 | 1.0 fillet | 83 | 16.85 | 19 |
| 18040 | Bread, oatmeal, toasted | 28.35 | 1.0 oz | 83 | 2.61 | 12 |
| 16228 | Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 83 | 6.37 | 32 |
| 25003 | Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C | 23.0 | 1.0 Roll | 83 | 0.11 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09266 | Pineapple, raw, all varieties | 165.0 | 1.0 cup, chunks | 82 | 0.89 | 20 |
| 13001 | Beef, carcass, separable lean and fat, choice, raw | 28.35 | 1.0 oz | 82 | 4.91 | 5 |
| 18367 | Waffles, plain, prepared from recipe | 28.35 | 1.0 oz | 82 | 2.24 | 5 |
| 18368 | Wonton wrappers (includes egg roll wrappers) | 28.35 | 1.0 oz | 82 | 2.78 | 6 |
| 15004 | Fish, bass, striped, raw | 85.0 | 3.0 oz | 82 | 15.07 | 34 |
| 15203 | Fish, monkfish, cooked, dry heat | 85.0 | 3.0 oz | 82 | 15.78 | 23 |
| 15099 | Fish, smelt, rainbow, raw | 85.0 | 3.0 oz | 82 | 14.99 | 26 |
| 18334 | Pie crust, standard-type, frozen, ready-to-bake, enriched | 18.0 | 1.0 piece (1/8 of 9" crust) | 82 | 1.11 | 3 |
| 18032 | Bread, irish soda, prepared from recipe | 28.35 | 1.0 oz | 82 | 1.87 | 7 |
| 15018 | Fish, cod, Atlantic, dried and salted | 28.35 | 1.0 oz | 82 | 17.81 | 38 |
| 18133 | Cake, sponge, commercially prepared | 28.35 | 1.0 oz | 82 | 1.53 | 3 |
| 18070 | Bread, white, commercially prepared, toasted | 28.35 | 1.0 oz | 82 | 2.55 | 7 |
| 15020 | Fish, croaker, Atlantic, raw | 79.0 | 1.0 fillet | 82 | 14.05 | 32 |
| 14533 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof | 27.8 | 1.0 fl oz | 82 | 0.00 | -- |
| 11866 | Squash, winter, butternut, cooked, baked, with salt | 205.0 | 1.0 cup, cubes | 82 | 1.84 | 59 |
| 11486 | Squash, winter, butternut, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 82 | 1.84 | 59 |
| 06440 | Soup, minestrone, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 82 | 4.27 | 7 |
| 18322 | Pie, mince, prepared from recipe | 28.35 | 1.0 oz | 82 | 0.74 | 4 |
| 28391 | PEPPERIDGE FARM, Seeded Jewish Rye Bread | 32.0 | 1.0 serving | 82 | 0.00 | -- |
| 06375 | CAMPBELL'S, Vegetable Beef Soup, condensed | 126.0 | 0.5 cup condensed | 82 | 4.78 | 6 |
| 06217 | Soup, vegetable, canned, low sodium, condensed | 126.0 | 0.5 cup | 82 | 2.77 | 32 |
| 09449 | Nance, frozen, unsweetened | 112.0 | 1.0 cup without pits, thawed | 82 | 0.74 | 22 |
| 43450 | Frozen novelties, juice type, juice with cream | 71.0 | 2.5 oz | 82 | 1.00 | 6 |
| 18036 | Bread, multi-grain, toasted (includes whole-grain) | 28.35 | 1.0 oz | 82 | 4.12 | 24 |
| 13830 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 82 | 4.75 | 5 |
| 35015 | Blackberries, wild, raw (Alaska Native) | 157.0 | 1.0 cup | 82 | 1.32 | 6 |
| 11384 | Potatoes, au gratin, dry mix, unprepared | 26.0 | 0.167 package (5.5 oz) | 82 | 2.31 | 17 |
| 11248 | Lentils, sprouted, raw | 77.0 | 1.0 cup | 82 | 6.90 | 28 |
| 04673 | Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil | 14.0 | 1.0 tablespoon | 82 | 0.02 | -- |
| 15134 | Fish, wolffish, Atlantic, raw | 85.0 | 3.0 oz | 82 | 14.88 | 26 |
| 15112 | Fish, tilefish, raw | 85.0 | 3.0 oz | 82 | 14.88 | 24 |
| 03959 | Babyfood, mashed cheddar potatoes and broccoli, toddlers | 170.0 | 1.0 container | 82 | 1.89 | 14 |
| 18229 | Crackers, standard snack-type, regular | 16.0 | 5.0 crackers | 82 | 1.06 | 3 |
| 14636 | Beverages, fruit juice drink, reduced sugar, with vitamin E added | 209.0 | 1.0 container | 82 | 0.00 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18027 | Bread, egg | 28.35 | 1.0 oz | 81 | 2.69 | 5 |
| 16522 | WORTHINGTON Vegetable Steaks, canned, unprepared | 72.0 | 2.0 slices | 81 | 14.90 | -- |
| 43352 | Cheese, cottage, lowfat, 1% milkfat, no sodium added | 113.0 | 4.0 oz | 81 | 14.01 | 6 |
| 17375 | Lamb, New Zealand, imported, sweetbread, raw | 113.0 | 4.0 oz | 81 | 12.43 | 16 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 113.0 | 4.0 oz | 81 | 14.00 | 6 |
| 21401 | Fast foods, chicken tenders | 30.0 | 1.0 strip | 81 | 5.77 | 8 |
| 11798 | Mushrooms, shiitake, cooked, with salt | 145.0 | 1.0 cup pieces | 81 | 2.26 | 20 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 145.0 | 1.0 cup pieces | 81 | 2.26 | 20 |
| 06072 | Soup, vegetable with beef broth, canned, condensed | 123.0 | 0.5 cup | 81 | 2.98 | 6 |
| 16128 | Tofu, dried-frozen (koyadofu) | 17.0 | 1.0 piece | 81 | 8.92 | 10 |
| 11818 | Peas and onions, frozen, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 81 | 4.57 | 23 |
| 17345 | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled | 54.0 | 1.0 steak | 81 | 16.31 | 16 |
| 09145 | Java-plum, (jambolan), raw | 135.0 | 1.0 cup | 81 | 0.97 | 20 |
| 11327 | Peas and onions, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 81 | 4.57 | 23 |
| 28385 | PEPPERIDGE FARM, Jewish Rye Bread (Seedless) | 32.0 | 1.0 serving | 81 | 0.00 | -- |
| 09202 | Oranges, raw, navels | 165.0 | 1.0 cup sections, without membranes | 81 | 1.50 | 18 |
| 09167 | Loganberries, frozen | 147.0 | 1.0 cup, unthawed | 81 | 2.23 | 31 |
| 27046 | Sauce, duck, ready-to-serve | 33.0 | 2.0 Tbsp | 81 | 0.12 | 2 |
| 06617 | CAMPBELL'S Homestyle Light Italian-Style Wedding Soup | 245.0 | 1.0 cup | 81 | 6.00 | -- |
| 18365 | Waffles, plain, frozen, ready-to-heat | 28.35 | 1.0 oz | 81 | 1.83 | 7 |
| 18073 | Bread, white, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 81 | 2.24 | 5 |
| 18321 | Pie, lemon meringue, prepared from recipe | 28.35 | 1.0 oz | 81 | 1.08 | 2 |
| 18278 | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 81 | 1.84 | 5 |
| 15010 | Fish, catfish, channel, wild, raw | 85.0 | 3.0 oz | 81 | 13.92 | 20 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85.0 | 3.0 oz | 81 | 6.48 | 37 |
| 15129 | Fish, turbot, european, raw | 85.0 | 3.0 oz | 81 | 13.64 | 43 |
| 10866 | Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 81 | 13.12 | 14 |
| 10886 | Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 81 | 14.77 | 14 |
| 18075 | Bread, whole-wheat, commercially prepared | 32.0 | 1.0 slice | 81 | 3.98 | 24 |
| 06337 | CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed | 124.0 | 0.5 cup condensed | 81 | 2.00 | -- |
| 06229 | PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 81 | 2.00 | -- |
| 35202 | Raspberries, wild (Northern Plains Indians) | 130.0 | 1.0 cup | 81 | 1.46 | 34 |
| 06355 | CAMPBELL'S Red and White, Golden Mushroom Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 81 | 2.00 | -- |
| 06223 | PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 81 | 2.00 | -- |
| 11649 | Tomato products, canned, sauce, spanish style | 244.0 | 1.0 cup | 81 | 3.51 | 46 |
| 18061 | Bread, rye, toasted | 28.35 | 1.0 oz | 81 | 2.66 | 12 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05047 | Chicken, broilers or fryers, separable fat, raw | 12.8 | 1.0 tbsp | 81 | 0.48 | 1 |
| 16202 | PACE, Traditional Refried Beans | 120.0 | 0.5 cup | 80 | 5.00 | -- |
| 09228 | Papaya, canned, heavy syrup, drained | 39.0 | 1.0 piece | 80 | 0.05 | 2 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 31.0 | 0.5 cup (1 NLEA serving) | 80 | 4.07 | 112 |
| 06101 | Soup, cream of vegetable, dry, powder | 18.0 | 1.0 packet | 80 | 1.44 | 9 |
| 18451 | Cake, pound, commercially prepared, fat-free | 28.35 | 1.0 oz | 80 | 1.53 | 3 |
| 16244 | SILK Unsweetened, soymilk | 243.0 | 1.0 cup | 80 | 7.00 | 39 |
| 14613 | Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit | 243.0 | 1.0 serving 8 oz | 80 | 0.00 | -- |
| 14614 | Beverages, V8 SPLASH Juice Drinks, Mango Peach | 243.0 | 1.0 serving 8 oz | 80 | 0.00 | -- |
| 16239 | SILK Light Vanilla, soymilk | 243.0 | 1.0 cup | 80 | 6.00 | 39 |
| 16222 | Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 80 | 6.95 | 39 |
| 14612 | Beverages, V8 SPLASH Juice Drinks, Fruit Medley | 243.0 | 1.0 serving 8 oz | 80 | 0.00 | -- |
| 14616 | Beverages, V8 SPLASH Juice Drinks, Orchard Blend | 243.0 | 1.0 serving 8 oz | 80 | 0.00 | -- |
| 28379 | PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread | 28.0 | 1.0 serving | 80 | 0.00 | -- |
| 15019 | Fish, cod, Pacific, raw (may have been previously frozen) | 116.0 | 1.0 fillet | 80 | 17.71 | 23 |
| 08370 | Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS | 21.0 | 1.0 bowl (3/4 cup) (1 NLEA serving) | 80 | 1.00 | -- |
| 11810 | Peas, edible-podded, frozen, cooked, boiled, drained, with salt | 160.0 | 1.0 cup | 80 | 5.60 | 45 |
| 14197 | Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix | 20.0 | 1.0 serving 1 envelope | 80 | 0.60 | -- |
| 06239 | PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 80 | 2.00 | -- |
| 14195 | Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows | 20.0 | 1.0 serving 1 envelope | 80 | 0.56 | -- |
| 43268 | Whipped cream substitute, dietetic, made from powdered mix | 80.0 | 1.0 cup | 80 | 0.72 | 1 |
| 07061 | Mother's loaf, pork | 28.35 | 1.0 oz | 80 | 3.42 | 5 |
| 01209 | Cheese, Mexican, blend, reduced fat | 28.35 | 1.0 oz | 80 | 7.00 | 10 |
| 17224 | Lamb, ground, raw | 28.35 | 1.0 oz | 80 | 4.69 | 6 |
| 17428 | Veal, shank, separable lean only, raw | 85.0 | 3.0 oz | 80 | 16.80 | 28 |
| 16428 | Tofu, dried-frozen (koyadofu), prepared with calcium sulfate | 17.0 | 1.0 piece | 80 | 8.91 | 31 |
| 23640 | Beef, variety meats and by-products, tripe, cooked, simmered | 85.0 | 1.0 serving | 80 | 9.95 | 13 |
| 11581 | Vegetables, mixed, canned, drained solids | 163.0 | 1.0 cup | 80 | 4.22 | 26 |
| 09053 | Blueberries, wild, frozen | 140.0 | 1.0 cup, frozen | 80 | 0.00 | 10 |
| 22122 | MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared | 38.0 | 1.0 patty | 80 | 9.80 | -- |
| 09252 | Pears, raw | 140.0 | 1.0 cup, slices | 80 | 0.50 | 10 |
| 11660 | Tomatoes, red, ripe, cooked, stewed | 101.0 | 1.0 cup | 80 | 1.98 | 15 |
| 43015 | Salad dressing, caesar dressing, regular | 14.7 | 1.0 tbsp | 80 | 0.32 | 0 |
| 21467 | Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed | 37.0 | 1.0 wing without skin | 80 | 10.64 | 9 |
| 06472 | Soup, vegetable with beef broth, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 80 | 2.92 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11988 | Fungi, Cloud ears, dried | 28.0 | 1.0 cup | 80 | 2.59 | 23 |
| 18064 | Bread, wheat | 29.0 | 1.0 slice | 79 | 3.09 | 12 |
| 06357 | CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed | 126.0 | 1.0 serving 1/2 cup | 79 | 3.00 | -- |
| 06071 | Soup, vegetable beef, canned, condensed | 126.0 | 0.5 cup | 79 | 5.61 | 6 |
| 06084 | CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 79 | 3.00 | -- |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 248.0 | 1.0 serving 1 cup | 79 | 1.76 | 17 |
| 28136 | KEEBLER, TOASTEDS, Sesame Crackers | 16.0 | 5.0 crackers | 79 | 1.06 | -- |
| 06587 | CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup | 305.0 | 1.0 container | 79 | 4.00 | -- |
| 07052 | Pastrami, turkey | 57.0 | 2.0 slices | 79 | 9.29 | 8 |
| 28133 | KEEBLER, TOASTEDS, Buttercrisps Crackers | 16.0 | 5.0 crackers | 79 | 0.88 | -- |
| 17236 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 79 | 4.87 | 6 |
| 16601 | MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared | 67.0 | 1.0 patty | 79 | 8.58 | -- |
| 16588 | MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared | 67.0 | 1.0 patty | 79 | 8.58 | 23 |
| 15064 | Fish, pike, walleye, raw | 85.0 | 3.0 oz | 79 | 16.27 | 26 |
| 09054 | Blueberries, frozen, unsweetened | 155.0 | 1.0 cup, unthawed | 79 | 0.65 | 8 |
| 28388 | PEPPERIDGE FARM, Deli Swirl Bread | 32.0 | 1.0 serving | 79 | 0.00 | -- |
| 15216 | Fish, spot, cooked, dry heat | 50.0 | 1.0 fillet | 79 | 11.86 | 27 |
| 18003 | Bagels, egg | 28.35 | 1.0 oz | 79 | 3.01 | 7 |
| 18077 | Bread, whole-wheat, prepared from recipe | 28.35 | 1.0 oz | 79 | 2.38 | 23 |
| 13002 | Beef, carcass, separable lean and fat, select, raw | 28.35 | 1.0 oz | 79 | 4.96 | 5 |
| 18328 | Pie, vanilla cream, prepared from recipe | 28.35 | 1.0 oz | 79 | 1.36 | 4 |
| 15103 | Fish, spot, raw | 64.0 | 1.0 fillet | 79 | 11.85 | 27 |
| 09267 | Pineapple, canned, water pack, solids and liquids | 246.0 | 1.0 cup, crushed, sliced, or chunks | 79 | 1.06 | 44 |
| 09427 | Abiyuch, raw | 114.0 | 0.5 cup | 79 | 1.71 | 27 |
| 06956 | Soup, tomato, canned, condensed, reduced sodium | 121.0 | 1.0 serving 1/2 cup | 79 | 1.95 | 17 |
| 16502 | LOMA LINDA Low Fat Big Franks, canned, unprepared | 51.0 | 1.0 link | 79 | 11.78 | -- |
| 17062 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw | 28.35 | 1.0 oz | 79 | 4.75 | 4 |
| 18349 | Rolls, french | 28.35 | 1.0 oz | 79 | 2.44 | 6 |
| 11088 | Broadbeans, immature seeds, raw | 109.0 | 1.0 cup | 78 | 6.10 | 41 |
| 19274 | Snacks, fruit leather, pieces, with vitamin C | 21.0 | 1.0 serving | 78 | 0.02 | 3 |
| 18314 | Pie, coconut cream, prepared from mix, no-bake type | 28.35 | 1.0 oz | 78 | 0.79 | 5 |
| 17209 | Lamb, variety meats and by-products, mechanically separated, raw | 28.35 | 1.0 oz | 78 | 4.24 | 5 |
| 13330 | Beef, variety meats and by-products, mechanically separated beef, raw | 28.35 | 1.0 oz | 78 | 4.24 | 5 |
| 18263 | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon) | 28.35 | 1.0 oz | 78 | 2.51 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 28148 | KEEBLER, TOWN HOUSE, Wheat Crackers | 16.0 | 5.0 crackers | 78 | 1.01 | 1 |
| 15065 | Fish, pollock, Atlantic, raw | 85.0 | 3.0 oz | 78 | 16.52 | 57 |
| 15107 | Fish, sucker, white, raw | 85.0 | 3.0 oz | 78 | 14.25 | 26 |
| 16273 | Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm | 85.0 | 3.0 oz | 78 | 8.65 | -- |
| 15031 | Fish, grouper, mixed species, raw | 85.0 | 3.0 oz | 78 | 16.47 | 26 |
| 09413 | Pears, raw, red anjou | 126.0 | 1.0 small | 78 | 0.42 | 9 |
| 14309 | Beverages, OVALTINE, Classic Malt powder | 21.0 | 1.0 serving (4 tbsp or 1 envelope) | 78 | 0.00 | 46 |
| 11559 | Tomato products, canned, sauce, with tomato tidbits | 244.0 | 1.0 cup | 78 | 3.22 | 49 |
| 11368 | Potatoes, microwaved, cooked in skin, flesh, without salt | 78.0 | 0.5 cup | 78 | 1.64 | 20 |
| 14188 | Beverages, tea, green, ready to drink, ginseng and honey, sweetened | 260.0 | 1.0 cup | 78 | 0.00 | 3 |
| 11835 | Potatoes, microwaved, cooked in skin, flesh, with salt | 78.0 | 0.5 cup | 78 | 1.64 | 20 |
| 11697 | Arrowroot, raw | 120.0 | 1.0 cup, sliced | 78 | 5.09 | 30 |
| 18407 | Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame) | 28.35 | 1.0 oz | 78 | 2.98 | 8 |
| 18413 | Bread, pita, white, unenriched | 28.35 | 1.0 oz | 78 | 2.58 | 7 |
| 01160 | Egg, yolk, raw, frozen, salted, pasteurized | 28.35 | 1.0 oz | 78 | 3.99 | 2 |
| 18408 | Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame) | 28.35 | 1.0 oz | 78 | 2.98 | 8 |
| 18045 | Bread, pumpernickel, toasted | 28.35 | 1.0 oz | 78 | 2.69 | 17 |
| 18406 | Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame) | 28.35 | 1.0 oz | 78 | 2.98 | 8 |
| 19014 | Snacks, fruit leather, rolls | 21.0 | 1.0 large | 78 | 0.02 | 4 |
| 28230 | MURRAY, SUGAR FREE, Shortbread Bites | 21.0 | 1.0 pouch | 78 | 1.36 | 5 |
| 01270 | Cheese, cheddar, sharp, sliced | 19.0 | 1.0 slice (2/3 oz) | 78 | 4.61 | 5 |
| 28317 | Bread, wheat, sprouted, toasted | 38.0 | 1.0 slice 1 serving | 78 | 5.43 | 27 |
| 18354 | Strudel, apple | 28.35 | 1.0 oz | 78 | 0.94 | 3 |
| 18047 | Bread, raisin, enriched | 28.35 | 1.0 oz | 78 | 2.24 | 7 |
| 18071 | Bread, white, prepared from recipe, made with nonfat dry milk | 28.35 | 1.0 oz | 78 | 2.18 | 5 |
| 13095 | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 78 | 4.96 | 5 |
| 18414 | Bread, raisin, unenriched | 28.35 | 1.0 oz | 78 | 2.24 | 7 |
| 19423 | Snacks, potato chips, fat-free, made with olestra | 28.35 | 1.0 oz | 78 | 2.19 | 20 |
| 18148 | Cheesecake prepared from mix, no-bake type | 28.35 | 1.0 oz | 78 | 1.56 | 5 |
| 13926 | Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 78 | 5.15 | 6 |
| 09063 | Cherries, sour, red, raw | 155.0 | 1.0 cup, without pits | 78 | 1.55 | 14 |
| 06733 | Soup, beef with vegetables and barley, canned, condensed, single brand | 127.0 | 1.0 serving | 77 | 4.95 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15013 | Fish, cisco, raw | 79.0 | 1.0 fillet | 77 | 15.00 | 13 |
| 16212 | Vitasoy USA, Organic Nasoya Extra Firm Tofu | 79.0 | 0.2 package | 77 | 7.98 | -- |
| 17260 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 77 | 4.87 | 4 |
| 15036 | Fish, halibut, Atlantic and Pacific, raw | 85.0 | 3.0 oz | 77 | 15.78 | 20 |
| 09318 | Strawberries, frozen, unsweetened | 221.0 | 1.0 cup, thawed | 77 | 0.95 | 24 |
| 10885 | Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 77 | 15.85 | 15 |
| 28134 | KEEBLER, TOASTEDS, Party Pack Cracker Assortment | 16.0 | 5.0 crackers | 77 | 1.04 | 2 |
| 06123 | Gravy, onion, dry, mix | 24.0 | 1.0 cup (8 fl oz) | 77 | 2.16 | 8 |
| 14015 | Alcoholic beverage, pina colada, canned | 32.6 | 1.0 fl oz | 77 | 0.20 | 2 |
| 28372 | UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread | 25.0 | 1.0 slice | 77 | 1.81 | 8 |
| 28339 | Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour | 25.0 | 1.0 slice | 77 | 1.81 | 8 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 29.0 | 1.0 slice | 77 | 2.57 | 7 |
| 17019 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 77 | 4.80 | 6 |
| 18029 | Bread, french or vienna (includes sourdough) | 28.35 | 1.0 oz | 77 | 3.05 | 9 |
| 08005 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS | 30.0 | 0.333 cup (1 NLEA serving) | 77 | 2.67 | 60 |
| 06028 | Soup, clam chowder, manhattan, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 77 | 2.19 | 10 |
| 06147 | Soup, beef mushroom, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 77 | 5.80 | 9 |
| 06042 | Soup, mushroom barley, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 77 | 1.89 | 9 |
| 17377 | Lamb, New Zealand, imported, testes, raw | 113.0 | 4.0 oz | 77 | 12.88 | 12 |
| 18033 | Bread, italian | 28.35 | 1.0 oz | 77 | 2.49 | 8 |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt | 14.3 | 1.0 tbsp | 77 | 0.02 | 0 |
| 28135 | KEEBLER, TOASTEDS, Onion Crackers | 16.0 | 5.0 crackers | 77 | 0.91 | -- |
| 11369 | Potatoes, microwaved, cooked in skin, skin, without salt | 58.0 | 1.0 skin | 77 | 2.55 | 21 |
| 11836 | Potatoes, microwaved, cooked, in skin, skin with salt | 58.0 | 1.0 skin | 77 | 2.55 | 21 |
| 18383 | Bread, protein, (includes gluten), toasted | 28.35 | 1.0 oz | 77 | 3.74 | 16 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 28.35 | 1.0 oz | 77 | 2.93 | 8 |
| 16129 | Tofu, fried | 28.35 | 1.0 oz | 77 | 5.34 | 17 |
| 18283 | Muffins, oat bran | 28.35 | 1.0 oz | 77 | 1.98 | 45 |
| 18309 | Pie, cherry, prepared from recipe | 28.35 | 1.0 oz | 77 | 0.79 | 3 |
| 90560 | Mollusks, snail, raw | 85.0 | 3.0 oz | 76 | 13.69 | 212 |
| 15144 | Crustaceans, crab, queen, raw | 85.0 | 3.0 oz | 76 | 15.72 | 42 |
| 15192 | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen) | 90.0 | 1.0 fillet | 76 | 16.86 | 22 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 15070 | Fish, rockfish, Pacific, mixed species, raw | 85.0 | 3.0 oz | 76 | 15.61 | 23 |
| 14532 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof | 27.8 | 1.0 fl oz | 76 | 0.00 | -- |
| 18347 | Rolls, dinner, wheat | 28.0 | 1.0 roll (1 oz) | 76 | 2.41 | 10 |
| 25010 | Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar | 22.0 | 1.0 bar | 76 | 1.70 | -- |
| 18039 | Bread, oatmeal | 28.35 | 1.0 oz | 76 | 2.38 | 10 |
| 18304 | Pie, banana cream, prepared from recipe | 28.35 | 1.0 oz | 76 | 1.25 | 5 |
| 10170 | Pork, cured, shoulder, blade roll, separable lean and fat, unheated | 28.35 | 1.0 oz | 76 | 4.67 | 4 |
| 03098 | Babyfood, vegetables, beets, strained | 224.0 | 1.0 cup | 76 | 2.91 | 31 |
| 07959 | Bologna, chicken, pork, beef | 28.0 | 1.0 serving | 76 | 3.17 | 4 |
| 11453 | Soybeans, mature seeds, sprouted, cooked, steamed | 94.0 | 1.0 cup | 76 | 7.96 | 56 |
| 11923 | Soybeans, mature seeds, sprouted, cooked, steamed, with salt | 94.0 | 1.0 cup | 76 | 7.96 | 56 |
| 18320 | Pie, lemon meringue, commercially prepared | 28.35 | 1.0 oz | 76 | 0.43 | 4 |
| 09279 | Plums, raw | 165.0 | 1.0 cup, sliced | 76 | 1.15 | 12 |
| 09116 | Grapefruit, raw, white, all areas | 230.0 | 1.0 cup sections, with juice | 76 | 1.59 | 21 |
| 08669 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares | 30.0 | 0.75 cup (1 NLEA serving) | 76 | 0.99 | 16 |
| 04697 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D | 14.0 | 1.0 tbsp | 76 | 0.02 | 0 |
| 11863 | Squash, winter, all varieties, cooked, baked, with salt | 205.0 | 1.0 cup, cubes | 76 | 1.82 | 27 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 76 | 1.82 | 27 |
| 09096 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 237.0 | 1.0 cup | 76 | 1.00 | 17 |
| 43396 | Cheese, cottage, lowfat, 1% milkfat, with vegetables | 113.0 | 4.0 oz | 76 | 12.32 | 5 |
| 17001 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 76 | 4.79 | 6 |
| 07901 | USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked | 28.35 | 1.0 oz | 76 | 5.60 | 5 |
| 18416 | Bread, white, commercially prepared, low sodium, no salt | 28.35 | 1.0 oz | 76 | 2.32 | 7 |
| 05661 | Chicken, liver, all classes, cooked, pan-fried | 44.0 | 1.0 liver | 76 | 11.34 | 12 |
| 93600 | Turtle, green, raw | 85.0 | 3.0 oz | 76 | 16.83 | 17 |
| 06471 | Soup, vegetable beef, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 76 | 5.44 | 7 |
| 11010 | Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt | 168.0 | 1.0 cup | 76 | 5.22 | 52 |
| 11703 | Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt | 168.0 | 1.0 cup | 76 | 5.22 | 52 |
| 06990 | HEALTHY REQUEST, Minestrone Soup, condensed | 120.0 | 1.0 serving 1/2 cup | 76 | 2.86 | -- |
| 16204 | PACE, Spicy Jalapeno Refried Beans | 120.0 | 0.5 cup | 76 | 5.00 | -- |
| 42137 | Salad dressing, peppercorn dressing, commercial, regular | 13.4 | 1.0 tbsp | 76 | 0.16 | 0 |
| 16159 | Tofu, extra firm, prepared with nigari | 91.0 | 0.2 block | 76 | 9.08 | 32 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 75 | 1.90 | 7 |
| 01189 | KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product | 35.0 | 2.0 tbsp | 75 | 5.70 | -- |
| 04614 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt | 14.3 | 1.0 tbsp | 75 | 0.09 | 0 |
| 04693 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D | 14.0 | 1.0 tbsp | 75 | 0.02 | 0 |
| 28397 | Bread, multi-grain (includes whole-grain) | 28.35 | 1.0 oz | 75 | 3.79 | 22 |
| 10803 | USDA Commodity, pork, ground, fine/coarse, frozen, cooked | 28.35 | 1.0 oz grilled patties | 75 | 6.68 | 7 |
| 13807 | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 75 | 5.00 | 5 |
| 13817 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 75 | 4.81 | 5 |
| 18302 | Pie, apple, prepared from recipe | 28.35 | 1.0 oz | 75 | 0.68 | 2 |
| 07935 | Oven-roasted chicken breast roll | 56.0 | 1.0 serving 2 oz | 75 | 8.17 | 10 |
| 31032 | Vegetable smoothie, NAKED JUICE, KALE BLAZER | 268.0 | 1.0 cup | 75 | 2.14 | 40 |
| 04695 | Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D | 14.0 | 1.0 tbsp | 75 | 0.08 | 0 |
| 01159 | Cheese, goat, soft type | 28.35 | 1.0 oz | 75 | 5.25 | 5 |
| 18095 | Cake, cherry fudge with chocolate frosting | 28.35 | 1.0 oz | 75 | 0.68 | 5 |
| 18384 | Bread, rice bran, toasted | 28.35 | 1.0 oz | 75 | 2.75 | 22 |
| 17035 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 75 | 4.70 | 6 |
| 21443 | POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed | 44.0 | 1.0 drumstick, bone and skin removed | 75 | 11.66 | 11 |
| 15062 | Fish, pike, northern, raw | 85.0 | 3.0 oz | 75 | 16.37 | 26 |
| 42256 | Margarine-like, vegetable oil spread, stick or tub, sweetened | 14.0 | 1.0 tablespoon | 75 | 0.00 | -- |
| 06428 | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 249.0 | 1.0 serving 1 cup | 75 | 2.12 | 10 |
| 04620 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt | 14.0 | 1.0 tbsp | 75 | 0.02 | 0 |
| 04694 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D | 14.0 | 1.0 tbsp | 75 | 0.02 | 0 |
| 04613 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt | 14.0 | 1.0 tbsp | 75 | 0.02 | 0 |
| 18017 | Biscuits, mixed grain, refrigerated dough | 28.35 | 1.0 oz | 75 | 1.73 | 9 |
| 13853 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 75 | 5.41 | 5 |
| 18351 | Rolls, hamburger or hotdog, mixed-grain | 28.35 | 1.0 oz | 75 | 2.72 | 12 |
| 10219 | Pork, fresh, ground, raw | 28.35 | 1.0 oz | 75 | 4.79 | 5 |
| 07030 | Ham, minced | 28.35 | 1.0 oz | 75 | 4.62 | 5 |
| 28137 | KEEBLER, TOASTEDS, Wheat Crackers | 16.0 | 5.0 crackers | 75 | 1.33 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18348 | Rolls, dinner, whole-wheat | 28.0 | 1.0 roll (1 oz) | 74 | 2.44 | 24 |
| 08651 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares | 30.0 | 0.75 cup (1 NLEA serving) | 74 | 1.44 | 16 |
| 14171 | Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2 | 240.0 | 1.0 cup | 74 | 0.50 | 0 |
| 06964 | Soup, tomato, low sodium, with water | 248.0 | 1.0 serving 1 cup | 74 | 1.96 | 17 |
| 09021 | Apricots, raw | 155.0 | 1.0 cup, halves | 74 | 2.17 | 16 |
| 27051 | Sauce, cocktail, ready-to-serve | 60.0 | 0.25 cup | 74 | 0.82 | 10 |
| 06068 | Soup, vegetarian vegetable, canned, condensed | 126.0 | 0.5 cup | 74 | 2.17 | 8 |
| 43483 | Millet, puffed | 21.0 | 1.0 cup | 74 | 2.73 | 22 |
| 17326 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 74 | 4.67 | 5 |
| 09429 | Pineapple, raw, traditional varieties | 165.0 | 1.0 cup, chunks | 74 | 0.91 | 20 |
| 09138 | Groundcherries, (cape-gooseberries or poha), raw | 140.0 | 1.0 cup | 74 | 2.66 | -- |
| 20097 | Pasta, homemade, made with egg, cooked | 57.0 | 2.0 oz | 74 | 3.01 | 8 |
| 16609 | MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared | 38.0 | 1.0 pattie | 74 | 9.01 | -- |
| 20096 | Pasta, fresh-refrigerated, spinach, cooked | 57.0 | 2.0 oz | 74 | 2.88 | 14 |
| 19312 | Pie fillings, apple, canned | 74.0 | 0.125 can | 74 | 0.07 | 1 |
| 17234 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 74 | 4.88 | 7 |
| 15139 | Crustaceans, crab, blue, raw | 85.0 | 3.0 oz | 74 | 15.35 | 29 |
| 15044 | Fish, ling, raw | 85.0 | 3.0 oz | 74 | 16.14 | 54 |
| 15243 | Crustaceans, crayfish, mixed species, farmed, cooked, moist heat | 85.0 | 3.0 oz | 74 | 14.89 | 28 |
| 06025 | Soup, chicken vegetable, canned, condensed | 121.0 | 0.5 cup | 74 | 3.56 | 6 |
| 11082 | Beets, canned, regular pack, solids and liquids | 246.0 | 1.0 cup | 74 | 1.80 | 44 |
| 17043 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 74 | 4.76 | 6 |
| 18316 | Pie, coconut custard, commercially prepared | 28.35 | 1.0 oz | 74 | 1.67 | 5 |
| 18312 | Pie, chocolate mousse, prepared from mix, no-bake type | 28.35 | 1.0 oz | 74 | 0.99 | 9 |
| 18308 | Pie, cherry, commercially prepared | 28.35 | 1.0 oz | 74 | 0.57 | 2 |
| 18025 | Bread, cracked-wheat | 28.35 | 1.0 oz | 74 | 2.47 | 15 |
| 09111 | Grapefruit, raw, pink and red and white, all areas | 230.0 | 1.0 cup sections, with juice | 74 | 1.45 | 18 |
| 28138 | KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers | 16.0 | 2.0 crackers | 74 | 1.17 | -- |
| 09118 | Grapefruit, raw, white, Florida | 230.0 | 1.0 cup sections, with juice | 74 | 1.45 | 21 |
| 06497 | CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup | 245.0 | 1.0 cup | 74 | 3.99 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09102 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids | 245.0 | 1.0 cup | 74 | 0.86 | 12 |
| 06502 | CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup | 245.0 | 1.0 cup | 74 | 2.01 | -- |
| 11050 | Beans, shellie, canned, solids and liquids | 245.0 | 1.0 cup | 74 | 4.31 | 37 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 44.0 | 1.0 liver | 73 | 10.76 | 11 |
| 18060 | Bread, rye | 28.35 | 1.0 oz | 73 | 2.41 | 11 |
| 23502 | USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked | 28.35 | 1.0 oz | 73 | 7.39 | 7 |
| 17051 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 73 | 4.71 | 6 |
| 18038 | Bread, oat bran, toasted | 28.35 | 1.0 oz | 73 | 3.23 | 10 |
| 21386 | BURGER KING, french toast sticks | 21.0 | 1.0 stick | 73 | 1.26 | 4 |
| 06453 | Soup, cream of potato, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 73 | 1.76 | 2 |
| 06547 | Soup, beef mushroom, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 73 | 5.78 | 10 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120.0 | 1.0 piece (2-1/2" x 2-3/4" x 1") | 73 | 8.60 | 32 |
| 06442 | Soup, mushroom barley, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 73 | 1.88 | 10 |
| 16509 | LOMA LINDA Linketts, canned, unprepared | 35.0 | 1.0 link | 73 | 7.46 | -- |
| 04120 | Salad dressing, french dressing, commercial, regular | 16.0 | 1.0 tbsp | 73 | 0.12 | 1 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 27.8 | 1.0 fl oz | 73 | 0.00 | -- |
| 14049 | Alcoholic beverage, distilled, gin, 90 proof | 27.8 | 1.0 fl oz | 73 | 0.00 | -- |
| 01221 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 73 | 6.56 | 22 |
| 15157 | Mollusks, clam, mixed species, raw | 85.0 | 3.0 oz | 73 | 12.47 | 16 |
| 01184 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener | 170.0 | 1.0 container (6 oz) | 73 | 6.56 | 22 |
| 15143 | Crustaceans, crab, dungeness, raw | 85.0 | 3.0 oz | 73 | 14.80 | 38 |
| 28141 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original | 15.0 | 5.0 crackers | 73 | 0.99 | 2 |
| 07278 | HORMEL Pillow Pak Sliced Turkey Pepperoni | 30.0 | 1.0 serving | 73 | 9.30 | 12 |
| 14206 | Beverages, tea, green, ready-to-drink, sweetened | 270.0 | 1.0 cup | 73 | 0.00 | -- |
| 28140 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb | 15.0 | 5.0 crackers | 73 | 0.98 | 2 |
| 16225 | Soymilk, original and vanilla, light, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 73 | 5.78 | 36 |
| 16219 | Vitasoy USA, Vitasoy Light Vanilla Soymilk | 243.0 | 1.0 cup | 73 | 3.89 | 24 |
| 44048 | Cheese food, pasteurized process, American, imitation, without added vitamin D | 28.35 | 1.0 oz | 73 | 1.16 | 3 |
| 15075 | Fish, sablefish, smoked | 28.35 | 1.0 oz | 73 | 5.00 | 21 |
| 18507 | KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles | 35.0 | 1.0 waffle, round (4" dia) (include frozen) | 73 | 2.08 | 19 |
| 09518 | Raspberries, frozen, unsweetened | 140.0 | 1.0 cup, unthawed | 73 | 1.68 | 31 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14430 | Cranberry juice cocktail, frozen concentrate | 36.2 | 1.0 fl oz | 73 | 0.02 | 2 |
| 35236 | Stew, pinto bean and hominy, badufsuki (Hopi) | 227.0 | 8.0 oz | 73 | 3.22 | 25 |
| 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 15.0 | 1.0 tbsp | 73 | 0.21 | 1 |
| 17318 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 73 | 4.73 | 5 |
| 19139 | Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits | 14.0 | 1.0 serving 0.5 oz, about 1 tbsp | 72 | 0.62 | -- |
| 03154 | Babyfood, fruit and vegetable, apple and sweet potato | 113.0 | 1.0 jar, Gerber (4 oz) | 72 | 0.34 | 7 |
| 06466 | Soup, turkey vegetable, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 72 | 3.08 | 5 |
| 18261 | English muffins, mixed-grain, toasted (includes granola) | 28.35 | 1.0 oz | 72 | 2.81 | 14 |
| 15045 | Fish, lingcod, raw | 85.0 | 3.0 oz | 72 | 15.01 | 22 |
| 15023 | Fish, mahimahi, raw | 85.0 | 3.0 oz | 72 | 15.72 | 26 |
| 15270 | Crustaceans, shrimp, raw (not previously frozen) | 85.0 | 3.0 oz | 72 | 17.08 | 30 |
| 18086 | Cake, angelfood, commercially prepared | 28.0 | 1.0 piece (1/12 of 12 oz cake) | 72 | 1.65 | 3 |
| 09286 | Pomegranates, raw | 87.0 | 0.5 cup arils (seed/juice sacs) | 72 | 1.45 | 10 |
| 09295 | Pummelo, raw | 190.0 | 1.0 cup, sections | 72 | 1.44 | 11 |
| 03942 | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 72 | 1.81 | 5 |
| 06739 | Soup, vegetable beef, canned, condensed, single brand | 136.0 | 1.0 serving | 72 | 5.17 | -- |
| 13850 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 72 | 5.48 | 6 |
| 01028 | Cheese, mozzarella, part skim milk | 28.35 | 1.0 oz | 72 | 6.88 | 7 |
| 17298 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 72 | 4.89 | 6 |
| 18240 | Croissants, apple | 28.35 | 1.0 oz | 72 | 2.10 | 4 |
| 16203 | PACE, Salsa Refried Beans | 120.0 | 0.5 cup | 72 | 4.00 | -- |
| 07063 | Pork sausage, link/patty, unprepared | 25.0 | 1.0 link | 72 | 3.85 | 4 |
| 11555 | Tomato products, canned, sauce, with herbs and cheese | 122.0 | 0.5 cup | 72 | 2.60 | 23 |
| 11306 | Peas, green, canned, regular pack, solids and liquids | 124.0 | 0.5 cup | 72 | 3.73 | 24 |
| 06955 | Soup, cream of chicken, canned, condensed, reduced sodium | 124.0 | 0.5 cup | 72 | 2.23 | 2 |
| 28065 | KEEBLER, CLUB, Minis Original Crackers | 15.0 | 17.0 crackers | 72 | 0.90 | 2 |
| 04135 | Salad dressing, home recipe, vinegar and oil | 16.0 | 1.0 tablespoon | 72 | 0.00 | -- |
| 19273 | Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E | 21.0 | 1.0 roll | 72 | 0.13 | -- |
| 09383 | Tangerines, (mandarin oranges), canned, juice pack, drained | 189.0 | 1.0 cup | 72 | 1.42 | 21 |
| 21316 | McDONALD'S, Tangy Honey Mustard Sauce | 43.0 | 1.5 oz | 72 | 0.57 | 5 |
| 01031 | Cheese, neufchatel | 28.35 | 1.0 oz | 72 | 2.59 | 3 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19445 | Snacks, potato chips, made from dried potatoes, fat-free, made with olestra | 28.35 | 1.0 oz | 72 | 1.43 | 14 |
| 03100 | Babyfood, vegetables, carrots, junior | 224.0 | 1.0 cup | 72 | 1.79 | 25 |
| 14119 | Beverages, Mixed vegetable and fruit juice drink, with added nutrients | 247.0 | 8.0 fl oz | 72 | 0.10 | 2 |
| 14196 | Beverages, Cocoa mix, no sugar added, powder | 19.0 | 1.0 envelope Alba (.675 oz) | 72 | 2.94 | 40 |
| 16546 | MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared | 45.0 | 2.0 links | 72 | 8.64 | -- |
| 14292 | Lemonade, frozen concentrate, white | 36.5 | 1.0 fl oz | 72 | 0.08 | 3 |
| 11230 | Pepeao, dried | 24.0 | 1.0 cup | 72 | 1.16 | 35 |
| 01131 | Egg, whole, cooked, poached | 50.0 | 1.0 large | 72 | 6.26 | 6 |
| 25018 | Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar | 22.0 | 1.0 bar | 72 | 1.37 | -- |
| 01123 | Egg, whole, raw, fresh | 50.0 | 1.0 large | 72 | 6.28 | 6 |
| 18090 | Cake, boston cream pie, commercially prepared | 28.35 | 1.0 oz | 71 | 0.68 | 2 |
| 28316 | Bread, wheat, sprouted | 38.0 | 1.0 slice 1 serving | 71 | 5.00 | 25 |
| 18434 | Crackers, cheese, low sodium | 14.2 | 0.5 oz | 71 | 1.43 | 5 |
| 15269 | Fish, cod, Pacific, cooked (not previously frozen) | 85.0 | 3.0 oz | 71 | 17.36 | 30 |
| 15136 | Crustaceans, crab, alaska king, raw | 85.0 | 3.0 oz | 71 | 15.55 | 42 |
| 28139 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese | 15.0 | 5.0 crackers | 71 | 1.20 | 2 |
| 27002 | Soup, wonton, Chinese restaurant | 223.0 | 1.0 cup | 71 | 4.64 | 7 |
| 09068 | Cherries, sour, red, frozen, unsweetened | 155.0 | 1.0 cup, unthawed | 71 | 1.43 | 14 |
| 18427 | Crackers, standard snack-type, regular, low salt | 14.2 | 0.5 oz | 71 | 1.05 | 4 |
| 18005 | Bagels, cinnamon-raisin | 26.0 | 1.0 mini bagel (2-1/2" dia) | 71 | 2.55 | 7 |
| 13803 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 71 | 5.22 | 5 |
| 18303 | Pie, banana cream, prepared from mix, no-bake type | 28.35 | 1.0 oz | 71 | 0.96 | 3 |
| 17264 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 71 | 4.87 | 4 |
| 05068 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour | 29.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 71 | 7.82 | 7 |
| 18044 | Bread, pumpernickel | 28.35 | 1.0 oz | 71 | 2.47 | 15 |
| 13348 | Beef, cured, corned beef, canned | 28.35 | 1.0 oz | 71 | 7.68 | 4 |
| 28315 | Bread, cinnamon | 28.0 | 1.0 slice 1 serving | 71 | 1.97 | 3 |
| 11869 | Squash, winter, hubbard, cooked, boiled, mashed, with salt | 236.0 | 1.0 cup, mashed | 71 | 3.49 | 31 |
| 11491 | Squash, winter, hubbard, cooked, boiled, mashed, without salt | 236.0 | 1.0 cup, mashed | 71 | 3.49 | 31 |
| 09253 | Pears, canned, water pack, solids and liquids | 244.0 | 1.0 cup, halves | 71 | 0.46 | 10 |
| 01235 | Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener | 68.0 | 0.5 cup | 71 | 2.99 | 27 |
| 20098 | Pasta, homemade, made without egg, cooked | 57.0 | 2.0 oz | 71 | 2.49 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 03845 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA | 107.0 | 1.0 serving 100 ml | 71 | 1.96 | 7 |
| 03813 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed | 107.0 | 1.0 Serving 100 ml | 71 | 1.96 | 7 |
| 13811 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 71 | 5.43 | 5 |
| 18233 | Crackers, wheat, sandwich, with cheese filling | 14.2 | 0.5 oz | 71 | 1.39 | 8 |
| 09362 | Cherries, sour, canned, water pack, drained | 168.0 | 1.0 cup | 71 | 1.16 | 13 |
| 06349 | CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 71 | 3.00 | -- |
| 06054 | CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed | 126.0 | 0.5 cup | 71 | 3.00 | -- |
| 27015 | CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed | 126.0 | 0.5 cup serving | 71 | 3.00 | -- |
| 06047 | CAMPBELL'S Red and White, Chicken and Stars Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 71 | 3.00 | -- |
| 28069 | KEEBLER, CLUB, Reduced Fat Crackers | 16.0 | 5.0 crackers | 71 | 0.98 | -- |
| 06041 | CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 71 | 3.00 | -- |
| 06145 | CAMPBELL'S Red and White, Beef Noodle Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 71 | 3.99 | -- |
| 18006 | Bagels, cinnamon-raisin, toasted | 24.0 | 1.0 mini bagel (2-1/2" dia) | 71 | 2.54 | 6 |
| 09083 | Currants, european black, raw | 112.0 | 1.0 cup | 71 | 1.57 | 27 |
| 28066 | KEEBLER, CLUB, Minis Multigrain Crackers | 15.0 | 17.0 crackers | 70 | 1.10 | 6 |
| 16238 | SILK Light Plain, soymilk | 243.0 | 1.0 cup | 70 | 6.00 | 39 |
| 14617 | Beverages, V8 SPLASH Juice Drinks, Strawberry Banana | 243.0 | 1.0 serving 8 oz | 70 | 0.00 | -- |
| 14611 | Beverages, V8 SPLASH Juice Drinks, Berry Blend | 243.0 | 1.0 serving 8 oz | 70 | 0.00 | -- |
| 14423 | Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice | 243.0 | 1.0 serving | 70 | 5.32 | 46 |
| 14618 | Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi | 243.0 | 1.0 serving 8 oz | 70 | 0.00 | -- |
| 14615 | Beverages, V8 SPLASH Juice Drinks, Orange Pineapple | 243.0 | 1.0 serving 8 oz | 70 | 0.00 | -- |
| 14619 | Beverages, V8 SPLASH Juice Drinks, Tropical Blend | 243.0 | 1.0 serving 8 oz | 70 | 0.00 | -- |
| 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 14.2 | 0.5 oz | 70 | 1.76 | 8 |
| 18066 | Bread, wheat bran | 28.35 | 1.0 oz | 70 | 2.49 | 23 |
| 13815 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 70 | 4.86 | 5 |
| 16593 | MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared | 38.0 | 1.0 patty | 70 | 8.28 | -- |
| 18234 | Crackers, wheat, sandwich, with peanut butter filling | 14.2 | 0.5 oz | 70 | 1.92 | 5 |
| 19146 | Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits | 14.0 | 1.0 serving 0.5 oz, about 1 tbsp | 70 | 0.67 | -- |
| 06319 | Gravy, CAMPBELL'S, country style sausage | 59.0 | 0.25 cup | 70 | 2.00 | -- |
| 27033 | PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve | 130.0 | 0.5 cup | 70 | 2.00 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06224 | PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 70 | 2.00 | -- |
| 06994 | PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 70 | 2.00 | -- |
| 06932 | PREGO Pasta, Traditional Italian Sauce, ready-to-serve | 130.0 | 1.0 serving 1/2 cup | 70 | 2.00 | -- |
| 06586 | CAMPBELL'S Soup on the Go, Chicken & Stars Soup | 305.0 | 1.0 container | 70 | 2.99 | -- |
| 18231 | Crackers, standard snack-type, sandwich, with peanut butter filling | 14.2 | 0.5 oz | 70 | 1.63 | 8 |
| 03096 | Babyfood, vegetable, green beans and potatoes | 113.0 | 1.0 jar, Gerber (4 oz) | 70 | 2.49 | 23 |
| 09174 | Loquats, raw | 149.0 | 1.0 cup, cubed | 70 | 0.64 | 19 |
| 21426 | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed | 40.0 | 1.0 drumstick, bone and skin removed | 70 | 10.52 | 9 |
| 06237 | PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve | 125.0 | 1.0 serving 1/2 cup | 70 | 2.00 | -- |
| 03832 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 70 | 1.46 | 5 |
| 05173 | Turkey, gizzard, all classes, raw | 63.0 | 1.0 raw gizzard | 70 | 11.84 | 12 |
| 14542 | Lemonade, frozen concentrate, pink | 36.4 | 1.0 fl oz | 70 | 0.08 | 3 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 17.0 | 1.0 piece | 70 | 0.41 | 6 |
| 04601 | Butter, light, stick, with salt | 14.0 | 1.0 tablespoon | 70 | 0.46 | 1 |
| 04602 | Butter, light, stick, without salt | 14.0 | 1.0 tablespoon | 70 | 0.46 | 1 |
| 05174 | Turkey, gizzard, all classes, cooked, simmered | 45.0 | 1.0 gizzard cooked | 70 | 11.90 | 9 |
| 14270 | Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer | 15.0 | 1.0 serving | 70 | 0.00 | -- |
| 21431 | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed | 41.0 | 1.0 drumstick, bone and skin removed | 70 | 10.62 | 9 |
| 15015 | Fish, cod, Atlantic, raw | 85.0 | 3.0 oz | 70 | 15.14 | 27 |
| 15166 | Mollusks, octopus, common, raw | 85.0 | 3.0 oz | 70 | 12.67 | 26 |
| 15146 | Crustaceans, crayfish, mixed species, wild, cooked, moist heat | 85.0 | 3.0 oz | 70 | 14.25 | 28 |
| 11046 | Beans, navy, mature seeds, sprouted, raw | 104.0 | 1.0 cup | 70 | 6.40 | 105 |
| 19080 | Candies, semisweet chocolate | 14.5 | 1.0 serving | 70 | 0.61 | 17 |
| 14647 | Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium | 240.0 | 8.0 fl oz | 70 | 0.00 | 2 |
| 16276 | Vitasoy USA Azumaya, Extra Firm Tofu | 79.0 | 0.2 package | 70 | 7.96 | -- |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 27.8 | 1.0 fl oz | 70 | 0.00 | -- |
| 14052 | Alcoholic beverage, distilled, whiskey, 86 proof | 27.8 | 1.0 fl oz | 70 | 0.00 | -- |
| 18306 | Pie, blueberry, prepared from recipe | 28.35 | 1.0 oz | 69 | 0.77 | 2 |
| 18043 | Bread, protein (includes gluten) | 28.35 | 1.0 oz | 69 | 3.43 | 18 |
| 10008 | Pork, fresh, leg (ham), whole, separable lean and fat, raw | 28.35 | 1.0 oz | 69 | 4.94 | 6 |
| 28308 | Crackers, standard snack-type, with whole wheat | 15.0 | 5.0 crackers 1 serving | 69 | 1.09 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06218 | CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed | 124.0 | 0.5 cup condensed | 69 | 1.00 | -- |
| 06215 | CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed | 124.0 | 0.5 cup condensed | 69 | 2.00 | -- |
| 06209 | CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed | 124.0 | 0.5 cup condensed | 69 | 2.00 | -- |
| 06339 | CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed | 124.0 | 0.5 cup condensed | 69 | 2.00 | -- |
| 06987 | HEALTHY REQUEST, Cream of Celery Soup, condensed | 124.0 | 1.0 serving 1/2 cup | 69 | 1.00 | -- |
| 18214 | Crackers, cheese, regular | 14.2 | 0.5 oz | 69 | 1.55 | 4 |
| 17250 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 69 | 4.82 | 6 |
| 17242 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 69 | 4.84 | 6 |
| 17246 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 69 | 4.87 | 6 |
| 13809 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 69 | 5.45 | 5 |
| 07010 | Bologna, pork | 28.0 | 1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz) | 69 | 4.28 | 4 |
| 14422 | Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder | 21.0 | 1.0 packet (.75 oz) | 69 | 5.25 | 44 |
| 03822 | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder | 103.0 | 1.0 serving 100 ml | 69 | 1.87 | 7 |
| 03864 | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA | 103.0 | 1.0 serving 100 ml | 69 | 2.20 | 7 |
| 09114 | Grapefruit, raw, pink and red, Florida | 230.0 | 1.0 cup sections, with juice | 69 | 1.27 | 18 |
| 18265 | English muffins, wheat, toasted | 28.35 | 1.0 oz | 69 | 2.66 | 12 |
| 18326 | Pie, pumpkin, commercially prepared | 28.35 | 1.0 oz | 69 | 1.11 | 4 |
| 17322 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 69 | 4.84 | 5 |
| 17226 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 69 | 4.97 | 6 |
| 18059 | Bread, rice bran | 28.35 | 1.0 oz | 69 | 2.52 | 23 |
| 10907 | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz shank | 69 | 4.05 | 4 |
| 06122 | Gravy, mushroom, dry, powder | 21.0 | 1.0 cup (8 fl oz) | 69 | 2.10 | 7 |
| 11735 | Beets, canned, no salt added, solids and liquids | 246.0 | 1.0 cup | 69 | 1.97 | 39 |
| 18002 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 24.0 | 1.0 mini bagel (2-1/2" dia) | 69 | 2.67 | 6 |
| 31028 | Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared | 85.0 | 3.0 oz | 69 | 1.73 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04141 | Salad dressing, french dressing, commercial, regular, without salt | 15.0 | 1.0 tablespoon | 69 | 0.12 | 1 |
| 21465 | Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed | 40.0 | 1.0 drumstick, bone and skin removed | 69 | 10.50 | 10 |
| 09504 | Apples, raw, fuji, with skin | 109.0 | 1.0 cup, sliced | 69 | 0.22 | 5 |
| 28064 | KEEBLER, CLUB, Dash of Salt Crackers | 14.0 | 4.0 crackers | 69 | 0.95 | 3 |
| 11583 | Vegetables, mixed, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 68 | 3.16 | 23 |
| 14296 | Beverages, lemonade-flavor drink, powder | 18.0 | 1.0 serving | 68 | 0.00 | 30 |
| 16615 | MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared | 56.0 | 0.5 cup | 68 | 8.06 | -- |
| 06465 | Soup, turkey noodle, canned, prepared with equal volume water | 244.0 | 1.0 cup | 68 | 3.90 | 5 |
| 10857 | HORMEL Canadian Style Bacon | 56.0 | 1.0 serving | 68 | 9.45 | 11 |
| 18225 | Crackers, rye, sandwich-type with cheese filling | 14.2 | 0.5 oz | 68 | 1.31 | 5 |
| 06988 | CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed | 124.0 | 0.5 cup condensed | 68 | 1.60 | 16 |
| 16523 | WORTHINGTON Vegetarian Burger, canned, unprepared | 55.0 | 0.25 cup | 68 | 10.23 | -- |
| 06219 | CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed | 124.0 | 0.5 cup condensed | 68 | 2.23 | 7 |
| 28068 | KEEBLER, CLUB, Original Crackers | 14.0 | 4.0 crackers | 68 | 0.77 | -- |
| 18262 | English muffins, raisin-cinnamon (includes apple-cinnamon) | 28.35 | 1.0 oz | 68 | 2.24 | 7 |
| 16230 | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 68 | 6.00 | 24 |
| 15267 | Fish, pollock, Alaska, cooked (not previously frozen) | 85.0 | 3.0 oz | 68 | 16.51 | 31 |
| 04029 | Salad dressing, mayonnaise, imitation, soybean without cholesterol | 14.1 | 1.0 tablespoon | 68 | 0.01 | 0 |
| 11831 | Potatoes, boiled, cooked in skin, flesh, with salt | 78.0 | 0.5 cup | 68 | 1.46 | 17 |
| 07068 | Salami, cooked, beef | 26.0 | 1.0 slice | 68 | 3.28 | 3 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 78.0 | 0.5 cup | 68 | 1.46 | 17 |
| 03825 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 68 | 1.46 | 5 |
| 03857 | Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 68 | 1.74 | 7 |
| 03815 | Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 68 | 1.46 | 5 |
| 12116 | Nuts, coconut cream, canned, sweetened | 19.0 | 1.0 tbsp | 68 | 0.22 | 3 |
| 03077 | Babyfood, dinner, pasta with vegetables | 113.0 | 1.0 jar, Gerber (4 oz) | 68 | 1.92 | 27 |
| 18050 | Bread, reduced-calorie, oat bran, toasted | 28.35 | 1.0 oz | 68 | 2.69 | 16 |
| 07026 | Ham, chopped, canned | 28.35 | 1.0 oz | 68 | 4.55 | 4 |
| 13813 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 68 | 5.48 | 5 |
| 18936 | Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk) | 28.35 | 1.0 oz | 68 | 1.67 | 5 |
| 12096 | Nuts, chestnuts, chinese, roasted | 28.35 | 1.0 oz | 68 | 1.27 | 26 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 14.2 | 0.5 oz | 68 | 1.32 | 5 |
| 14287 | Beverages, Lemonade, powder | 18.0 | 1.0 serving | 68 | 0.00 | 44 |
| 28147 | KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers | 14.0 | 3.0 crackers | 68 | 1.06 | -- |
| 28145 | KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers | 14.0 | 3.0 crackers | 68 | 0.90 | -- |
| 05097 | Chicken, broilers or fryers, thigh, meat only, cooked, fried | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 68 | 8.74 | 8 |
| 15213 | Fish, scup, cooked, dry heat | 50.0 | 1.0 fillet | 68 | 12.10 | 14 |
| 22120 | MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared | 50.0 | 0.5 cup | 68 | 9.25 | -- |
| 07032 | Ham and cheese loaf or roll | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 67 | 3.81 | 4 |
| 28292 | Crackers, multigrain | 14.0 | 4.0 crackers | 67 | 0.99 | 4 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water | 241.0 | 1.0 cup | 67 | 2.07 | 7 |
| 14231 | Beverages, KRAFT, coffee, instant, French Vanilla Cafe | 14.0 | 1.0 NLEA Serving | 67 | 0.35 | -- |
| 43312 | Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added | 182.0 | 1.0 cup | 67 | 2.55 | 27 |
| 11301 | Peas, edible-podded, boiled, drained, without salt | 160.0 | 1.0 cup | 67 | 5.23 | 42 |
| 19383 | Candies, toffee, prepared-from-recipe | 12.0 | 1.0 piece | 67 | 0.13 | 0 |
| 42258 | Cheese product, pasteurized process, cheddar, reduced fat | 28.0 | 1.0 slice 1 oz | 67 | 4.93 | 9 |
| 18443 | Pie, apple, commercially prepared, unenriched flour | 28.35 | 1.0 oz | 67 | 0.54 | 2 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 28.35 | 1.0 oz | 67 | 0.54 | 2 |
| 18428 | Crackers, wheat, low salt | 14.2 | 0.5 oz | 67 | 1.22 | 9 |
| 15244 | Mollusks, oyster, eastern, wild, cooked, dry heat | 85.0 | 3.0 oz | 67 | 7.54 | 24 |
| 15059 | Fish, pout, ocean, raw | 85.0 | 3.0 oz | 67 | 14.14 | 11 |
| 15163 | Mollusks, cuttlefish, mixed species, raw | 85.0 | 3.0 oz | 67 | 13.80 | 26 |
| 15246 | Mollusks, oyster, eastern, farmed, cooked, dry heat | 85.0 | 3.0 oz | 67 | 5.95 | 28 |
| 07938 | Ham, honey, smoked, cooked | 55.0 | 1.94 oz (1 serving) | 67 | 9.86 | 4 |
| 11833 | Potatoes, boiled, cooked without skin, flesh, with salt | 78.0 | 0.5 cup | 67 | 1.33 | 16 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 78.0 | 0.5 cup | 67 | 1.33 | 16 |
| 19263 | Frozen novelties, fruit and juice bars | 77.0 | 1.0 bar (2.5 fl oz) | 67 | 0.92 | 3 |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried | 31.0 | 2.0 large | 67 | 5.60 | 18 |
| 15026 | Fish, eel, mixed species, cooked, dry heat | 28.35 | 1.0 oz, boneless | 67 | 6.70 | 7 |
| 13337 | Beef, variety meats and by-products, thymus, raw | 28.35 | 1.0 oz | 67 | 3.45 | 4 |
| 18345 | Rolls, dinner, oat bran | 28.35 | 1.0 oz | 67 | 2.69 | 9 |
| 10070 | Pork, fresh, shoulder, whole, separable lean and fat, raw | 28.35 | 1.0 oz | 67 | 4.87 | 5 |
| 18037 | Bread, oat bran | 28.35 | 1.0 oz | 67 | 2.95 | 10 |
| 03823 | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed | 106.0 | 1.0 Serving 100 ml | 67 | 1.74 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18967 | Bread, white wheat | 28.0 | 1.0 slice | 67 | 2.98 | 7 |
| 43146 | Eggplant, pickled | 136.0 | 1.0 cup | 67 | 1.22 | 8 |
| 18439 | English muffins, plain, unenriched, without calcium propionate (includes sourdough) | 28.35 | 1.0 oz | 67 | 2.18 | 6 |
| 18437 | English muffins, plain, enriched, without calcium propionate(includes sourdough) | 28.35 | 1.0 oz | 67 | 2.18 | 6 |
| 18260 | English muffins, mixed-grain (includes granola) | 28.35 | 1.0 oz | 67 | 2.58 | 12 |
| 13331 | Beef, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 67 | 4.45 | 5 |
| 18438 | English muffins, plain, unenriched, with calcium propionate (includes sourdough) | 28.35 | 1.0 oz | 67 | 2.18 | 6 |
| 15067 | Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) | 60.0 | 1.0 fillet | 67 | 14.09 | 49 |
| 09421 | Dates, medjool | 24.0 | 1.0 date, pitted | 66 | 0.43 | 13 |
| 04016 | Salad dressing, sesame seed dressing, regular | 15.0 | 1.0 tablespoon | 66 | 0.46 | 0 |
| 28149 | KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers | 15.0 | 8.0 crackers | 66 | 1.20 | 2 |
| 01114 | Whey, sweet, fluid | 246.0 | 1.0 cup | 66 | 2.09 | 20 |
| 16213 | Vitasoy USA, Organic Nasoya Firm Tofu | 79.0 | 0.2 package | 66 | 7.03 | -- |
| 35141 | Mutton, cooked, roasted (Navajo) | 28.35 | 1.0 oz | 66 | 9.48 | 9 |
| 10100 | Pork, fresh, variety meats and by-products, ears, frozen, raw | 28.35 | 1.0 oz | 66 | 6.36 | 2 |
| 11972 | Lemon grass (citronella), raw | 67.0 | 1.0 cup | 66 | 1.22 | 40 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255.0 | 1.0 cup | 66 | 2.32 | 31 |
| 18007 | Bagels, oat bran | 26.0 | 1.0 mini bagel (2-1/2" dia) | 66 | 2.78 | 8 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 28.35 | 1.0 oz | 66 | 1.48 | 4 |
| 18243 | Croutons, seasoned | 14.2 | 0.5 oz | 66 | 1.53 | 6 |
| 09107 | Gooseberries, raw | 150.0 | 1.0 cup | 66 | 1.32 | 15 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 132.0 | 1.0 serving 1/2 cup | 66 | 1.83 | 24 |
| 09057 | Boysenberries, frozen, unsweetened | 132.0 | 1.0 cup, unthawed | 66 | 1.45 | 21 |
| 11481 | Squash, summer, zucchini, italian style, canned | 227.0 | 1.0 cup | 66 | 2.34 | 32 |
| 07051 | Olive loaf, pork | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 66 | 3.30 | 5 |
| 43031 | Candies, chocolate covered, caramel with nuts | 14.0 | 1.0 piece | 66 | 1.33 | 11 |
| 17254 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 66 | 5.09 | 5 |
| 18305 | Pie, blueberry, commercially prepared | 28.35 | 1.0 oz | 66 | 0.51 | 1 |
| 21343 | McDONALD'S, Low Fat Caramel Sauce | 21.0 | 0.8 oz | 66 | 0.40 | 2 |
| 27034 | CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed | 124.0 | 0.5 cup condensed | 66 | 1.36 | 26 |
| 11812 | Peas, green, canned, no salt added, solids and liquids | 124.0 | 0.5 cup | 66 | 3.96 | 21 |
| 09022 | Apricots, canned, water pack, with skin, solids and liquids | 243.0 | 1.0 cup, halves | 66 | 1.73 | 17 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11141 | Celeriac, raw | 156.0 | 1.0 cup | 66 | 2.34 | 31 |
| 15145 | Crustaceans, crayfish, mixed species, wild, raw | 85.0 | 3.0 oz | 65 | 13.57 | 23 |
| 03964 | Babyfood, fortified cereal bar, fruit filling | 19.0 | 1.0 bar | 65 | 1.03 | 4 |
| 06976 | Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium | 128.0 | 1.0 serving 1/2 cup | 65 | 1.80 | 23 |
| 28067 | KEEBLER, CLUB, Multigrain Crackers | 14.0 | 4.0 crackers | 65 | 0.99 | 4 |
| 13819 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 65 | 4.92 | 5 |
| 17011 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 65 | 5.08 | 7 |
| 21129 | Fast foods, hush puppies | 22.0 | 1.0 piece | 65 | 1.36 | 9 |
| 14024 | Beverages, Whiskey sour mix, powder | 17.0 | 1.0 packet | 65 | 0.10 | 3 |
| 11746 | Brussels sprouts, frozen, cooked, boiled, drained, with salt | 155.0 | 1.0 cup | 65 | 5.64 | 28 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155.0 | 1.0 cup | 65 | 5.64 | 28 |
| 27000 | Soup, egg drop, Chinese restaurant | 241.0 | 1.0 cup | 65 | 2.80 | 5 |
| 05195 | Turkey, all classes, wing, meat and skin, raw | 33.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 65 | 6.67 | 7 |
| 09003 | Apples, raw, with skin | 125.0 | 1.0 cup, quartered or chopped | 65 | 0.32 | 6 |
| 07062 | Picnic loaf, pork, beef | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 65 | 4.18 | 4 |
| 17280 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 65 | 5.06 | 6 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 65 | 2.18 | 5 |
| 01260 | Cheese, cheddar, reduced fat | 21.0 | 1.0 slice | 65 | 5.74 | 6 |
| 03091 | Babyfood, vegetables, green beans, strained | 240.0 | 1.0 cup | 65 | 2.88 | 48 |
| 07907 | USDA Commodity, pork sausage, bulk/links/patties, frozen, raw | 28.0 | 1.0 link | 65 | 4.19 | 5 |
| 28146 | KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers | 14.0 | 3.0 crackers | 65 | 1.06 | 5 |
| 28143 | KEEBLER, TOWN HOUSE, Reduced Fat Crackers | 15.0 | 6.0 crackers | 65 | 0.99 | 0 |
| 23622 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 28.35 | 1.0 oz | 65 | 9.70 | 7 |
| 15073 | Fish, roughy, orange, raw | 85.0 | 3.0 oz | 65 | 13.95 | 14 |
| 15054 | Fish, monkfish, raw | 85.0 | 3.0 oz | 65 | 12.31 | 18 |
| 04639 | Salad dressing, ranch dressing, regular | 15.0 | 1.0 tablespoon | 64 | 0.20 | 1 |
| 11487 | Squash, winter, butternut, frozen, unprepared | 113.0 | 0.33 package (12 oz) | 64 | 1.99 | 16 |
| 03119 | Babyfood, vegetables, corn, creamed, strained | 113.0 | 1.0 jar | 64 | 1.58 | 9 |
| 43282 | Quail, cooked, total edible | 28.35 | 1.0 oz | 64 | 7.12 | 6 |
| 18293 | Pancakes, plain, prepared from recipe | 28.35 | 1.0 oz | 64 | 1.81 | 5 |
| 18390 | Pancakes, buttermilk, prepared from recipe | 28.35 | 1.0 oz | 64 | 1.93 | 4 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 28.35 | 1.0 oz | 64 | 2.51 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 16531 | WORTHINGTON Prosage Links, frozen, unprepared | 45.0 | 2.0 links | 64 | 9.09 | -- |
| 09500 | Apples, raw, red delicious, with skin | 109.0 | 1.0 cup, sliced | 64 | 0.29 | 5 |
| 06363 | CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed | 126.0 | 0.5 cup condensed | 64 | 2.97 | 10 |
| 14646 | Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C | 238.0 | 1.0 cup (8 fl oz) | 64 | 0.00 | 2 |
| 06989 | CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed | 126.0 | 0.5 cup condensed | 64 | 3.40 | 8 |
| 14051 | Alcoholic beverage, distilled, vodka, 80 proof | 27.8 | 1.0 fl oz | 64 | 0.00 | -- |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 27.8 | 1.0 fl oz | 64 | 0.00 | -- |
| 14050 | Alcoholic beverage, distilled, rum, 80 proof | 27.8 | 1.0 fl oz | 64 | 0.00 | -- |
| 19035 | Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat | 11.0 | 1.0 cup | 64 | 0.80 | 9 |
| 43017 | Salad dressing, green goddess, regular | 15.0 | 1.0 tbsp | 64 | 0.28 | 1 |
| 11809 | Peas, edible-podded, cooked, boiled, drained, with salt | 160.0 | 1.0 cup | 64 | 5.23 | 42 |
| 11282 | Onions, raw | 160.0 | 1.0 cup, chopped | 64 | 1.76 | 16 |
| 09302 | Raspberries, raw | 123.0 | 1.0 cup | 64 | 1.48 | 27 |
| 08388 | Cereals ready-to-eat, KASHI 7 Whole Grain Puffs | 19.0 | 1.0 cup (1 NLEA serving) | 64 | 2.47 | 29 |
| 10121 | Pork, fresh, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 64 | 4.62 | 5 |
| 16107 | Sausage, meatless | 25.0 | 1.0 link | 64 | 5.07 | 9 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120.0 | 1.0 artichoke, medium | 64 | 3.47 | 50 |
| 23614 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 28.35 | 1.0 oz | 64 | 9.84 | 7 |
| 18323 | Pie, peach | 28.35 | 1.0 oz | 64 | 0.54 | 2 |
| 13339 | Beef, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 64 | 4.22 | 5 |
| 12093 | Nuts, chestnuts, chinese, raw | 28.35 | 1.0 oz | 64 | 1.19 | 24 |
| 18159 | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched | 12.9 | 1.0 cookie | 63 | 0.66 | 5 |
| 18223 | Crackers, milk | 14.2 | 0.5 oz | 63 | 1.08 | 3 |
| 27049 | Sauce, tartar, ready-to-serve | 30.0 | 2.0 tablespoons | 63 | 0.30 | 2 |
| 18264 | English muffins, wheat | 28.35 | 1.0 oz | 63 | 2.47 | 10 |
| 07025 | Frankfurter, turkey | 28.35 | 1.0 oz | 63 | 3.47 | 4 |
| 17256 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 63 | 5.11 | 4 |
| 09502 | Apples, raw, granny smith, with skin | 109.0 | 1.0 cup, sliced | 63 | 0.48 | 5 |
| 16277 | Vitasoy USA Azumaya, Firm Tofu | 79.0 | 0.2 package | 63 | 7.17 | -- |
| 18160 | Cookies, chocolate chip, commercially prepared, soft-type | 14.2 | 1.0 cookie | 63 | 0.52 | 4 |
| 42309 | Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt | 14.0 | 1.0 tablespoon | 63 | 0.14 | 0 |
| 28144 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat | 14.0 | 5.0 crackers | 63 | 1.01 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11485 | Squash, winter, butternut, raw | 140.0 | 1.0 cup, cubes | 63 | 1.40 | 48 |
| 18449 | Tortillas, ready-to-bake or -fry, corn, without added salt | 28.35 | 1.0 oz | 63 | 1.62 | 18 |
| 17220 | Lamb, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 63 | 4.45 | 6 |
| 18294 | Pancakes, blueberry, prepared from recipe | 28.35 | 1.0 oz | 63 | 1.73 | 5 |
| 14226 | Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice | 242.0 | 8.0 fl oz | 63 | 1.77 | 7 |
| 09191 | Nectarines, raw | 143.0 | 1.0 cup slices | 63 | 1.52 | 13 |
| 18429 | Crackers, whole-wheat, low salt | 14.2 | 0.5 oz | 63 | 1.25 | 14 |
| 15033 | Fish, haddock, raw | 85.0 | 3.0 oz | 63 | 13.87 | 18 |
| 16274 | Vitasoy USA Organic Nasoya, Tofu Plus Firm | 85.0 | 3.0 oz | 63 | 7.81 | -- |
| 11900 | Corn, sweet, white, raw | 73.0 | 1.0 ear, small (5-1/2" to 6-1/2" long) | 63 | 2.35 | 27 |
| 09084 | Currants, red and white, raw | 112.0 | 1.0 cup | 63 | 1.57 | 15 |
| 28283 | KEEBLER, ZESTA, Saltines, Original | 15.0 | 5.0 crackers | 63 | 1.23 | -- |
| 11768 | Collards, cooked, boiled, drained, with salt | 190.0 | 1.0 cup, chopped | 63 | 5.15 | 40 |
| 16506 | LOMA LINDA Vege-Burger, canned, unprepared | 55.0 | 0.25 cup | 63 | 12.21 | -- |
| 11162 | Collards, cooked, boiled, drained, without salt | 190.0 | 1.0 cup, chopped | 63 | 5.15 | 40 |
| 18267 | English muffins, whole-wheat, toasted | 28.35 | 1.0 oz | 63 | 2.72 | 22 |
| 06734 | Soup, chicken with star-shaped pasta, canned, condensed, single brand | 125.0 | 1.0 serving | 62 | 2.88 | -- |
| 23036 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw | 44.0 | 1.0 medallion | 62 | 9.21 | 11 |
| 43016 | Salad dressing, coleslaw | 16.0 | 1.0 tbsp | 62 | 0.14 | 0 |
| 11814 | Peas, green, frozen, cooked, boiled, drained, with salt | 80.0 | 0.5 cup | 62 | 4.12 | 18 |
| 28284 | KEEBLER, ZESTA, Saltines with Whole Wheat | 15.0 | 5.0 crackers | 62 | 1.26 | -- |
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 80.0 | 0.5 cup | 62 | 4.12 | 18 |
| 28282 | SUNSHINE, KRISPY, Soup & Oyster Crackers (large) | 15.0 | 16.0 crackers | 62 | 1.29 | 3 |
| 09226 | Papayas, raw | 145.0 | 1.0 cup 1" pieces | 62 | 0.68 | 30 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 14.9 | 5.0 crackers | 62 | 1.41 | 3 |
| 01192 | KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product | 28.0 | 1.0 oz | 62 | 5.49 | -- |
| 09501 | Apples, raw, golden delicious, with skin | 109.0 | 1.0 cup, sliced | 62 | 0.31 | 5 |
| 09503 | Apples, raw, gala, with skin | 109.0 | 1.0 cup, sliced | 62 | 0.27 | 5 |
| 07905 | Frankfurter, beef, pork, and turkey, fat free | 57.0 | 1.0 frank 1 NLEA serving | 62 | 7.12 | 8 |
| 08244 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal | 30.0 | 0.5 cup (1 NLEA serving) | 62 | 1.98 | 16 |
| 04686 | Salad dressing, honey mustard dressing, reduced calorie | 30.0 | 2.0 tbsp (1 serving) | 62 | 0.29 | 4 |
| 06966 | Soup, chicken noodle, low sodium, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 62 | 3.15 | 10 |
| 06195 | CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed | 124.0 | 0.5 cup condensed | 62 | 3.72 | 7 |
| 11045 | Mung beans, mature seeds, sprouted, cooked, stir-fried | 124.0 | 1.0 cup | 62 | 5.33 | 41 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09042 | Blackberries, raw | 144.0 | 1.0 cup | 62 | 2.00 | 29 |
| 19102 | Candies, fudge, peanut butter, prepared-from-recipe | 16.0 | 1.0 piece | 62 | 0.60 | 3 |
| 18292 | Pancakes, plain, dry mix, incomplete, prepared | 28.35 | 1.0 oz | 62 | 2.21 | 6 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 28.35 | 1.0 oz | 62 | 1.62 | 20 |
| 06212 | CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed | 126.0 | 0.5 cup condensed | 62 | 3.65 | 11 |
| 09131 | Grapes, american type (slip skin), raw | 92.0 | 1.0 cup | 62 | 0.58 | 5 |
| 18426 | Crackers, saltines, unsalted tops (includes oyster, soda, soup) | 14.2 | 0.5 oz | 62 | 1.31 | 4 |
| 14405 | Beverages, fruit punch juice drink, frozen concentrate | 35.2 | 1.0 fl oz | 62 | 0.11 | 4 |
| 18055 | Bread, reduced-calorie, wheat | 28.35 | 1.0 oz | 62 | 3.78 | 12 |
| 15042 | Fish, herring, Atlantic, kippered | 28.35 | 1.0 oz, boneless | 62 | 6.97 | 13 |
| 12004 | Seeds, breadnut tree seeds, raw | 28.35 | 1.0 oz (8-14 seeds) | 62 | 1.69 | 19 |
| 09150 | Lemons, raw, without peel | 212.0 | 1.0 cup, sections | 61 | 2.33 | 17 |
| 18360 | Taco shells, baked | 12.9 | 1.0 shell | 61 | 0.83 | 11 |
| 23605 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35 | 1.0 oz | 61 | 9.74 | 7 |
| 10187 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw | 28.35 | 1.0 oz | 61 | 5.37 | 6 |
| 09184 | Melons, honeydew, raw | 170.0 | 1.0 cup, diced (approx 20 pieces per cup) | 61 | 0.92 | 17 |
| 11702 | Artichokes, (globe or french), cooked, boiled, drained, with salt | 120.0 | 1.0 artichoke, medium | 61 | 3.47 | 50 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170.0 | 1.0 cup, chopped | 61 | 5.05 | 51 |
| 11324 | Peas and onions, canned, solids and liquids | 120.0 | 1.0 cup | 61 | 3.94 | 19 |
| 15242 | Crustaceans, crayfish, mixed species, farmed, raw | 85.0 | 3.0 oz | 61 | 12.62 | 26 |
| 11769 | Collards, frozen, chopped, cooked, boiled, drained, with salt | 170.0 | 1.0 cup, chopped | 61 | 5.05 | 51 |
| 19138 | Candies, truffles, prepared-from-recipe | 12.0 | 1.0 piece | 61 | 0.75 | 6 |
| 15268 | Fish, cod, Pacific, raw (not previously frozen) | 85.0 | 3.0 oz | 61 | 14.91 | 24 |
| 05312 | Chicken, wing, frozen, glazed, barbecue flavored | 29.0 | 1.0 piece | 61 | 5.70 | 6 |
| 09287 | Prickly pears, raw | 149.0 | 1.0 cup | 61 | 1.09 | 127 |
| 21314 | McDONALD'S, Spicy Buffalo Sauce | 43.0 | 1.5 oz | 61 | 0.23 | 3 |
| 06595 | CAMPBELL'S Soup on the Go, Vegetable Beef Soup | 305.0 | 1.0 container | 61 | 2.99 | -- |
| 27022 | CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup | 305.0 | 1.0 container | 61 | 2.99 | -- |
| 05102 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour | 19.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 61 | 4.96 | 4 |
| 17290 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 61 | 5.17 | 6 |
| 05335 | Chicken, feet, boiled | 28.35 | 1.0 oz | 61 | 5.50 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 31018 | CAMPBELL'S, V8 Vegetable Juice, High Fiber V8 | 243.0 | 8.0 fl oz | 61 | 1.99 | -- |
| 14424 | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. | 35.3 | 1.0 fl oz | 61 | 0.04 | 1 |
| 23602 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35 | 1.0 oz | 61 | 9.83 | 7 |
| 13931 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 61 | 5.65 | 6 |
| 04017 | Salad dressing, thousand island, commercial, regular | 16.0 | 1.0 tbsp | 61 | 0.17 | 1 |
| 09160 | Lime juice, raw | 242.0 | 1.0 cup | 60 | 1.02 | 19 |
| 06058 | CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 60 | 2.00 | -- |
| 06364 | CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed | 126.0 | 1.0 serving 1/2 cup | 60 | 2.00 | -- |
| 11302 | Peas, edible-podded, frozen, unprepared | 144.0 | 1.0 cup | 60 | 4.03 | 33 |
| 42151 | Vegetable oil-butter spread, reduced calorie | 13.0 | 1.0 tbsp | 60 | 0.00 | -- |
| 18268 | French toast, frozen, ready-to-heat | 28.35 | 1.0 oz | 60 | 2.10 | 5 |
| 03184 | Babyfood, cereal, whole wheat, with apples, dry fortified | 15.0 | 0.5 oz | 60 | 0.99 | 21 |
| 11881 | Taro, tahitian, cooked, with salt | 137.0 | 1.0 cup slices | 60 | 5.70 | 70 |
| 11526 | Taro, tahitian, cooked, without salt | 137.0 | 1.0 cup slices | 60 | 5.70 | 70 |
| 09190 | Mulberries, raw | 140.0 | 1.0 cup | 60 | 2.02 | 25 |
| 09181 | Melons, cantaloupe, raw | 177.0 | 1.0 cup, balls | 60 | 1.49 | 21 |
| 11007 | Artichokes, (globe or french), raw | 128.0 | 1.0 artichoke, medium | 60 | 4.19 | 77 |
| 11588 | Waterchestnuts, chinese, (matai), raw | 62.0 | 0.5 cup slices | 60 | 0.87 | 14 |
| 10102 | Pork, fresh, variety meats and by-products, feet, raw | 28.35 | 1.0 oz | 60 | 6.57 | 2 |
| 15251 | USDA Commodity, salmon nuggets, breaded, frozen, heated | 28.35 | 1.0 oz | 60 | 3.60 | 6 |
| 07054 | Pate, goose liver, smoked, canned | 13.0 | 1.0 tbsp | 60 | 1.48 | 2 |
| 05282 | Pate de foie gras, canned (goose liver pate), smoked | 13.0 | 1.0 tbsp | 60 | 1.48 | 2 |
| 09236 | Peaches, yellow, raw | 154.0 | 1.0 cup slices | 60 | 1.40 | 14 |
| 11254 | Lotus root, raw | 81.0 | 10.0 slices (2-1/2" dia) | 60 | 2.11 | 19 |
| 03190 | Babyfood, cereal, oatmeal, with bananas, dry | 15.0 | 1.0 serving | 60 | 1.00 | 18 |
| 01225 | Dulce de Leche | 19.0 | 1.0 tbsp | 60 | 1.30 | 4 |
| 05143 | Duck, domesticated, liver, raw | 44.0 | 1.0 liver | 60 | 8.25 | 11 |
| 10003 | Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw | 28.35 | 1.0 oz | 60 | 5.17 | 6 |
| 14224 | Beverages, coffee, instant, mocha, sweetened | 13.0 | 1.0 serving 2 tbsp | 60 | 0.69 | 9 |
| 07090 | Luncheon sausage, pork and beef | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 60 | 3.54 | 3 |
| 18425 | Crackers, saltines, low salt (includes oyster, soda, soup) | 14.2 | 0.5 oz | 60 | 1.35 | 4 |
| 19382 | Candies, taffy, prepared-from-recipe | 15.0 | 1.0 piece | 60 | 0.00 | 0 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18051 | Bread, reduced-calorie, oatmeal | 28.35 | 1.0 oz | 60 | 2.15 | 7 |
| 15002 | Fish, anchovy, european, canned in oil, drained solids | 28.35 | 1.0 oz, boneless | 60 | 8.19 | 20 |
| 18317 | Pie, egg custard, commercially prepared | 28.35 | 1.0 oz | 60 | 1.56 | 3 |
| 06019 | Soup, chicken noodle, canned, condensed | 124.0 | 0.5 cup | 60 | 2.94 | 10 |
| 06419 | Soup, chicken noodle, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 60 | 2.88 | 10 |
| 15266 | Fish, pollock, Alaska, raw (not previously frozen) | 85.0 | 3.0 oz | 60 | 14.59 | 29 |
| 04630 | Margarine Spread, approximately 48% fat, tub | 14.0 | 1.0 tbsp | 59 | 0.03 | 0 |
| 17230 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 59 | 5.24 | 7 |
| 11353 | Potatoes, russet, flesh and skin, raw | 75.0 | 0.5 cup, diced | 59 | 1.60 | 17 |
| 06986 | CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed | 126.0 | 0.5 cup condensed | 59 | 3.02 | 6 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 91.0 | 0.5 cup | 59 | 2.60 | 20 |
| 01164 | Cheese sauce, prepared from recipe | 30.0 | 2.0 tbsp | 59 | 3.10 | 6 |
| 01112 | Whey, acid, fluid | 246.0 | 1.0 cup | 59 | 1.87 | 25 |
| 06048 | Soup, oyster stew, canned, condensed | 123.0 | 0.5 cup (4 fl oz) | 59 | 2.12 | 5 |
| 23053 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw | 41.0 | 1.0 medallion | 59 | 8.42 | 9 |
| 17302 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 59 | 5.20 | 6 |
| 01074 | Sour cream, imitation, cultured | 28.35 | 1.0 oz | 59 | 0.68 | 2 |
| 18300 | Pancakes, whole-wheat, dry mix, incomplete, prepared | 28.35 | 1.0 oz | 59 | 2.41 | 13 |
| 17271 | Veal, breast, whole, boneless, separable lean and fat, raw | 28.35 | 1.0 oz | 59 | 4.95 | 5 |
| 11672 | Potato pancakes | 22.0 | 1.0 small 2-3/4 in. dia., 5/8 in. thick. | 59 | 1.34 | 8 |
| 18457 | Crackers, saltines, fat-free, low-sodium | 15.0 | 3.0 saltines | 59 | 1.58 | 4 |
| 11290 | Onions, frozen, whole, cooked, boiled, drained, without salt | 210.0 | 1.0 cup | 59 | 1.49 | 17 |
| 11549 | Tomato products, canned, sauce | 245.0 | 1.0 cup | 59 | 2.94 | 37 |
| 43217 | Tomato sauce, canned, no salt added | 245.0 | 1.0 cup | 59 | 2.94 | 37 |
| 12158 | Seeds, breadfruit seeds, roasted | 28.35 | 1.0 oz | 59 | 1.76 | 18 |
| 18057 | Bread, reduced-calorie, white | 28.35 | 1.0 oz | 59 | 2.47 | 7 |
| 07041 | Liver sausage, liverwurst, pork | 18.0 | 1.0 slice (2-1/2" dia x 1/4" thick) | 59 | 2.54 | 2 |
| 11813 | Peas, green, canned, no salt added, drained solids | 85.0 | 0.5 cup | 59 | 3.76 | 14 |
| 09237 | Peaches, canned, water pack, solids and liquids | 244.0 | 1.0 cup, halves or slices | 59 | 1.07 | 12 |
| 07011 | Bologna, turkey | 28.0 | 0.99 oz 1 serving | 59 | 3.20 | 4 |
| 11080 | Beets, raw | 136.0 | 1.0 cup | 58 | 2.19 | 31 |
| 23065 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 34.0 | 1.0 medallion | 58 | 8.99 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23628 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 58 | 8.22 | 7 |
| 27064 | Wasabi | 20.0 | 1.0 tablespoon | 58 | 0.45 | 4 |
| 43544 | Babyfood, cereal, rice with pears and apple, dry, instant fortified | 15.0 | 1.0 serving | 58 | 0.99 | 6 |
| 04030 | Sandwich spread, with chopped pickle, regular, unspecified oils | 15.0 | 1.0 tablespoon | 58 | 0.14 | 0 |
| 01252 | Cheese product, pasteurized process, American, vitamin D fortified | 19.0 | 1.0 slice (2/3 oz) | 58 | 3.06 | 6 |
| 06423 | Soup, chicken with rice, canned, prepared with equal volume water | 243.0 | 1.0 serving 1 cup | 58 | 3.52 | 0 |
| 18952 | Tostada shells, corn | 12.3 | 1.0 piece | 58 | 0.76 | 9 |
| 11989 | Mushrooms, straw, canned, drained solids | 182.0 | 1.0 cup | 58 | 6.97 | 13 |
| 03099 | Babyfood, vegetables, carrots, strained | 224.0 | 1.0 cup | 58 | 1.79 | 20 |
| 23633 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35 | 1.0 oz | 58 | 9.81 | 7 |
| 23593 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35 | 1.0 oz | 58 | 9.77 | 7 |
| 23034 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw | 40.0 | 1.0 medallion | 58 | 8.20 | 9 |
| 06029 | CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed | 126.0 | 0.5 cup | 58 | 2.00 | 5 |
| 28255 | KEEBLER, ZESTA, Export Sodas Crackers | 14.0 | 3.0 crackers | 58 | 0.78 | -- |
| 19040 | Snacks, popcorn, cheese-flavor | 11.0 | 1.0 cup | 58 | 1.02 | 10 |
| 01206 | Cream substitute, flavored, powdered | 12.0 | 4.0 tsp | 58 | 0.08 | 2 |
| 06448 | Soup, oyster stew, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 58 | 2.10 | 5 |
| 18327 | Pie, pumpkin, prepared from recipe | 28.35 | 1.0 oz | 58 | 1.28 | 5 |
| 15207 | Fish, roe, mixed species, cooked, dry heat | 28.35 | 1.0 oz | 58 | 8.11 | 7 |
| 06062 | CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed | 123.0 | 0.5 cup | 58 | 2.92 | 10 |
| 15170 | Mollusks, oyster, eastern, canned | 85.0 | 3.0 oz | 58 | 6.00 | 46 |
| 18224 | Crackers, rusk toast | 14.2 | 0.5 oz | 58 | 1.92 | 5 |
| 18242 | Croutons, plain | 14.2 | 0.5 oz | 58 | 1.69 | 4 |
| 11352 | Potatoes, flesh and skin, raw | 75.0 | 0.5 cup, diced | 58 | 1.54 | 17 |
| 19907 | Sweeteners, for baking, contains sugar and sucralose | 14.5 | 1.0 tbsp | 58 | 0.00 | -- |
| 11794 | Lambsquarters, cooked, boiled, drained, with salt | 180.0 | 1.0 cup, chopped | 58 | 5.76 | 41 |
| 11245 | Lambsquarters, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, chopped | 58 | 5.76 | 41 |
| 03092 | Babyfood, vegetables, green beans, junior | 240.0 | 1.0 cup | 58 | 2.88 | 53 |
| 23615 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 28.35 | 1.0 oz | 58 | 9.39 | 6 |
| 18266 | English muffins, whole-wheat | 28.35 | 1.0 oz | 58 | 2.49 | 20 |
| 10142 | Pork, cured, ham, center slice, separable lean and fat, unheated | 28.35 | 1.0 oz | 58 | 5.72 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17310 | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 58 | 5.48 | 6 |
| 18053 | Bread, reduced-calorie, rye | 28.35 | 1.0 oz | 58 | 2.58 | 6 |
| 05055 | Chicken, broilers or fryers, back, meat only, cooked, roasted | 24.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 57 | 6.77 | 5 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 30.0 | 1.0 fl oz | 57 | 0.89 | 3 |
| 23626 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled | 28.35 | 1.0 oz | 57 | 8.02 | 7 |
| 42161 | Bologna, beef, low fat | 28.0 | 1.0 slice | 57 | 3.30 | 3 |
| 09276 | Pitanga, (surinam-cherry), raw | 173.0 | 1.0 cup | 57 | 1.38 | 21 |
| 09185 | Melon balls, frozen | 173.0 | 1.0 cup, unthawed | 57 | 1.45 | 24 |
| 11577 | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt | 163.0 | 1.0 cup | 57 | 4.87 | 39 |
| 14259 | Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape | 248.0 | 8.0 fl oz | 57 | 0.89 | 2 |
| 14262 | Beverages, citrus fruit juice drink, frozen concentrate | 35.2 | 1.0 fl oz | 57 | 0.42 | 7 |
| 23630 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 57 | 8.27 | 7 |
| 17228 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 57 | 5.36 | 6 |
| 17015 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 57 | 5.27 | 7 |
| 17294 | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 57 | 5.27 | 6 |
| 17258 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 57 | 5.32 | 5 |
| 12204 | Nuts, chestnuts, japanese, roasted | 28.35 | 1.0 oz | 57 | 0.84 | 18 |
| 15201 | Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat | 28.35 | 1.0 oz, boneless | 57 | 7.29 | 10 |
| 18049 | Bread, reduced-calorie, oat bran | 28.35 | 1.0 oz | 57 | 2.27 | 16 |
| 17007 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 57 | 5.36 | 6 |
| 05286 | Turkey and gravy, frozen | 85.0 | 3.0 oz | 57 | 5.00 | 7 |
| 11363 | Potatoes, baked, flesh, without salt | 61.0 | 0.5 cup | 57 | 1.20 | 15 |
| 11828 | Potatoes, baked, flesh and skin, with salt | 61.0 | 0.5 cup | 57 | 1.52 | 17 |
| 11829 | Potatoes, baked, flesh, with salt | 61.0 | 0.5 cup | 57 | 1.20 | 15 |
| 10904 | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz rump | 57 | 5.58 | 5 |
| 06017 | Soup, chicken gumbo, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 57 | 2.65 | 4 |
| 23600 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 57 | 8.23 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 07209 | OSCAR MAYER, Chicken Breast (honey glazed) | 52.0 | 1.0 serving (4 slices) | 57 | 10.32 | 19 |
| 23054 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 32.0 | 1.0 medallion | 57 | 8.39 | 8 |
| 16138 | Falafel, home-prepared | 17.0 | 1.0 patty (approx 2-1/4" dia) | 57 | 2.26 | 14 |
| 06045 | Soup, onion, canned, condensed | 123.0 | 0.5 cup (4 fl oz) | 57 | 3.76 | 2 |
| 03070 | Babyfood, dinner, chicken soup, strained | 113.0 | 1.0 jar Beech-Nut Stage 2 (4 oz) | 56 | 1.81 | 6 |
| 03114 | Babyfood, vegetable, butternut squash and corn | 113.0 | 1.0 jar, Gerber (4 oz) | 56 | 2.26 | 29 |
| 90480 | Syrup, Cane | 21.0 | 1.0 serving | 56 | 0.00 | 2 |
| 13885 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 56 | 5.52 | 6 |
| 10115 | Pork, fresh, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 56 | 5.26 | 5 |
| 14268 | Beverages, Fruit punch drink, frozen concentrate | 34.8 | 1.0 fl oz | 56 | 0.07 | 2 |
| 06528 | Soup, chicken noodle, dry, mix, prepared with water | 245.0 | 1.0 cup | 56 | 2.06 | 7 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 14.0 | 1.0 cup | 56 | 0.88 | 4 |
| 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 30.2 | 1.0 fl oz | 56 | 0.02 | 1 |
| 13346 | Beef, cured, corned beef, brisket, raw | 28.35 | 1.0 oz | 56 | 4.16 | 4 |
| 13871 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 56 | 5.87 | 6 |
| 06417 | Soup, chicken gumbo, canned, prepared with equal volume water | 244.0 | 1.0 cup | 56 | 2.64 | 5 |
| 18217 | Crackers, matzo, plain | 14.2 | 0.5 oz | 56 | 1.42 | 4 |
| 11482 | Squash, winter, acorn, raw | 140.0 | 1.0 cup, cubes | 56 | 1.12 | 45 |
| 42230 | Salad Dressing, coleslaw dressing, reduced fat | 17.0 | 1.0 tbsp | 56 | 0.00 | 1 |
| 19300 | Jellies | 21.0 | 1.0 serving 1 tbsp | 56 | 0.03 | 1 |
| 14164 | Beverages, chocolate malt powder, prepared with 1% milk, fortified | 98.0 | 1.0 cup dry mix | 56 | 3.25 | 24 |
| 43046 | Candies, nougat, with almonds | 14.0 | 1.0 piece | 56 | 0.47 | 4 |
| 18966 | Crackers, saltines, whole wheat (includes multi-grain) | 14.0 | 1.0 serving | 56 | 1.00 | 10 |
| 11578 | Vegetable juice cocktail, canned | 253.0 | 1.0 cup | 56 | 2.35 | 28 |
| 09002 | Acerola juice, raw | 242.0 | 1.0 cup | 56 | 0.97 | 29 |
| 19297 | Jams and preserves | 20.0 | 1.0 tbsp | 56 | 0.07 | 1 |
| 23595 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35 | 1.0 oz | 56 | 9.40 | 6 |
| 18352 | Rolls, hamburger or hotdog, reduced-calorie | 28.35 | 1.0 oz | 56 | 2.35 | 6 |
| 12098 | Nuts, chestnuts, european, raw, peeled | 28.35 | 1.0 oz | 56 | 0.46 | 9 |
| 14426 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate | 36.3 | 1.0 fl oz | 56 | 0.15 | 12 |
| 18218 | Crackers, matzo, egg | 14.2 | 0.5 oz | 56 | 1.75 | 3 |
| 18400 | Crackers, matzo, egg and onion | 14.2 | 0.5 oz | 56 | 1.42 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11893 | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt | 163.0 | 1.0 cup | 55 | 4.87 | 39 |
| 18220 | Crackers, melba toast, plain | 14.2 | 0.5 oz | 55 | 1.72 | 8 |
| 18424 | Crackers, melba toast, plain, without salt | 14.2 | 0.5 oz | 55 | 1.72 | 8 |
| 11808 | Parsnips, cooked, boiled, drained, with salt | 78.0 | 0.5 cup slices | 55 | 1.03 | 23 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 78.0 | 0.5 cup slices | 55 | 1.03 | 23 |
| 16542 | MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared | 16.0 | 2.0 strips | 55 | 1.98 | -- |
| 16535 | WORTHINGTON Stripples, frozen, unprepared | 16.0 | 2.0 strip | 55 | 1.98 | -- |
| 09098 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 123.0 | 0.5 cup | 55 | 0.49 | 7 |
| 16271 | Vitasoy USA Organic Nasoya, Soft Tofu | 79.0 | 0.2 package | 55 | 6.92 | -- |
| 18082 | Bread stuffing, bread, dry mix, prepared | 28.35 | 1.0 oz | 55 | 0.77 | 3 |
| 35140 | Bread, kneel down (Navajo) | 28.35 | 1.0 oz | 55 | 1.22 | 16 |
| 10141 | Pork, cured, ham, center slice, country-style, separable lean only, raw | 28.35 | 1.0 oz | 55 | 7.88 | 7 |
| 17306 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 55 | 5.43 | 7 |
| 13864 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 55 | 5.83 | 6 |
| 23638 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 55 | 8.39 | 7 |
| 18021 | Bread, boston brown, canned | 28.35 | 1.0 oz | 55 | 1.47 | 18 |
| 17286 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 55 | 5.34 | 5 |
| 18221 | Crackers, melba toast, rye (includes pumpernickel) | 14.2 | 0.5 oz | 55 | 1.65 | 6 |
| 14068 | Beverages, KELLOGG'S SPECIAL K20 protein powder | 14.5 | 1.0 packet | 55 | 5.10 | 1 |
| 12220 | Seeds, flaxseed | 10.3 | 1.0 tbsp, whole | 55 | 1.88 | 40 |
| 19807 | Snacks, popcorn, oil-popped, white popcorn, salt added | 11.0 | 1.0 cup | 55 | 0.99 | 12 |
| 11525 | Taro, tahitian, raw | 125.0 | 1.0 cup slices | 55 | 3.49 | 59 |
| 23587 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 55 | 8.24 | 7 |
| 18290 | Pancakes, plain, dry mix, complete, prepared | 28.35 | 1.0 oz | 55 | 1.47 | 6 |
| 05196 | Turkey, all classes, wing, meat and skin, cooked, roasted | 24.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 55 | 6.57 | 6 |
| 08146 | Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat | 15.0 | 1.0 cup (1 NLEA serving) | 55 | 2.44 | 20 |
| 07003 | Beerwurst, beer salami, pork | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 55 | 3.28 | 3 |
| 01125 | Egg, yolk, raw, fresh | 17.0 | 1.0 large | 55 | 2.70 | 1 |
| 23621 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 55 | 9.08 | 6 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 31.4 | 1.0 fl oz | 55 | 0.13 | 3 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11807 | Onions, frozen, whole, cooked, boiled, drained, with salt | 210.0 | 1.0 cup | 55 | 1.49 | 17 |
| 11894 | Vegetables, mixed, frozen, cooked, boiled, drained, with salt | 91.0 | 0.5 cup | 55 | 2.60 | 20 |
| 15060 | Fish, perch, mixed species, raw | 60.0 | 1.0 fillet | 55 | 11.63 | 18 |
| 13868 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 54 | 5.87 | 6 |
| 05056 | Chicken, broilers or fryers, back, meat only, cooked, stewed | 26.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 54 | 6.58 | 4 |
| 23035 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 30.0 | 1.0 medallion | 54 | 7.82 | 8 |
| 11246 | Leeks, (bulb and lower leaf-portion), raw | 89.0 | 1.0 cup | 54 | 1.34 | 25 |
| 07925 | Pastrami, beef, 98% fat-free | 57.0 | 1.0 serving 6 slices | 54 | 11.17 | 10 |
| 04708 | Mayonnaise, reduced fat, with olive oil | 15.0 | 1.0 tbsp | 54 | 0.06 | 0 |
| 12001 | Seeds, breadfruit seeds, raw | 28.35 | 1.0 oz | 54 | 2.10 | 15 |
| 10903 | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz shank | 54 | 6.34 | 5 |
| 11546 | Tomato products, canned, paste, without salt added | 66.0 | 0.25 cup | 54 | 2.85 | 28 |
| 18227 | Crackers, rye, wafers, seasoned | 14.2 | 0.5 oz | 54 | 1.28 | 15 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146.0 | 1.0 cup, sliced | 54 | 0.85 | 16 |
| 11760 | Carrots, frozen, cooked, boiled, drained, with salt | 146.0 | 1.0 cup slices | 54 | 0.85 | 16 |
| 14538 | Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A | 15.0 | 1.0 envelope Swiss Miss (.53 oz) | 54 | 3.76 | 31 |
| 15061 | Fish, perch, mixed species, cooked, dry heat | 46.0 | 1.0 fillet | 54 | 11.44 | 17 |
| 10862 | Pork, cured, bacon, pre-sliced, cooked, pan-fried | 11.5 | 1.0 slice | 54 | 3.90 | 4 |
| 19924 | Syrup, NESTLE, chocolate | 20.0 | 1.0 tablespoon | 54 | 0.00 | 8 |
| 28327 | Crackers, water biscuits | 14.0 | 4.0 cracker 1 serving | 54 | 1.00 | 3 |
| 07944 | Turkey, white, rotisserie, deli cut | 48.0 | 1.69 oz (1 serving) | 54 | 6.48 | 10 |
| 09152 | Lemon juice, raw | 244.0 | 1.0 cup | 54 | 0.85 | 15 |
| 09154 | Lemon juice, frozen, unsweetened, single strength | 244.0 | 1.0 cup | 54 | 1.12 | 20 |
| 08066 | Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice | 14.0 | 0.75 cup (1 NLEA serving) | 54 | 0.98 | 4 |
| 42040 | Syrups, grenadine | 20.0 | 1.0 tbsp | 54 | 0.00 | 1 |
| 15252 | USDA Commodity, salmon nuggets, cooked as purchased, unheated | 28.35 | 1.0 oz | 54 | 3.39 | 6 |
| 23634 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35 | 1.0 oz | 54 | 9.41 | 6 |
| 13883 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 54 | 5.56 | 6 |
| 23606 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 54 | 8.31 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19345 | Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup | 35.0 | 2.0 tbsp | 54 | 0.49 | 13 |
| 11029 | Beans, kidney, mature seeds, sprouted, raw | 184.0 | 1.0 cup | 53 | 7.73 | 39 |
| 23586 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 53 | 8.75 | 8 |
| 04015 | Salad dressing, russian dressing | 15.0 | 1.0 tbsp | 53 | 0.10 | 2 |
| 43365 | Tomato and vegetable juice, low sodium | 242.0 | 1.0 cup | 53 | 1.45 | 27 |
| 28310 | Cookies, shortbread, reduced fat | 11.8 | 1.0 cookie | 53 | 0.63 | 2 |
| 21313 | McDONALD'S, Hot Mustard Sauce | 28.0 | 1.0 package | 53 | 0.73 | 7 |
| 18222 | Crackers, melba toast, wheat | 14.2 | 0.5 oz | 53 | 1.83 | 8 |
| 23629 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 53 | 8.37 | 7 |
| 19360 | Syrups, table blends, pancake, with 2% maple | 20.0 | 1.0 tbsp | 53 | 0.00 | 0 |
| 07004 | Sausage, Berliner, pork, beef | 23.0 | 1.0 slice | 53 | 3.51 | 3 |
| 14162 | Beverages, Apple juice drink, light, fortified with vitamin C | 240.0 | 8.0 fl oz | 53 | 0.00 | 12 |
| 09004 | Apples, raw, without skin | 110.0 | 1.0 cup slices | 53 | 0.30 | 4 |
| 05085 | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter | 16.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 53 | 3.17 | 3 |
| 11355 | Potatoes, red, flesh and skin, raw | 75.0 | 0.5 cup, diced | 52 | 1.42 | 16 |
| 27050 | Sauce, sweet and sour, ready-to-serve | 35.0 | 2.0 Tbsp | 52 | 0.09 | 3 |
| 11124 | Carrots, raw | 128.0 | 1.0 cup chopped | 52 | 1.19 | 15 |
| 23608 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 52 | 9.02 | 6 |
| 17232 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 52 | 5.38 | 7 |
| 09296 | Quinces, raw | 92.0 | 1.0 fruit without refuse | 52 | 0.37 | 7 |
| 18619 | NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping | 11.0 | 1.0 serving | 52 | 0.53 | 5 |
| 05027 | Chicken, liver, all classes, raw | 44.0 | 1.0 liver | 52 | 7.44 | 8 |
| 19030 | Syrup, fruit flavored | 20.0 | 1.0 serving | 52 | 0.00 | 0 |
| 13866 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 52 | 5.83 | 6 |
| 14605 | Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors | 237.0 | 8.0 fl oz (1 NLEA serving) | 52 | 0.00 | 7 |
| 08085 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ | 14.0 | 2.0 tbsp (1 NLEA serving) | 52 | 3.72 | 38 |
| 16162 | MORI-NU, Tofu, silken, firm | 84.0 | 1.0 slice | 52 | 5.80 | 23 |
| 19353 | Syrups, maple | 20.0 | 1.0 tbsp | 52 | 0.01 | 4 |
| 18216 | Crackers, crispbread, rye | 14.2 | 0.5 oz | 52 | 1.12 | 11 |
| 11435 | Rutabagas, raw | 140.0 | 1.0 cup, cubes | 52 | 1.51 | 28 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05311 | Chicken, canned, no broth | 28.0 | 1.0 oz | 52 | 7.08 | 5 |
| 11354 | Potatoes, white, flesh and skin, raw | 75.0 | 0.5 cup, diced | 52 | 1.26 | 16 |
| 09161 | Lime juice, canned or bottled, unsweetened | 246.0 | 1.0 cup | 52 | 0.62 | 17 |
| 17212 | Veal, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 52 | 4.25 | 5 |
| 10012 | Pork, fresh, leg (ham), rump half, separable lean and fat, raw | 28.35 | 1.0 oz | 52 | 5.75 | 6 |
| 10098 | Pork, fresh, variety meats and by-products, chitterlings, raw | 28.35 | 1.0 oz | 52 | 2.17 | 2 |
| 12127 | Nuts, ginkgo nuts, raw | 28.35 | 1.0 oz | 52 | 1.22 | 8 |
| 11743 | Broccoli, frozen, chopped, cooked, boiled, drained, with salt | 184.0 | 1.0 cup | 52 | 5.70 | 24 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184.0 | 1.0 cup | 52 | 5.70 | 24 |
| 07065 | Pork and beef sausage, fresh, cooked | 13.0 | 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked | 51 | 1.79 | 2 |
| 09340 | Pears, asian, raw | 122.0 | 1.0 fruit 2-1/4" high x 2-1/2" dia | 51 | 0.61 | 10 |
| 08366 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular | 14.0 | 2.0 tbsp (1 NLEA serving) | 51 | 4.40 | 44 |
| 36612 | DENNY'S, golden fried shrimp | 16.0 | 1.0 piece | 51 | 2.22 | 4 |
| 31012 | CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8 | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31008 | CAMPBELL'S, V8 100% Vegetable Juice | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31013 | CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8 | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31010 | CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8 | 243.0 | 8.0 oz | 51 | 1.99 | -- |
| 09520 | Kiwifruit, ZESPRI SunGold, raw | 81.0 | 1.0 fruit | 51 | 0.83 | 10 |
| 31006 | CAMPBELL'S, Organic Tomato juice | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31001 | CAMPBELL'S, Tomato juice | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31017 | CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot | 243.0 | 8.0 fl oz | 51 | 1.99 | 61 |
| 31011 | CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8 | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31007 | HEALTHY REQUEST Tomato juice | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 31002 | CAMPBELL'S, Tomato juice, low sodium | 243.0 | 8.0 fl oz | 51 | 1.99 | -- |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 170.0 | 1.0 cup, cubes | 51 | 1.58 | 17 |
| 28156 | KEEBLER, Waffle Cones | 12.0 | 1.0 cone | 51 | 0.78 | 2 |
| 28155 | KEEBLER, Waffle Bowls | 12.0 | 1.0 waffle | 51 | 0.78 | 2 |
| 01017 | Cheese, cream | 14.5 | 1.0 tbsp | 51 | 0.89 | 1 |
| 10908 | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz rump | 51 | 4.56 | 5 |
| 18085 | Bread stuffing, cornbread, dry mix, prepared | 28.35 | 1.0 oz | 51 | 0.82 | 4 |
| 23619 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 28.35 | 1.0 oz | 51 | 7.81 | 5 |
| 04706 | Dressing, honey mustard, fat-free | 30.0 | 2.0 tbsp (1 NLEA serving) | 51 | 0.32 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04600 | Margarine-like, vegetable oil-butter spread, tub, with salt | 14.0 | 1.0 tablespoon | 51 | 0.14 | 0 |
| 09078 | Cranberries, raw | 110.0 | 1.0 cup, chopped | 51 | 0.51 | 7 |
| 04690 | Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D | 14.9 | 1.0 tbsp | 51 | 0.08 | 0 |
| 04128 | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt | 14.9 | 1.0 tbsp | 51 | 0.08 | 0 |
| 13887 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 50 | 5.60 | 6 |
| 23610 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 50 | 8.34 | 7 |
| 22978 | Chicken tenders, breaded, frozen, prepared | 21.0 | 1.0 piece | 50 | 3.07 | 6 |
| 14174 | Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C | 240.0 | 8.0 fl oz | 50 | 0.00 | 5 |
| 01215 | Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D | 21.0 | 1.0 slice 3/4 oz | 50 | 3.70 | 7 |
| 14092 | Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E | 240.0 | 1.0 cup | 50 | 1.99 | 24 |
| 07212 | OSCAR MAYER, Ham (chopped with natural juice) | 28.0 | 1.0 serving (1 slice) | 50 | 4.56 | 6 |
| 06003 | CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 50 | 3.00 | -- |
| 07027 | Ham, chopped, not canned | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 50 | 4.62 | 4 |
| 22119 | MORNINGSTAR FARMS Veggie Dog, frozen, unprepared | 40.0 | 1.0 link | 50 | 6.96 | -- |
| 06311 | CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 50 | 3.00 | -- |
| 14064 | Beverages, Orange juice, light, No pulp | 240.0 | 8.0 fl oz | 50 | 0.50 | 24 |
| 11951 | Peppers, sweet, yellow, raw | 186.0 | 1.0 pepper, large (3-3/4" long, 3" dia) | 50 | 1.86 | 22 |
| 43278 | Cheese, american cheddar, imitation | 21.0 | 1.0 slice | 50 | 3.51 | 6 |
| 23592 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 50 | 8.96 | 6 |
| 23589 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 28.35 | 1.0 oz | 50 | 8.35 | 7 |
| 15014 | Fish, cisco, smoked | 28.35 | 1.0 oz | 50 | 4.64 | 5 |
| 10226 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw | 28.35 | 1.0 oz | 50 | 5.69 | 7 |
| 10936 | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 50 | 6.13 | 6 |
| 15245 | Mollusks, oyster, eastern, farmed, raw | 85.0 | 3.0 oz | 50 | 4.44 | 28 |
| 43589 | Cheese, swiss, low fat | 28.0 | 1.0 slice (1 oz) | 50 | 7.95 | 10 |
| 11394 | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased | 30.0 | 10.0 strip | 50 | 0.65 | 6 |
| 04011 | Salad dressing, KRAFT Mayo Light Mayonnaise | 15.0 | 1.0 tbsp | 50 | 0.09 | -- |
| 19906 | Sweeteners, for baking, brown, contains sugar and sucralose | 12.9 | 1.0 tbsp | 50 | 0.00 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04687 | Margarine-like spread, BENECOL Light Spread | 14.0 | 1.0 tablespoon (1 NLEA serving) | 50 | 0.00 | 0 |
| 09023 | Apricots, canned, water pack, without skin, solids and liquids | 227.0 | 1.0 cup, whole, without pits | 50 | 1.57 | 20 |
| 18219 | Crackers, matzo, whole-wheat | 14.2 | 0.5 oz | 50 | 1.86 | 19 |
| 23620 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 28.35 | 1.0 oz | 50 | 8.47 | 6 |
| 12115 | Nuts, coconut cream, raw (liquid expressed from grated meat) | 15.0 | 1.0 tbsp | 50 | 0.54 | 4 |
| 33862 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder | 9.6 | 1.0 scoop | 49 | 1.04 | 4 |
| 11461 | Spinach, canned, regular pack, drained solids | 214.0 | 1.0 cup | 49 | 6.01 | 163 |
| 19303 | Marmalade, orange | 20.0 | 1.0 tbsp | 49 | 0.06 | 0 |
| 33871 | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA | 9.6 | 1.0 scoop | 49 | 1.47 | 4 |
| 13901 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 49 | 6.31 | 7 |
| 15106 | Fish, sturgeon, mixed species, smoked | 28.35 | 1.0 oz | 49 | 8.85 | 13 |
| 13879 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 49 | 6.15 | 7 |
| 13149 | Beef, rib, shortribs, separable lean only, choice, raw | 28.35 | 1.0 oz | 49 | 5.40 | 6 |
| 07001 | Barbecue loaf, pork, beef | 28.35 | 1.0 oz | 49 | 4.49 | 5 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245.0 | 1.0 cup, mashed | 49 | 1.76 | 22 |
| 43331 | Salad dressing, bacon and tomato | 15.0 | 1.0 tbsp | 49 | 0.27 | 1 |
| 11200 | Yardlong bean, cooked, boiled, drained, without salt | 104.0 | 1.0 cup slices | 49 | 2.63 | 44 |
| 11899 | Yardlong bean, cooked, boiled, drained, with salt | 104.0 | 1.0 cup slices | 49 | 2.63 | 44 |
| 11987 | Mushrooms, oyster, raw | 148.0 | 1.0 large | 49 | 4.90 | 27 |
| 03999 | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA | 9.5 | 1.0 scoop | 49 | 1.04 | 3 |
| 18651 | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes | 16.0 | 1.0 serving | 49 | 0.80 | 4 |
| 28344 | Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour | 10.7 | 3.0 crackers | 49 | 0.27 | 2 |
| 43326 | Pork, cured, ham, low sodium, lean and fat, cooked | 28.35 | 1.0 oz, boneless | 49 | 6.32 | 6 |
| 10912 | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 49 | 3.97 | 4 |
| 28268 | KEEBLER, Sugar Cones | 13.0 | 1.0 cone | 49 | 0.95 | 1 |
| 05072 | Chicken, broilers or fryers, drumstick, meat only, cooked, fried | 25.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 49 | 7.16 | 6 |
| 11084 | Beets, canned, drained solids | 157.0 | 1.0 cup, diced | 49 | 1.43 | 27 |
| 09316 | Strawberries, raw | 152.0 | 1.0 cup, halves | 49 | 1.02 | 20 |
| 42138 | Mayonnaise, reduced-calorie or diet, cholesterol-free | 14.6 | 1.0 tbsp | 49 | 0.13 | 0 |
| 31005 | CAMPBELL'S, V8 Vegetable Juice, Organic V8 | 243.0 | 8.0 fl oz | 49 | 1.00 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05723 | Turkey, retail parts, drumstick, meat only, cooked, roasted | 28.0 | 3.0 oz | 48 | 8.01 | 7 |
| 19719 | Jams and preserves, apricot | 20.0 | 1.0 tbsp | 48 | 0.14 | 1 |
| 03849 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA | 9.4 | 1.0 scoop | 48 | 1.18 | 4 |
| 42178 | Mayonnaise, made with tofu | 15.0 | 1.0 tbsp | 48 | 0.89 | 8 |
| 11326 | Peas and onions, frozen, unprepared | 69.0 | 0.5 cup | 48 | 2.75 | 14 |
| 11585 | Vegetable juice cocktail, low sodium, canned | 254.0 | 1.0 cup | 48 | 2.31 | 30 |
| 14025 | Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix | 29.4 | 1.0 fl oz | 48 | 0.03 | 1 |
| 23588 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 48 | 8.32 | 7 |
| 03814 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted | 9.6 | 1.0 scoop | 48 | 1.36 | 5 |
| 07070 | Salami, cooked, turkey | 28.0 | 1.0 serving | 48 | 5.38 | 6 |
| 33867 | Infant formula, GERBER, GOOD START, PROTECT PLUS, powder | 9.4 | 1.0 scoop | 48 | 1.06 | 3 |
| 16524 | WORTHINGTON Veja-Links, canned, unprepared | 31.0 | 1.0 link | 48 | 4.53 | -- |
| 11474 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 192.0 | 1.0 cup slices | 48 | 2.46 | 52 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50.0 | 1.0 fillet | 48 | 9.26 | 14 |
| 11859 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt | 192.0 | 1.0 cup slices | 48 | 2.46 | 52 |
| 23598 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 28.35 | 1.0 oz | 48 | 8.43 | 6 |
| 17032 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 48 | 5.66 | 7 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165.0 | 1.0 cup slices | 48 | 2.97 | 31 |
| 11793 | Kohlrabi, cooked, boiled, drained, with salt | 165.0 | 1.0 cup slices | 48 | 2.97 | 31 |
| 11978 | Peppers, ancho, dried | 17.0 | 1.0 pepper | 48 | 2.02 | 19 |
| 01210 | Egg Mix, USDA Commodity | 8.6 | 1.0 tbsp | 48 | 3.06 | 1 |
| 12003 | Seeds, breadfruit seeds, boiled | 28.35 | 1.0 oz | 48 | 1.50 | 14 |
| 13894 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 48 | 6.22 | 7 |
| 21315 | McDONALD'S, Sweet 'N Sour Sauce | 28.0 | 1.0 package | 48 | 0.18 | 2 |
| 09183 | Melons, casaba, raw | 170.0 | 1.0 cup, cubes | 48 | 1.89 | 19 |
| 16281 | HOUSE FOODS Premium Firm Tofu | 56.0 | 2.0 oz | 48 | 6.12 | -- |
| 43391 | Turkey, light or dark meat, smoked, cooked, skin and bone removed | 28.0 | 1.0 medium slice (approx 3" x 2" x 1/4") | 48 | 8.20 | 7 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164.0 | 1.0 cup | 48 | 5.49 | 43 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18226 | Crackers, rye, wafers, plain | 14.2 | 0.5 oz | 47 | 1.36 | 17 |
| 33866 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder | 9.6 | 1.0 scoop | 47 | 1.24 | 4 |
| 11294 | Onions, sweet, raw | 148.0 | 1.0 NLEA serving | 47 | 1.18 | 13 |
| 09089 | Figs, raw | 64.0 | 1.0 large (2-1/2" dia) | 47 | 0.48 | 11 |
| 10911 | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 47 | 4.72 | 5 |
| 10855 | HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork | 28.35 | 1.0 oz | 47 | 5.31 | 6 |
| 03867 | Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder | 9.4 | 1.0 scoop | 47 | 1.18 | 5 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 29.5 | 1.0 fl oz | 47 | 0.06 | 3 |
| 11060 | Beans, snap, green, frozen, all styles, unprepared | 121.0 | 1.0 cup | 47 | 2.17 | 27 |
| 04674 | Margarine-like spread, SMART BALANCE Light Buttery Spread | 14.0 | 1.0 tbsp | 47 | 0.00 | 0 |
| 01193 | KRAFT BREAKSTONE'S Reduced Fat Sour Cream | 31.0 | 2.0 tbsp | 47 | 1.40 | -- |
| 14257 | Beverages, OCEAN SPRAY, Light Cranberry | 248.0 | 8.0 fl oz | 47 | 0.55 | 2 |
| 33872 | Infant formula, GERBER, GOOD START 2 SOY, with iron, powder | 9.4 | 1.0 scoop | 47 | 1.18 | 5 |
| 33869 | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder | 9.4 | 1.0 scoop | 47 | 1.04 | 3 |
| 13891 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 47 | 6.25 | 7 |
| 13877 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 47 | 6.09 | 7 |
| 05127 | Chicken, stewing, giblets, raw | 28.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 47 | 5.01 | 5 |
| 33873 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted | 9.4 | 1.0 scoop | 47 | 1.32 | 5 |
| 43325 | Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted | 28.35 | 1.0 oz, boneless | 47 | 6.24 | 5 |
| 13065 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 47 | 6.02 | 6 |
| 15191 | Fish, butterfish, cooked, dry heat | 25.0 | 1.0 fillet | 47 | 5.54 | 8 |
| 15007 | Fish, butterfish, raw | 32.0 | 1.0 fillet | 47 | 5.53 | 8 |
| 04689 | Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light | 14.0 | 1.0 tbsp (1 NLEA serving) | 47 | 0.21 | 0 |
| 14029 | Alcoholic beverage, whiskey sour, prepared from item 14028 | 30.4 | 1.0 fl oz | 47 | 0.02 | 0 |
| 17328 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 46 | 5.41 | 6 |
| 13898 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 46 | 6.29 | 7 |
| 15068 | Fish, pompano, florida, raw | 28.35 | 1.0 oz, boneless | 46 | 5.24 | 8 |
| 23590 | Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 28.35 | 1.0 oz | 46 | 8.07 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 10910 | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 46 | 4.46 | 5 |
| 11489 | Squash, winter, hubbard, raw | 116.0 | 1.0 cup, cubes | 46 | 2.32 | 22 |
| 27059 | Sauce, peanut, made from peanut butter, water, soy sauce | 18.0 | 1.0 tbsp | 46 | 1.14 | 8 |
| 33868 | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder | 9.4 | 1.0 scoop | 46 | 1.02 | 3 |
| 23591 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 28.35 | 1.0 oz | 46 | 8.39 | 6 |
| 23604 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked | 28.35 | 1.0 oz | 46 | 7.94 | 5 |
| 16161 | MORI-NU, Tofu, silken, soft | 84.0 | 1.0 slice | 46 | 4.03 | 24 |
| 09326 | Watermelon, raw | 154.0 | 1.0 cup, balls | 46 | 0.94 | 15 |
| 21310 | McDONALD'S, Barbeque Sauce | 28.0 | 1.0 package | 46 | 0.43 | 4 |
| 16163 | MORI-NU, Tofu, silken, extra firm | 84.0 | 1.0 slice | 46 | 6.22 | 23 |
| 04627 | Margarine-like spread with yogurt, approximately 40% fat, tub, with salt | 14.0 | 1.0 tablespoon | 46 | 0.28 | 1 |
| 11821 | Peppers, sweet, red, raw | 149.0 | 1.0 cup, chopped | 46 | 1.48 | 18 |
| 11015 | Asparagus, canned, drained solids | 242.0 | 1.0 cup | 46 | 5.18 | 24 |
| 17110 | Veal, rib, separable lean and fat, raw | 28.35 | 1.0 oz | 46 | 5.35 | 6 |
| 17174 | Game meat, muskrat, raw | 28.35 | 1.0 oz | 46 | 5.89 | 6 |
| 03821 | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted | 8.8 | 1.0 scoop | 46 | 1.23 | 5 |
| 33879 | Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR | 8.9 | 0.5 cup | 46 | 0.74 | 8 |
| 13097 | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 46 | 5.71 | 6 |
| 17146 | Game meat, bear, raw | 28.35 | 1.0 oz | 46 | 5.70 | -- |
| 05183 | Turkey, dark meat, meat and skin, raw | 28.35 | 1.0 oz | 46 | 5.62 | 6 |
| 11603 | Yambean (jicama), raw | 120.0 | 1.0 cup slices | 46 | 0.86 | 14 |
| 43404 | Beverages, cranberry-apple juice drink, low calorie, with vitamin C added | 240.0 | 1.0 cup (8 fl oz) | 46 | 0.24 | 7 |
| 12119 | Nuts, coconut water (liquid from coconuts) | 240.0 | 1.0 cup | 46 | 1.73 | 60 |
| 03837 | Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted | 8.7 | 1.0 scoop | 46 | 0.99 | 3 |
| 11258 | Mountain yam, hawaii, raw | 68.0 | 0.5 cup, cubes | 46 | 0.91 | 8 |
| 14165 | Beverages, carbonated, limeade, high caffeine | 253.0 | 1.0 cup | 46 | 0.00 | -- |
| 03858 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted | 8.7 | 1.0 scoop | 45 | 0.94 | 3 |
| 03819 | Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted | 9.4 | 1.0 scoop | 45 | 1.55 | 9 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06354 | CAMPBELL'S Red and White, French Onion Soup, condensed | 126.0 | 1.0 serving 1/2 cup | 45 | 2.00 | -- |
| 14531 | Alcoholic beverage, whiskey sour | 30.4 | 1.0 fl oz | 45 | 0.00 | 0 |
| 11463 | Spinach, frozen, chopped or leaf, unprepared | 156.0 | 1.0 cup | 45 | 5.66 | 117 |
| 11063 | Beans, snap, green, microwaved | 116.0 | 1.0 cup 1/2" pieces | 45 | 2.68 | 32 |
| 01223 | Protein supplement, milk based, Muscle Milk, powder | 11.0 | 1.0 tbsp | 45 | 5.03 | 22 |
| 10119 | Pork, fresh, variety meats and by-products, stomach, raw | 28.35 | 1.0 oz | 45 | 4.78 | 3 |
| 13881 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 45 | 6.04 | 7 |
| 43098 | Pie fillings, cherry, low calorie | 85.0 | 1.0 serving | 45 | 0.70 | 7 |
| 43143 | Cabbage, japanese style, fresh, pickled | 150.0 | 1.0 cup | 45 | 2.40 | 18 |
| 03957 | Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA | 8.7 | 1.0 scoop | 45 | 1.22 | 3 |
| 03954 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted | 8.7 | 1.0 scoop | 45 | 1.10 | 3 |
| 03843 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted | 8.7 | 1.0 scoop | 45 | 1.10 | 3 |
| 03826 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted | 8.8 | 1.0 scoop | 45 | 1.10 | 5 |
| 03852 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 8.8 | 1.0 scoop | 45 | 1.10 | 5 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 29.5 | 1.0 fl oz | 45 | 0.06 | 3 |
| 06321 | Gravy, CAMPBELL'S, golden pork | 59.0 | 0.25 cup | 45 | 1.00 | -- |
| 06318 | Gravy, CAMPBELL'S, country style cream | 59.0 | 0.25 cup | 45 | 1.00 | -- |
| 21337 | McDONALD'S, Peanuts (for Sundaes) | 7.0 | 0.3 oz | 45 | 1.96 | 14 |
| 23624 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 45 | 6.29 | 7 |
| 15039 | Fish, herring, Atlantic, raw | 28.35 | 1.0 oz, boneless | 45 | 5.09 | 9 |
| 03980 | Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder | 8.7 | 1.0 scoop | 45 | 1.03 | 4 |
| 03929 | Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted | 9.3 | 1.0 scoop | 45 | 1.45 | 5 |
| 14168 | Beverages, Carob-flavor beverage mix, powder | 12.0 | 1.0 tbsp | 45 | 0.22 | 1 |
| 05084 | Chicken, broilers or fryers, neck, meat and skin, raw | 15.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 45 | 2.11 | 2 |
| 04705 | Salad dressing, caesar, fat-free | 34.0 | 2.0 tbsp (1 NLEA serving) | 45 | 0.50 | 1 |
| 11459 | Spinach, canned, regular pack, solids and liquids | 234.0 | 1.0 cup | 44 | 4.94 | 131 |
| 03838 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 9.0 | 1.0 scoop | 44 | 1.25 | 5 |
| 11855 | Spinach, canned, no salt added, solids and liquids | 234.0 | 1.0 cup | 44 | 4.94 | 131 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11062 | Beans, snap, green, frozen, all styles, microwaved | 111.0 | 1.0 cup | 44 | 2.20 | 32 |
| 10860 | Pork, cured, bacon, cooked, baked | 8.1 | 1.0 slice cooked | 44 | 2.89 | 2 |
| 03853 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted | 8.5 | 1.0 scoop | 44 | 0.93 | 3 |
| 33863 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder | 8.7 | 1.0 scoop | 44 | 0.94 | 4 |
| 03950 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted | 8.5 | 1.0 scoop | 44 | 0.93 | 3 |
| 33877 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder | 8.7 | 1.0 scoop | 44 | 0.94 | 4 |
| 03827 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA | 8.5 | 1.0 scoop | 44 | 0.93 | 4 |
| 03869 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted | 8.5 | 1.0 scoop | 44 | 0.92 | 4 |
| 03802 | Infant formula, NESTLE, GOOD START SUPREME, with iron, powder | 8.7 | 1.0 scoop | 44 | 0.98 | 3 |
| 03943 | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA | 8.7 | 1.0 scoop | 44 | 1.11 | 4 |
| 03913 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder | 9.4 | 1.0 scoop | 44 | 1.15 | 4 |
| 15048 | Fish, mackerel, jack, canned, drained solids | 28.35 | 1.0 oz, boneless | 44 | 6.57 | 10 |
| 03941 | Infant formula, PBM PRODUCTS, store brand, soy, powder | 8.7 | 1.0 scoop | 44 | 1.18 | 4 |
| 33870 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder | 9.4 | 1.0 scoop | 44 | 1.48 | 5 |
| 14090 | Beverages, Coconut water, ready-to-drink, unsweetened | 245.0 | 1.0 cup | 44 | 0.54 | 15 |
| 11845 | Pumpkin, cooked, boiled, drained, with salt | 245.0 | 1.0 cup, mashed | 44 | 1.76 | 22 |
| 03967 | Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder | 8.8 | 1.0 scoop | 44 | 1.14 | 4 |
| 03938 | Infant formula, PBM PRODUCTS, store brand, powder | 8.4 | 1.0 scoop | 44 | 1.01 | 3 |
| 25014 | Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil | 7.9 | 1.0 cup | 44 | 0.59 | 7 |
| 16512 | WORTHINGTON Diced Chik, canned, unprepared | 55.0 | 0.25 cup | 44 | 8.08 | -- |
| 28185 | KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites | 10.0 | 1.0 pouch | 44 | 0.47 | 1 |
| 01265 | Cheese, cheddar, nonfat or fat free | 28.0 | 1.0 serving | 44 | 9.00 | 4 |
| 07034 | Headcheese, pork | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 44 | 3.87 | 3 |
| 01144 | Egg substitute, powder | 9.9 | 0.35 oz | 44 | 5.49 | 6 |
| 13023 | Beef, brisket, whole, separable lean only, all grades, raw | 28.35 | 1.0 oz | 44 | 5.87 | 7 |
| 17320 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 44 | 5.49 | 6 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 125.0 | 1.0 cup | 44 | 2.36 | 31 |
| 11725 | Beans, snap, yellow, cooked, boiled, drained, with salt | 125.0 | 1.0 cup | 44 | 2.36 | 31 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 125.0 | 1.0 cup | 44 | 2.36 | 22 |
| 11723 | Beans, snap, green, cooked, boiled, drained, with salt | 125.0 | 1.0 cup | 44 | 2.36 | 22 |
| 43367 | Turkey, drumstick, smoked, cooked, with skin, bone removed | 21.0 | 1.0 oz with bone, cooked (yield after bone removed) | 44 | 5.86 | 5 |
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified | 12.0 | 1.0 cup | 44 | 1.76 | 17 |
| 11797 | Mushrooms, white, cooked, boiled, drained, with salt | 156.0 | 1.0 cup pieces | 44 | 3.39 | 19 |
| 11261 | Mushrooms, white, cooked, boiled, drained, without salt | 156.0 | 1.0 cup pieces | 44 | 3.39 | 19 |
| 12202 | Nuts, chestnuts, japanese, raw | 28.35 | 1.0 oz | 44 | 0.64 | 14 |
| 11788 | Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt | 87.0 | 1.0 cup | 44 | 2.57 | 37 |
| 11225 | Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt | 87.0 | 1.0 cup | 44 | 2.57 | 37 |
| 03808 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA | 8.5 | 1.0 scoop | 43 | 0.92 | 3 |
| 12095 | Nuts, chestnuts, chinese, boiled and steamed | 28.35 | 1.0 oz | 43 | 0.82 | 16 |
| 23601 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 43 | 6.27 | 7 |
| 10861 | Pork, cured, bacon, cooked, microwaved | 9.1 | 1.0 slice cooked | 43 | 3.55 | 3 |
| 43378 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium | 8.0 | 1.0 slice cooked | 43 | 2.96 | 3 |
| 11884 | Tomatoes, red, ripe, cooked, with salt | 240.0 | 1.0 cup | 43 | 2.28 | 22 |
| 11530 | Tomatoes, red, ripe, cooked | 240.0 | 1.0 cup | 43 | 2.28 | 22 |
| 11154 | Chicory roots, raw | 60.0 | 1.0 root | 43 | 0.84 | 13 |
| 03805 | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder | 8.3 | 1.0 scoop | 43 | 0.90 | 3 |
| 15066 | Fish, pollock, Alaska, raw (may have been previously frozen) | 77.0 | 1.0 fillet | 43 | 9.39 | 12 |
| 17210 | Lamb, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 43 | 4.21 | 6 |
| 17134 | Veal, sirloin, separable lean and fat, raw | 28.35 | 1.0 oz | 43 | 5.41 | 7 |
| 04143 | Salad dressing, italian dressing, commercial, regular, without salt | 14.7 | 1.0 tablespoon | 43 | 0.06 | 0 |
| 27052 | Dip, salsa con queso, cheese and salsa- medium | 30.0 | 2.0 tbsp | 43 | 0.94 | 2 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 84.0 | 6.0 medium | 43 | 4.80 | 15 |
| 27068 | Dip, FRITO'S, bean, original flavor | 36.0 | 2.0 tbsp | 43 | 1.96 | 14 |
| 27065 | Dip, bean, original flavor | 36.0 | 2.0 tbsp | 43 | 1.96 | 14 |
| 13350 | Beef, cured, dried | 28.0 | 10.0 slices | 43 | 8.71 | 5 |
| 07020 | Corned beef loaf, jellied | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 43 | 6.41 | 3 |
| 17055 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 43 | 5.47 | 7 |
| 11199 | Yardlong bean, raw | 91.0 | 1.0 cup slices | 43 | 2.55 | 40 |
| 16214 | Vitasoy USA, Organic Nasoya Silken Tofu | 91.0 | 0.2 package | 43 | 4.37 | -- |
| 15108 | Fish, sunfish, pumpkin seed, raw | 48.0 | 1.0 fillet | 43 | 9.31 | 14 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11452 | Soybeans, mature seeds, sprouted, raw | 35.0 | 0.5 cup | 43 | 4.58 | 25 |
| 03928 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder | 8.5 | 1.0 scoop | 43 | 1.06 | 5 |
| 16210 | Vitasoy USA, Nasoya Lite Firm Tofu | 79.0 | 0.2 package | 43 | 6.56 | -- |
| 05665 | Ground turkey, 93% lean, 7% fat, raw | 28.35 | 1.0 oz | 43 | 5.31 | 6 |
| 11621 | Drumstick pods, cooked, boiled, drained, without salt | 118.0 | 1.0 cup slices | 42 | 2.47 | 50 |
| 11787 | Drumstick pods, cooked, boiled, drained, with salt | 118.0 | 1.0 cup slices | 42 | 2.47 | 50 |
| 05053 | Chicken, broilers or fryers, back, meat only, raw | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 42 | 6.06 | 7 |
| 03809 | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted | 8.3 | 1.0 scoop | 42 | 0.90 | 3 |
| 25026 | Popcorn, microwave, regular (butter) flavor, made with palm oil | 7.9 | 1.0 cup | 42 | 0.66 | 9 |
| 13068 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 42 | 6.16 | 7 |
| 10906 | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 42 | 3.88 | 4 |
| 10802 | USDA Commodity, pork, cured, ham, boneless, cooked, heated | 28.35 | 1.0 oz boneless | 42 | 5.34 | 6 |
| 15012 | Fish, caviar, black and red, granular | 16.0 | 1.0 tbsp | 42 | 3.94 | 48 |
| 01153 | Milk, canned, evaporated, with added vitamin A | 31.5 | 1.0 fl oz | 42 | 2.15 | 8 |
| 01096 | Milk, canned, evaporated, with added vitamin D and without added vitamin A | 31.5 | 1.0 fl oz | 42 | 2.15 | 8 |
| 15218 | Fish, sunfish, pumpkin seed, cooked, dry heat | 37.0 | 1.0 fillet | 42 | 9.20 | 14 |
| 08106 | Cereals, CREAM OF WHEAT, instant, dry | 11.5 | 1.0 tbsp | 42 | 1.22 | 4 |
| 43142 | Radishes, hawaiian style, pickled | 150.0 | 1.0 cup | 42 | 1.65 | 12 |
| 43366 | Turkey, wing, smoked, cooked, with skin, bone removed | 19.0 | 1.0 oz with bone, cooked (yield after bone removed) | 42 | 5.21 | 5 |
| 23583 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 42 | 6.25 | 7 |
| 23623 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 42 | 6.27 | 7 |
| 10072 | Pork, fresh, shoulder, whole, separable lean only, raw | 28.35 | 1.0 oz | 42 | 5.54 | 6 |
| 07088 | Honey roll sausage, beef | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 42 | 4.27 | 4 |
| 11493 | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt | 155.0 | 1.0 cup | 42 | 1.02 | 17 |
| 11870 | Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt | 155.0 | 1.0 cup | 42 | 1.02 | 17 |
| 11763 | Celeriac, cooked, boiled, drained, with salt | 155.0 | 1.0 cup pieces | 42 | 1.49 | 19 |
| 11142 | Celeriac, cooked, boiled, drained, without salt | 155.0 | 1.0 cup pieces | 42 | 1.49 | 19 |
| 11395 | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated | 21.0 | 10.0 strip | 42 | 0.61 | 5 |
| 21141 | BURGER KING, Vanilla Shake | 24.8 | 1.0 fl oz | 42 | 0.79 | 3 |
| 07055 | Pate, liver, not specified, canned | 13.0 | 1.0 tbsp | 41 | 1.85 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11468 | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 41 | 1.87 | 29 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 41 | 5.35 | 157 |
| 11854 | Spinach, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 41 | 5.35 | 157 |
| 11527 | Tomatoes, green, raw | 180.0 | 1.0 cup | 41 | 2.16 | 18 |
| 17312 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 41 | 5.95 | 7 |
| 17150 | Game meat, beaver, raw | 28.35 | 1.0 oz | 41 | 6.82 | 7 |
| 19222 | Desserts, rennin, vanilla, dry mix | 10.8 | 1.0 tbsp | 41 | 0.00 | 0 |
| 11197 | Cowpeas, young pods with seeds, raw | 94.0 | 1.0 cup | 41 | 3.10 | 55 |
| 07069 | Salami, cooked, beef and pork | 12.3 | 1.0 slice round | 41 | 2.69 | 2 |
| 03830 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA | 31.3 | 1.0 fl oz | 41 | 0.84 | 3 |
| 11886 | Tomato juice, canned, without salt added | 243.0 | 1.0 cup | 41 | 2.07 | 27 |
| 11540 | Tomato juice, canned, with salt added | 243.0 | 1.0 cup | 41 | 2.07 | 27 |
| 27053 | Dip, OLD EL PASO, Cheese 'n Salsa, medium | 32.0 | 2.0 tbsp | 41 | 0.86 | 2 |
| 19108 | Candies, jellybeans | 11.0 | 10.0 small | 41 | 0.00 | 0 |
| 11300 | Peas, edible-podded, raw | 98.0 | 1.0 cup, chopped | 41 | 2.74 | 24 |
| 01171 | Egg, whole, raw, frozen, pasteurized | 28.0 | 1.0 oz | 41 | 3.45 | 3 |
| 43327 | Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted | 28.35 | 1.0 oz | 41 | 5.93 | 4 |
| 19283 | Frozen novelties, ice type, pop | 52.0 | 1.0 serving 1.75 fl oz pop | 41 | 0.00 | 1 |
| 14063 | Beverages, chocolate powder, no sugar added | 11.0 | 2.0 tbsp | 41 | 1.00 | 45 |
| 03854 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA | 31.3 | 1.0 fl oz | 41 | 1.00 | 4 |
| 03812 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA | 31.3 | 1.0 fl oz | 41 | 0.86 | 3 |
| 03818 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA | 31.3 | 1.0 fl oz | 41 | 0.86 | 3 |
| 09060 | Carambola, (starfruit), raw | 132.0 | 1.0 cup, cubes | 41 | 1.37 | 13 |
| 14080 | Beverages, rich chocolate, powder | 11.0 | 2.0 tbsp | 41 | 0.00 | 24 |
| 11961 | Hearts of palm, canned | 146.0 | 1.0 cup | 41 | 3.68 | 55 |
| 10228 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw | 28.35 | 1.0 oz | 41 | 6.02 | 7 |
| 17088 | Veal, composite of trimmed retail cuts, separable lean and fat, raw | 28.35 | 1.0 oz | 41 | 5.49 | 7 |
| 17039 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 41 | 5.54 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 03937 | Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 41 | 0.91 | 3 |
| 11026 | Bamboo shoots, raw | 151.0 | 1.0 cup (1/2" slices) | 41 | 3.93 | 5 |
| 15231 | Mollusks, oyster, Pacific, cooked, moist heat | 25.0 | 1.0 medium | 41 | 4.72 | 11 |
| 10856 | HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork | 28.0 | 1.0 oz | 41 | 5.33 | 6 |
| 04589 | Fish oil, cod liver | 4.5 | 1.0 tsp | 41 | 0.00 | -- |
| 11092 | Broccoli, frozen, chopped, unprepared | 156.0 | 1.0 cup | 41 | 4.38 | 28 |
| 17152 | Game meat, beefalo, composite of cuts, raw | 28.35 | 1.0 oz | 41 | 6.61 | -- |
| 13318 | Beef, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 41 | 3.08 | 4 |
| 17026 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 41 | 5.92 | 8 |
| 17308 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 41 | 5.85 | 7 |
| 33865 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 41 | 0.85 | 3 |
| 33864 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 41 | 0.86 | 3 |
| 15171 | Mollusks, oyster, Pacific, raw | 50.0 | 1.0 medium | 40 | 4.72 | 11 |
| 21348 | McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette | 47.0 | 2.0 fl oz | 40 | 0.09 | 1 |
| 03824 | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted | 30.8 | 1.0 fl oz | 40 | 0.98 | 4 |
| 17282 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 40 | 5.74 | 6 |
| 19183 | Puddings, chocolate, ready-to-eat | 28.35 | 1.0 oz | 40 | 0.59 | 5 |
| 08172 | Cereals, farina, unenriched, dry | 10.9 | 1.0 tbsp | 40 | 1.16 | 1 |
| 06325 | Gravy, CAMPBELL'S, chicken, microwavable | 60.0 | 0.25 cup | 40 | 0.00 | -- |
| 03842 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate | 31.4 | 1.0 fl oz | 40 | 0.98 | 3 |
| 03952 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate | 31.4 | 1.0 fl oz | 40 | 0.98 | 3 |
| 03926 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 40 | 1.00 | 4 |
| 19384 | Candies, divinity, prepared-from-recipe | 11.0 | 1.0 piece | 40 | 0.15 | 0 |
| 03816 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted | 31.5 | 1.0 fl oz | 40 | 1.11 | 4 |
| 42259 | Snacks, popcorn, home-prepared, oil-popped, unsalted | 8.0 | 1.0 cup | 40 | 0.72 | 9 |
| 23599 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 40 | 6.33 | 7 |
| 11730 | Beans, snap, yellow, frozen, all styles, unprepared | 121.0 | 1.0 cup | 40 | 2.18 | 27 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 27054 | Dip, TOSTITOS, salsa con queso, medium | 30.0 | 2.0 tbsp | 40 | 0.88 | 2 |
| 03801 | Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 40 | 0.88 | 3 |
| 03951 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 40 | 0.83 | 3 |
| 03851 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 40 | 0.83 | 3 |
| 03856 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 40 | 0.83 | 3 |
| 03901 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted | 31.9 | 1.0 fl oz | 40 | 1.04 | 3 |
| 03844 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA | 31.6 | 1.0 fl oz | 40 | 1.12 | 4 |
| 04038 | Oil, wheat germ | 4.5 | 1.0 tsp | 40 | 0.00 | -- |
| 23617 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 40 | 6.43 | 7 |
| 10132 | Pork, cured, feet, pickled | 28.35 | 1.0 oz | 40 | 3.30 | 3 |
| 23618 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 40 | 6.30 | 7 |
| 17202 | Veal, variety meats and by-products, liver, raw | 28.35 | 1.0 oz | 40 | 5.65 | 6 |
| 11255 | Lotus root, cooked, boiled, drained, without salt | 60.0 | 0.5 cup | 40 | 0.95 | 13 |
| 08104 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry | 11.0 | 1.0 tbsp | 40 | 1.28 | 5 |
| 11796 | Lotus root, cooked, boiled, drained, with salt | 60.0 | 0.5 cup | 40 | 0.95 | 13 |
| 28376 | VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free | 8.4 | 3.0 crackers | 40 | 0.64 | 8 |
| 03940 | Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 40 | 1.13 | 4 |
| 07060 | Luxury loaf, pork | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 39 | 5.15 | 6 |
| 05327 | Chicken breast tenders, breaded, uncooked | 15.0 | 1.0 piece | 39 | 2.21 | 3 |
| 11643 | Squash, winter, all varieties, raw | 116.0 | 1.0 cup, cubes | 39 | 1.10 | 16 |
| 17199 | Lamb, variety meats and by-products, liver, raw | 28.35 | 1.0 oz | 39 | 5.78 | 5 |
| 23612 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 39 | 6.23 | 7 |
| 14091 | Beverages, almond milk, unsweetened, shelf stable | 262.0 | 1.0 cup | 39 | 1.55 | 18 |
| 08102 | Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry | 10.6 | 1.0 tbsp | 39 | 1.11 | 3 |
| 05705 | Turkey, whole, meat only, with added solution, roasted | 28.0 | 3.0 oz | 39 | 7.45 | 8 |
| 09192 | Oheloberries, raw | 140.0 | 1.0 cup | 39 | 0.53 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19892 | Frozen novelties, Sugar Free, CREAMSICLE Pops | 80.0 | 1.0 serving 2 pops | 39 | 1.10 | -- |
| 14654 | Beverages, nutritional shake mix, high protein, powder | 10.0 | 1.0 tbsp | 39 | 5.36 | 50 |
| 16278 | Vitasoy USA Azumaya, Silken Tofu | 91.0 | 0.2 package | 39 | 4.39 | -- |
| 16272 | Vitasoy USA Nasoya, Lite Silken Tofu | 91.0 | 0.2 package | 39 | 7.47 | -- |
| 05285 | Turkey, diced, light and dark meat, seasoned | 28.35 | 1.0 oz | 39 | 5.30 | 5 |
| 17300 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 39 | 5.81 | 7 |
| 06013 | Soup, chicken broth, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 39 | 5.57 | 3 |
| 03947 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA | 30.5 | 1.0 fl oz | 39 | 0.83 | 2 |
| 06413 | Soup, chicken broth, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 39 | 4.93 | 2 |
| 06963 | Fish broth | 244.0 | 1.0 cup | 39 | 4.88 | 2 |
| 11264 | Mushrooms, canned, drained solids | 156.0 | 1.0 cup | 39 | 2.92 | 23 |
| 11791 | Kale, frozen, cooked, boiled, drained, with salt | 130.0 | 1.0 cup, chopped | 39 | 3.69 | 23 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130.0 | 1.0 cup, chopped | 39 | 3.69 | 23 |
| 43479 | Alcoholic beverage, rice (sake) | 29.1 | 1.0 fl oz | 39 | 0.15 | 2 |
| 11100 | Brussels sprouts, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 39 | 3.59 | 19 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 144.0 | 1.0 cup (1" pieces) | 39 | 3.70 | 98 |
| 11736 | Beet greens, cooked, boiled, drained, with salt | 144.0 | 1.0 cup (1" pieces) | 39 | 3.70 | 98 |
| 17324 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 39 | 5.64 | 6 |
| 28084 | KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups | 8.0 | 1.0 cup | 39 | 0.48 | -- |
| 11693 | Tomatoes, crushed, canned | 121.0 | 0.5 cup | 39 | 1.98 | 24 |
| 01255 | Egg, whole, raw, frozen, salted, pasteurized | 28.0 | 1.0 oz | 39 | 3.07 | 3 |
| 04609 | Animal fat, bacon grease | 4.3 | 1.0 tsp | 39 | 0.00 | -- |
| 17177 | Game meat, rabbit, domesticated, composite of cuts, raw | 28.35 | 1.0 oz | 39 | 5.68 | 5 |
| 10010 | Pork, fresh, leg (ham), whole, separable lean only, raw | 28.35 | 1.0 oz | 39 | 5.81 | 7 |
| 03966 | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate | 29.2 | 1.0 fl oz | 39 | 0.97 | 4 |
| 11795 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt | 124.0 | 1.0 leek | 38 | 1.00 | 17 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 124.0 | 1.0 leek | 38 | 1.00 | 17 |
| 11817 | Peas and carrots, frozen, cooked, boiled, drained, with salt | 80.0 | 0.5 cup | 38 | 2.47 | 13 |
| 11150 | Chayote, fruit, cooked, boiled, drained, without salt | 160.0 | 1.0 cup (1" pieces) | 38 | 0.99 | 19 |
| 19036 | Snacks, popcorn, cakes | 10.0 | 1.0 cake | 38 | 0.97 | 16 |
| 06970 | Soup, chicken broth, low sodium, canned | 240.0 | 1.0 cup | 38 | 4.80 | 2 |
| 11476 | Squash, summer, scallop, cooked, boiled, drained, without salt | 240.0 | 1.0 cup, mashed | 38 | 2.47 | 46 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11885 | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added | 240.0 | 1.0 cup | 38 | 1.90 | 24 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | 240.0 | 1.0 cup | 38 | 1.90 | 24 |
| 23625 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 38 | 6.21 | 7 |
| 17292 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 38 | 5.80 | 7 |
| 43329 | Salad dressing, mayonnaise and mayonnaise-type, low calorie | 14.5 | 1.0 tbsp | 38 | 0.13 | 0 |
| 16515 | WORTHINGTON Low Fat Veja-Links, canned, unprepared | 31.0 | 1.0 link | 38 | 4.90 | -- |
| 14009 | Alcoholic beverage, daiquiri, canned | 30.5 | 1.0 fl oz | 38 | 0.00 | 0 |
| 10002 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw | 28.35 | 1.0 oz | 38 | 6.01 | 7 |
| 23582 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 38 | 6.39 | 7 |
| 17059 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw | 28.35 | 1.0 oz | 38 | 5.73 | 7 |
| 17021 | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 38 | 5.83 | 8 |
| 10110 | Pork, fresh, variety meats and by-products, liver, raw | 28.35 | 1.0 oz | 38 | 6.06 | 5 |
| 17003 | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 38 | 5.75 | 7 |
| 07974 | Bacon, turkey, low sodium | 15.0 | 1.0 serving | 38 | 2.00 | 3 |
| 11480 | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt | 223.0 | 1.0 cup | 38 | 2.56 | 29 |
| 11098 | Brussels sprouts, raw | 88.0 | 1.0 cup | 38 | 2.97 | 20 |
| 05326 | Chicken breast tenders, breaded, cooked, microwaved | 15.0 | 1.0 piece | 38 | 2.45 | 4 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135.0 | 1.0 cup | 38 | 2.01 | 26 |
| 11731 | Beans, snap, green, frozen, cooked, boiled, drained, with salt | 135.0 | 1.0 cup | 38 | 2.01 | 26 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 135.0 | 1.0 cup | 38 | 2.01 | 32 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 135.0 | 1.0 cup, chopped or strips | 38 | 1.24 | 14 |
| 11733 | Beans, snap, yellow, frozen, cooked, boiled, drained, with salt | 135.0 | 1.0 cup | 38 | 2.01 | 32 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 135.0 | 1.0 cup, strips | 38 | 1.24 | 14 |
| 17296 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 38 | 5.80 | 6 |
| 10804 | USDA Commodity, pork, cured, ham, boneless, cooked, unheated | 28.35 | 1.0 oz boneless | 38 | 4.94 | 6 |
| 17170 | Game meat, horse, raw | 28.35 | 1.0 oz | 38 | 6.06 | 7 |
| 01205 | Cream substitute, flavored, liquid | 15.0 | 1.0 tbsp | 38 | 0.10 | 3 |
| 14038 | Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink | 250.0 | 1.0 can | 38 | 0.00 | 5 |
| 19120 | Candies, milk chocolate | 7.0 | 1.0 bar, miniature | 37 | 0.54 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17047 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 37 | 5.67 | 7 |
| 23603 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 37 | 6.27 | 7 |
| 17304 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 37 | 5.79 | 7 |
| 17122 | Veal, shoulder, arm, separable lean and fat, raw | 28.35 | 1.0 oz | 37 | 5.48 | 7 |
| 11734 | Beets, cooked, boiled. drained, with salt | 85.0 | 0.5 cup slices | 37 | 1.43 | 20 |
| 11081 | Beets, cooked, boiled, drained | 85.0 | 0.5 cup slices | 37 | 1.43 | 20 |
| 35205 | Stinging Nettles, blanched (Northern Plains Indians) | 89.0 | 1.0 cup | 37 | 2.41 | 51 |
| 06174 | Soup, stock, fish, home-prepared | 233.0 | 1.0 cup | 37 | 5.27 | 16 |
| 04142 | Salad dressing, french dressing, reduced fat, without salt | 16.0 | 1.0 tablespoon | 37 | 0.09 | 1 |
| 13358 | Beef, cured, smoked, chopped beef | 28.0 | 1.0 slice (1 oz) | 37 | 5.65 | 6 |
| 01049 | Cream, fluid, half and half | 30.2 | 1.0 fl oz | 37 | 0.95 | 3 |
| 23611 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 37 | 6.26 | 7 |
| 43285 | Eggs, scrambled, frozen mixture | 28.35 | 1.0 oz | 37 | 3.71 | 3 |
| 17222 | Veal, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 37 | 4.87 | 5 |
| 12101 | Nuts, chestnuts, european, boiled and steamed | 28.35 | 1.0 oz | 37 | 0.57 | 15 |
| 15085 | Fish, salmon, sockeye, raw | 28.35 | 1.0 oz, boneless | 37 | 6.31 | 9 |
| 11322 | Peas and carrots, frozen, unprepared | 70.0 | 0.5 cup | 37 | 2.38 | 13 |
| 07072 | Salami, dry or hard, pork, beef | 9.8 | 1.0 slice | 37 | 2.06 | 2 |
| 07091 | New england brand sausage, pork, beef | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 37 | 3.97 | 4 |
| 11620 | Drumstick pods, raw | 100.0 | 1.0 cup slices | 37 | 2.10 | 45 |
| 01259 | Cheese spread, American or Cheddar cheese base, reduced fat | 21.0 | 1.0 piece | 37 | 2.82 | 6 |
| 17116 | Veal, shoulder, whole (arm and blade), separable lean and fat, raw | 28.35 | 1.0 oz | 37 | 5.46 | 7 |
| 19201 | Puddings, vanilla, ready-to-eat | 28.35 | 1.0 oz | 37 | 0.41 | 1 |
| 19218 | Puddings, tapioca, ready-to-eat | 28.35 | 1.0 oz | 37 | 0.55 | 2 |
| 11224 | Hyacinth-beans, immature seeds, raw | 80.0 | 1.0 cup | 37 | 1.68 | 32 |
| 11350 | Pokeberry shoots, (poke), raw | 160.0 | 1.0 cup | 37 | 4.16 | 29 |
| 07083 | Sausage, Vienna, canned, chicken, beef, pork | 16.0 | 1.0 sausage (7/8" dia x 2" long) | 37 | 1.68 | 1 |
| 07033 | Ham and cheese spread | 15.0 | 1.0 tbsp | 37 | 2.43 | 3 |
| 04018 | Salad dressing, mayonnaise type, regular, with salt | 14.7 | 1.0 tbsp | 37 | 0.10 | 0 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 136.0 | 1.0 cup, chopped | 37 | 1.25 | 20 |
| 14027 | Alcoholic beverage, whiskey sour, canned | 30.8 | 1.0 fl oz | 37 | 0.00 | 0 |
| 10901 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz spiral slice | 37 | 5.29 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23513 | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw | 28.35 | 1.0 oz | 37 | 5.57 | 6 |
| 23613 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 37 | 6.15 | 7 |
| 23636 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 37 | 6.56 | 7 |
| 05086 | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour | 11.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 37 | 2.64 | 2 |
| 11128 | Carrots, canned, regular pack, drained solids | 146.0 | 1.0 cup, sliced | 36 | 0.93 | 12 |
| 11759 | Carrots, canned, no salt added, drained solids | 146.0 | 1.0 cup, sliced | 36 | 0.93 | 12 |
| 11241 | Kohlrabi, raw | 135.0 | 1.0 cup | 36 | 2.30 | 26 |
| 11234 | Kale, cooked, boiled, drained, without salt | 130.0 | 1.0 cup, chopped | 36 | 2.47 | 23 |
| 11623 | Kale, scotch, cooked, boiled, drained, without salt | 130.0 | 1.0 cup, chopped | 36 | 2.47 | 74 |
| 16004 | Yokan, prepared from adzuki beans and sugar | 14.0 | 1.0 slice | 36 | 0.46 | 3 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 140.0 | 1.0 cup, chopped | 36 | 3.58 | 18 |
| 11792 | Kale, scotch, cooked, boiled, drained, with salt | 130.0 | 1.0 cup, chopped | 36 | 2.47 | 74 |
| 11799 | Mustard greens, cooked, boiled, drained, with salt | 140.0 | 1.0 cup, chopped | 36 | 3.58 | 18 |
| 11790 | Kale, cooked, boiled, drained, with salt | 130.0 | 1.0 cup, chopped | 36 | 2.47 | 23 |
| 11564 | Turnips, raw | 130.0 | 1.0 cup, cubes | 36 | 1.17 | 14 |
| 42171 | Salad dressing, french dressing, reduced calorie | 16.0 | 1.0 tbsp | 36 | 0.06 | 1 |
| 13227 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 36 | 6.17 | 4 |
| 23637 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 36 | 6.29 | 7 |
| 23616 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 36 | 6.49 | 7 |
| 23594 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 36 | 6.29 | 7 |
| 17013 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 36 | 5.83 | 8 |
| 17064 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw | 28.35 | 1.0 oz | 36 | 5.88 | 5 |
| 07951 | Scrapple, pork | 17.0 | 1.0 cubic inch | 36 | 1.37 | 2 |
| 11537 | Tomatoes, red, ripe, canned, with green chilies | 241.0 | 1.0 cup | 36 | 1.66 | 27 |
| 44258 | Puddings, chocolate flavor, low calorie, regular, dry mix | 9.9 | 1.0 serving | 36 | 1.00 | 11 |
| 10096 | Pork, fresh, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 36 | 2.91 | 4 |
| 23596 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 36 | 6.12 | 7 |
| 17162 | Game meat, caribou, raw | 28.35 | 1.0 oz | 36 | 6.42 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23584 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 36 | 6.31 | 7 |
| 14637 | Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored | 200.0 | 1.0 pouch | 36 | 0.00 | 6 |
| 14216 | Beverages, aloe vera juice drink, fortified with Vitamin C | 240.0 | 8.0 fl oz | 36 | 0.00 | -- |
| 11857 | Squash, summer, all varieties, cooked, boiled, drained, with salt | 180.0 | 1.0 cup slices | 36 | 1.64 | 43 |
| 11851 | Rutabagas, cooked, boiled, drained, with salt | 120.0 | 0.5 cup, mashed | 36 | 1.12 | 12 |
| 11054 | Beans, snap, green, canned, regular pack, solids and liquids | 240.0 | 1.0 cup | 36 | 1.73 | 31 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 36 | 1.64 | 43 |
| 08160 | Cereals, corn grits, yellow, regular and quick, unenriched, dry | 9.7 | 1.0 tbsp | 36 | 0.85 | 3 |
| 08090 | Cereals, corn grits, white, regular and quick, enriched, dry | 9.7 | 1.0 tbsp | 36 | 0.74 | 3 |
| 11567 | Turnips, frozen, cooked, boiled, drained, without salt | 156.0 | 1.0 cup | 36 | 2.39 | 22 |
| 01145 | Butter, without salt | 5.0 | 1.0 pat (1" sq, 1/3" high) | 36 | 0.04 | 0 |
| 01001 | Butter, salted | 5.0 | 1.0 pat (1" sq, 1/3" high) | 36 | 0.04 | 0 |
| 43144 | Cabbage, mustard, salted | 128.0 | 1.0 cup | 36 | 1.41 | 19 |
| 04641 | Salad dressing, mayonnaise, light | 15.0 | 1.0 tablespoon | 36 | 0.06 | 0 |
| 03282 | Babyfood, vegetables, mix vegetables junior | 99.0 | 1.0 serving 3.5 oz serving | 36 | 1.39 | 11 |
| 01266 | Cheese, Swiss, nonfat or fat free | 28.0 | 1.0 serving | 36 | 7.95 | 10 |
| 04020 | Salad dressing, french dressing, reduced fat | 16.0 | 1.0 tablespoon | 36 | 0.09 | 1 |
| 17017 | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 35 | 5.82 | 8 |
| 10934 | Pork, cured, ham, shank, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 35 | 6.74 | 6 |
| 23631 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 35 | 6.31 | 7 |
| 10932 | Pork, cured, ham, rump, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 35 | 6.93 | 7 |
| 05179 | Turkey from whole, neck, meat only, raw | 28.35 | 1.0 oz | 35 | 4.68 | 4 |
| 19053 | Snacks, rice cakes, brown rice, sesame seed | 9.0 | 1.0 cake | 35 | 0.68 | 12 |
| 19819 | Snacks, rice cakes, brown rice, sesame seed, unsalted | 9.0 | 1.0 cake | 35 | 0.68 | 12 |
| 15030 | Fish, gefiltefish, commercial, sweet recipe | 42.0 | 1.0 piece | 35 | 3.81 | 4 |
| 04114 | Salad dressing, italian dressing, commercial, regular | 14.7 | 1.0 tbsp | 35 | 0.06 | 1 |
| 07073 | Sandwich spread, pork, beef | 15.0 | 1.0 tbsp | 35 | 1.15 | 1 |
| 44061 | Puddings, chocolate flavor, low calorie, instant, dry mix | 9.9 | 1.0 serving | 35 | 0.52 | 9 |
| 03998 | Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack | 7.0 | 18.0 piece | 35 | 0.00 | 5 |
| 06175 | Sauce, hoisin, ready-to-serve | 16.0 | 1.0 tbsp | 35 | 0.53 | 4 |
| 11766 | Chayote, fruit, cooked, boiled, drained, with salt | 160.0 | 1.0 cup (1" pieces) | 35 | 0.99 | 19 |
| 23632 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 35 | 6.08 | 6 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 23597 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 35 | 6.41 | 7 |
| 03007 | Babyfood, meat, pork, strained | 28.35 | 1.0 oz | 35 | 3.97 | 3 |
| 16429 | Tofu, fried, prepared with calcium sulfate | 13.0 | 1.0 piece | 35 | 2.45 | 12 |
| 11939 | Mushrooms, portabella, exposed to ultraviolet light, grilled | 121.0 | 1.0 cup sliced | 35 | 3.97 | 16 |
| 11243 | Mushrooms, portabella, grilled | 121.0 | 1.0 cup sliced | 35 | 3.97 | 16 |
| 03301 | Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS | 113.0 | 4.0 oz | 35 | 0.00 | 3 |
| 11765 | Chard, swiss, cooked, boiled, drained, with salt | 175.0 | 1.0 cup, chopped | 35 | 3.29 | 150 |
| 11148 | Chard, swiss, cooked, boiled, drained, without salt | 175.0 | 1.0 cup, chopped | 35 | 3.29 | 150 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 70.0 | 0.5 cup slices | 35 | 0.62 | 4 |
| 06151 | Sauce, plum, ready-to-serve | 19.0 | 1.0 tbsp | 35 | 0.17 | 2 |
| 17288 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 35 | 5.91 | 6 |
| 19414 | Snacks, rice cakes, brown rice, multigrain | 9.0 | 1.0 cake | 35 | 0.76 | 12 |
| 19816 | Snacks, rice cakes, brown rice, plain, unsalted | 9.0 | 1.0 cake | 35 | 0.74 | 12 |
| 19419 | Snacks, corn cakes | 9.0 | 1.0 cake | 35 | 0.73 | 10 |
| 19051 | Snacks, rice cracker brown rice, plain | 9.0 | 1.0 cake | 35 | 0.74 | 12 |
| 19800 | Snacks, corn cakes, very low sodium | 9.0 | 1.0 cake | 35 | 0.73 | 10 |
| 19818 | Snacks, rice cakes, brown rice, multigrain, unsalted | 9.0 | 1.0 cake | 35 | 0.76 | 12 |
| 11521 | Taro leaves, cooked, steamed, without salt | 145.0 | 1.0 cup | 35 | 3.94 | 29 |
| 11879 | Taro, leaves, cooked, steamed, with salt | 145.0 | 1.0 cup | 35 | 3.94 | 29 |
| 05176 | Turkey, heart, all classes, cooked, simmered | 20.0 | 1.0 heart | 35 | 4.98 | 6 |
| 03206 | Babyfood, cookie, baby, fruit | 8.0 | 1.0 cookie | 35 | 0.54 | 2 |
| 11115 | Cabbage, savoy, cooked, boiled, drained, without salt | 145.0 | 1.0 cup, shredded | 35 | 2.61 | -- |
| 04027 | Salad dressing, mayonnaise, imitation, soybean | 15.0 | 1.0 tbsp | 35 | 0.04 | 0 |
| 11753 | Cabbage, savoy, cooked, boiled, drained, with salt | 145.0 | 1.0 cup, shredded | 35 | 2.61 | -- |
| 09433 | Clementines, raw | 74.0 | 1.0 fruit | 35 | 0.63 | 7 |
| 19416 | Snacks, rice cakes, brown rice, rye | 9.0 | 1.0 cake | 35 | 0.73 | 13 |
| 11267 | Mushrooms, shiitake, stir-fried | 89.0 | 1.0 cup whole | 35 | 3.07 | 17 |
| 11782 | Dandelion greens, cooked, boiled, drained, with salt | 105.0 | 1.0 cup, chopped | 35 | 2.10 | 25 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99.0 | 1.0 cup (1" cubes) | 35 | 0.82 | 11 |
| 19413 | Snacks, rice cakes, brown rice, corn | 9.0 | 1.0 cake | 35 | 0.76 | 10 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105.0 | 1.0 cup, chopped | 35 | 2.10 | 25 |
| 10149 | Pork, cured, ham, steak, boneless, extra lean, unheated | 28.35 | 1.0 oz | 35 | 5.55 | 5 |
| 17158 | Game meat, boar, wild, raw | 28.35 | 1.0 oz | 35 | 6.10 | -- |
| 17191 | Lamb, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 35 | 4.67 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 17185 | Lamb, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 35 | 2.95 | 3 |
| 27055 | Sauce, barbecue, SWEET BABY RAY'S, original | 18.0 | 1.0 tbsp | 35 | 0.17 | 2 |
| 25059 | Snacks, brown rice chips | 9.0 | 1.0 cake | 35 | 0.74 | 12 |
| 14135 | Alcoholic beverage, wine, table, white, late harvest | 30.8 | 1.0 fl oz | 34 | 0.02 | -- |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156.0 | 1.0 cup, cubes | 34 | 1.11 | 14 |
| 11889 | Turnips, cooked, boiled, drained, with salt | 156.0 | 1.0 cup, cubes | 34 | 1.11 | 12 |
| 10909 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz whole | 34 | 4.84 | 5 |
| 14019 | Alcoholic beverage, tequila sunrise, canned | 31.1 | 1.0 fl oz | 34 | 0.09 | 2 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup (1" pieces) | 34 | 2.90 | 16 |
| 19817 | Snacks, rice cakes, brown rice, buckwheat, unsalted | 9.0 | 1.0 cake | 34 | 0.81 | 14 |
| 19052 | Snacks, rice cakes, brown rice, buckwheat | 9.0 | 1.0 cake | 34 | 0.81 | 14 |
| 11858 | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt | 180.0 | 1.0 cup slices | 34 | 1.87 | 29 |
| 17183 | Game meat, squirrel, raw | 28.35 | 1.0 oz | 34 | 6.02 | 7 |
| 17113 | Veal, rib, separable lean only, raw | 28.35 | 1.0 oz | 34 | 5.66 | 7 |
| 17164 | Game meat, deer, raw | 28.35 | 1.0 oz | 34 | 6.51 | 7 |
| 31016 | CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite | 243.0 | 8.0 fl oz | 34 | 1.00 | -- |
| 17009 | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 34 | 5.98 | 7 |
| 06152 | Sauce, pizza, canned, ready-to-serve | 63.0 | 0.25 cup | 34 | 1.37 | 13 |
| 44110 | Jellies, reduced sugar, home preserved | 19.0 | 1.0 tbsp | 34 | 0.06 | 1 |
| 21446 | POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed | 16.0 | 1.0 wing without skin, bone and breading | 34 | 4.63 | 4 |
| 01110 | Milk shakes, thick chocolate | 28.4 | 1.0 fl oz | 34 | 0.87 | 5 |
| 04073 | Margarine, regular, hard, soybean (hydrogenated) | 4.7 | 1.0 tsp | 34 | 0.04 | 0 |
| 23635 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 34 | 6.32 | 7 |
| 08580 | Incaparina, dry mix (corn and soy flours), unprepared | 8.9 | 1.0 tbsp | 34 | 1.94 | 20 |
| 03279 | Babyfood, dinner, mixed vegetable, junior | 99.0 | 1.0 serving | 34 | 1.00 | 13 |
| 11729 | Beans, snap, green, canned, no salt added, drained solids | 153.0 | 1.0 cup | 34 | 1.71 | 20 |
| 16112 | Miso | 17.0 | 1.0 tbsp | 34 | 2.17 | 8 |
| 05175 | Turkey, heart, all classes, raw | 24.0 | 1.0 piece | 34 | 4.01 | 5 |
| 07932 | Chicken breast, fat-free, mesquite flavor, sliced | 42.0 | 1.0 serving 2 slices | 34 | 7.06 | 15 |
| 11977 | Peppers, serrano, raw | 105.0 | 1.0 cup, chopped | 34 | 1.83 | 23 |
| 11976 | Pepper, banana, raw | 124.0 | 1.0 cup | 33 | 2.06 | 21 |
| 10103 | Pork, fresh, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 33 | 4.90 | 5 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05600 | USDA Commodity, turkey ham, dark meat, smoked, frozen | 28.35 | 1.0 oz | 33 | 4.62 | 5 |
| 17188 | Veal, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 33 | 2.93 | 4 |
| 43212 | Bacon bits, meatless | 7.0 | 1.0 tbsp | 33 | 2.24 | 7 |
| 11289 | Onions, frozen, whole, unprepared | 95.0 | 0.33 package (10 oz) | 33 | 0.85 | 10 |
| 07933 | Chicken breast, oven-roasted, fat-free, sliced | 42.0 | 1.0 serving 2 slices | 33 | 7.05 | 4 |
| 15077 | Fish, salmon, chinook, smoked | 28.35 | 1.0 oz, boneless | 33 | 5.18 | 5 |
| 17094 | Veal, leg (top round), separable lean and fat, raw | 28.35 | 1.0 oz | 33 | 5.95 | 7 |
| 15055 | Fish, mullet, striped, raw | 28.35 | 1.0 oz | 33 | 5.49 | 8 |
| 10905 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz whole | 33 | 3.98 | 5 |
| 15179 | Fish, salmon, chinook, smoked, (lox), regular | 28.35 | 1.0 oz | 33 | 5.18 | 5 |
| 16279 | HOUSE FOODS Premium Soft Tofu | 56.0 | 2.0 oz | 33 | 3.57 | -- |
| 10854 | HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored | 28.0 | 1.0 oz | 33 | 4.99 | 6 |
| 28360 | MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free | 7.4 | 3.0 crackers | 33 | 0.89 | 15 |
| 11827 | Pokeberry shoots, (poke), cooked, boiled, drained, with salt | 165.0 | 1.0 cup | 33 | 3.79 | 23 |
| 11351 | Pokeberry shoots, (poke), cooked, boiled, drained, without salt | 165.0 | 1.0 cup | 33 | 3.79 | 23 |
| 11274 | Mustard spinach, (tendergreen), raw | 150.0 | 1.0 cup, chopped | 33 | 3.30 | 16 |
| 11278 | Okra, raw | 100.0 | 1.0 cup | 33 | 1.93 | 57 |
| 14125 | Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer | 30.5 | 1.0 fl oz | 33 | 0.02 | -- |
| 03689 | Babyfood, cereal, oatmeal, prepared with whole milk | 28.35 | 1.0 oz | 33 | 1.42 | 10 |
| 17268 | Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 33 | 6.27 | 7 |
| 15035 | Fish, haddock, smoked | 28.35 | 1.0 oz, boneless | 33 | 7.15 | 15 |
| 80200 | Frog legs, raw | 45.0 | 1.0 leg | 33 | 7.38 | 9 |
| 11890 | Turnips, frozen, cooked, boiled, drained, with salt | 156.0 | 1.0 cup | 33 | 2.39 | 22 |
| 03019 | Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars | 9.9 | 1.0 bar | 33 | 0.08 | 1 |
| 19220 | Desserts, rennin, chocolate, dry mix | 9.0 | 1.0 tbsp | 33 | 0.22 | 7 |
| 11783 | Eggplant, cooked, boiled, drained, with salt | 99.0 | 1.0 cup (1" cubes) | 33 | 0.82 | 11 |
| 03696 | Babyfood, cereal, rice, with honey, prepared with whole milk | 28.35 | 1.0 oz | 33 | 1.11 | 13 |
| 03704 | Babyfood, cereal, mixed, with honey, prepared with whole milk | 28.35 | 1.0 oz | 33 | 1.42 | 8 |
| 03693 | Babyfood, cereal, oatmeal, with honey, prepared with whole milk | 28.35 | 1.0 oz | 33 | 1.42 | 10 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 32 | 5.31 | 18 |
| 11709 | Asparagus, frozen, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 32 | 5.31 | 18 |
| 07031 | Ham salad spread | 15.0 | 1.0 tbsp | 32 | 1.30 | 2 |
| 43355 | Mayonnaise, low sodium, low calorie or diet | 14.0 | 1.0 tbsp | 32 | 0.04 | 0 |
| 17180 | Game meat, rabbit, wild, raw | 28.35 | 1.0 oz | 32 | 6.18 | 8 |
| 17144 | Game meat, antelope, raw | 28.35 | 1.0 oz | 32 | 6.34 | 8 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11856 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt | 95.0 | 0.5 cup | 32 | 3.81 | 78 |
| 11779 | Cowpeas, young pods with seeds, cooked, boiled, drained, with salt | 95.0 | 1.0 cup | 32 | 2.47 | 39 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 95.0 | 0.5 cup | 32 | 3.81 | 78 |
| 11198 | Cowpeas, young pods with seeds, cooked, boiled, drained, without salt | 95.0 | 1.0 cup | 32 | 2.47 | 39 |
| 27048 | Sauce, steak, tomato based | 34.0 | 2.0 Tbsp | 32 | 0.42 | 6 |
| 14631 | Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds | 7.8 | 1.0 tbsp | 32 | 0.58 | 6 |
| 11232 | Jute, potherb, cooked, boiled, drained, without salt | 87.0 | 1.0 cup | 32 | 3.20 | 54 |
| 11789 | Jute, potherb, cooked, boiled, drained, with salt | 87.0 | 1.0 cup | 32 | 3.20 | 54 |
| 06189 | Sauce, teriyaki, ready-to-serve, reduced sodium | 36.0 | 2.0 Tbsp | 32 | 2.13 | 22 |
| 17267 | Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 32 | 6.07 | 7 |
| 17276 | Veal, shank (fore and hind), separable lean and fat, raw | 28.35 | 1.0 oz | 32 | 5.43 | 6 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 100.0 | 1.0 cup, chopped | 32 | 1.83 | 20 |
| 08363 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran | 16.0 | 0.25 cup (1 NLEA serving) | 32 | 2.81 | 97 |
| 16165 | MORI-NU, Tofu, silken, lite extra firm | 84.0 | 1.0 slice | 32 | 5.88 | 8 |
| 11741 | Broccoli, stalks, raw | 114.0 | 1.0 stalk | 32 | 3.40 | 28 |
| 11009 | Artichokes, (globe or french), frozen, unprepared | 84.0 | 0.33 package | 32 | 2.21 | 23 |
| 01111 | Milk shakes, thick vanilla | 28.4 | 1.0 fl oz | 32 | 1.10 | 3 |
| 03711 | Babyfood, cereal, high protein, with apple and orange, prepared with whole milk | 28.35 | 1.0 oz | 32 | 1.96 | 10 |
| 13321 | Beef, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 32 | 5.02 | 6 |
| 10900 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz whole | 32 | 5.49 | 6 |
| 17090 | Veal, composite of trimmed retail cuts, separable lean only, raw | 28.35 | 1.0 oz | 32 | 5.73 | 7 |
| 17119 | Veal, shoulder, whole (arm and blade), separable lean only, raw | 28.35 | 1.0 oz | 32 | 5.61 | 7 |
| 03011 | Babyfood, meat, lamb, junior | 28.35 | 1.0 oz | 32 | 4.31 | 3 |
| 05115 | Chicken, roasting, giblets, raw | 25.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 32 | 4.54 | 4 |
| 09265 | Persimmons, native, raw | 25.0 | 1.0 fruit without refuse | 32 | 0.20 | -- |
| 19891 | Frozen novelties, No Sugar Added CREAMSICLE Pops | 44.0 | 1.0 serving 1 pop | 32 | 1.62 | -- |
| 07254 | Turkey bacon, unprepared | 14.0 | 1.0 serving | 32 | 2.23 | 2 |
| 10884 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated | 28.35 | 1.0 oz | 31 | 5.51 | 6 |
| 03682 | Babyfood, cereal, high protein, prepared with whole milk | 28.35 | 1.0 oz | 31 | 2.47 | 14 |
| 17166 | Game meat, elk, raw | 28.35 | 1.0 oz | 31 | 6.51 | 7 |
| 05712 | Turkey, retail parts, wing, meat only, raw | 28.0 | 3.0 oz | 31 | 6.29 | 5 |
| 09001 | Acerola, (west indian cherry), raw | 98.0 | 1.0 cup | 31 | 0.39 | 18 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11163 | Collards, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 31 | 2.56 | 28 |
| 11492 | Squash, winter, spaghetti, raw | 101.0 | 1.0 cup, cubes | 31 | 0.65 | 12 |
| 03997 | Babyfood, Baby MUM MUM Rice Biscuits | 8.0 | 4.0 biscuit | 31 | 1.00 | 4 |
| 11804 | Okra, frozen, cooked, boiled, drained, with salt | 92.0 | 0.5 cup slices | 31 | 1.50 | 37 |
| 11862 | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt | 223.0 | 1.0 cup | 31 | 2.56 | 29 |
| 35197 | Lambsquarters, steamed (Northern Plains Indians) | 65.0 | 1.0 cup | 31 | 2.64 | 107 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 104.0 | 1.0 cup | 31 | 3.16 | 22 |
| 06170 | Soup, stock, beef, home-prepared | 240.0 | 1.0 cup | 31 | 4.73 | 17 |
| 17193 | Veal, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 31 | 4.87 | 5 |
| 17137 | Veal, sirloin, separable lean only, raw | 28.35 | 1.0 oz | 31 | 5.73 | 7 |
| 16164 | MORI-NU, Tofu, silken, lite firm | 84.0 | 1.0 slice | 31 | 5.29 | 8 |
| 13353 | Beef, cured, luncheon meat, jellied | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 31 | 5.32 | 5 |
| 01190 | KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product | 21.0 | 1.0 slice | 31 | 4.77 | -- |
| 11781 | Cress, garden, cooked, boiled, drained, with salt | 135.0 | 1.0 cup | 31 | 2.56 | 35 |
| 19703 | Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C | 9.0 | 1.0 tbsp | 31 | 4.98 | 0 |
| 19704 | Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium | 9.0 | 1.0 tbsp | 31 | 4.98 | 0 |
| 11204 | Cress, garden, cooked, boiled, drained, without salt | 135.0 | 1.0 cup | 31 | 2.56 | 35 |
| 11052 | Beans, snap, green, raw | 100.0 | 1.0 cup 1/2" pieces | 31 | 1.83 | 25 |
| 11722 | Beans, snap, yellow, raw | 100.0 | 1.0 cup 1/2" pieces | 31 | 1.82 | 25 |
| 19034 | Snacks, popcorn, air-popped | 8.0 | 1.0 cup | 31 | 1.04 | 12 |
| 11090 | Broccoli, raw | 91.0 | 1.0 cup chopped | 31 | 2.57 | 19 |
| 10893 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated | 28.35 | 1.0 oz spiral slice | 31 | 5.46 | 6 |
| 17168 | Goat, raw | 28.35 | 1.0 oz | 31 | 5.84 | -- |
| 17156 | Game meat, bison, separable lean only, raw | 28.35 | 1.0 oz | 31 | 6.13 | 7 |
| 17140 | Veal, cubed for stew (leg and shoulder), separable lean only, raw | 28.35 | 1.0 oz | 31 | 5.75 | 7 |
| 17269 | Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 31 | 5.98 | 7 |
| 15127 | Fish, tuna, fresh, yellowfin, raw | 28.35 | 1.0 oz, boneless | 31 | 6.92 | 10 |
| 14347 | Shake, fast food, vanilla | 20.8 | 1.0 fl oz | 31 | 0.70 | 3 |
| 03870 | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber | 31.0 | 1.0 fl oz | 31 | 0.87 | 6 |
| 03860 | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed | 31.0 | 1.0 fl oz | 31 | 0.89 | 6 |
| 17278 | Veal, shank (fore and hind), separable lean only, raw | 28.35 | 1.0 oz | 31 | 5.47 | 6 |
| 11762 | Cauliflower, frozen, cooked, boiled, drained, with salt | 180.0 | 1.0 cup (1" pieces) | 31 | 2.90 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 153.0 | 1.0 cup | 31 | 1.76 | 20 |
| 11933 | Beans, snap, yellow, canned, no salt added, drained solids | 153.0 | 1.0 cup | 31 | 1.76 | 20 |
| 19806 | Snacks, popcorn, air-popped (Unsalted) | 8.0 | 1.0 cup | 31 | 0.96 | 10 |
| 07046 | Turkey breast, low salt, prepackaged or deli, luncheon meat | 28.0 | 1.0 slice | 31 | 6.11 | 6 |
| 06120 | Gravy, chicken, dry | 8.0 | 1.0 tbsp | 30 | 0.90 | 3 |
| 06618 | Sauce, peanut, made from coconut, water, sugar, peanuts | 17.0 | 1.0 tbsp | 30 | 0.34 | 3 |
| 03956 | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified | 31.0 | 1.0 oz | 30 | 1.05 | 5 |
| 10887 | Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 30 | 5.08 | 5 |
| 17099 | Veal, leg (top round), separable lean only, raw | 28.35 | 1.0 oz | 30 | 6.03 | 8 |
| 43215 | Salad dressing, buttermilk, lite | 15.0 | 1.0 tablespoon | 30 | 0.19 | 1 |
| 11122 | Cardoon, raw | 178.0 | 1.0 cup, shredded | 30 | 1.25 | 75 |
| 11422 | Pumpkin, raw | 116.0 | 1.0 cup (1" cubes) | 30 | 1.16 | 14 |
| 02076 | Seasoning mix, dry, chili, original | 9.0 | 1.33 tbsp | 30 | 0.97 | -- |
| 43274 | Cheese, cream, low fat | 15.0 | 1.0 tbsp | 30 | 1.18 | 1 |
| 09450 | Naranjilla (lulo) pulp, frozen, unsweetened | 120.0 | 1.0 cup thawed | 30 | 0.53 | 13 |
| 07973 | Turkey bacon, microwaved | 8.1 | 1.0 slice | 30 | 2.39 | 2 |
| 11333 | Peppers, sweet, green, raw | 149.0 | 1.0 cup, chopped | 30 | 1.28 | 15 |
| 06470 | CAMPBELL'S Low Sodium Soups, Chicken Broth | 298.0 | 1.0 serving 1 container | 30 | 3.01 | -- |
| 13333 | Beef, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 30 | 5.19 | 6 |
| 17125 | Veal, shoulder, arm, separable lean only, raw | 28.35 | 1.0 oz | 30 | 5.68 | 7 |
| 19294 | Fruit butters, apple | 17.0 | 1.0 tbsp | 29 | 0.07 | 1 |
| 04640 | Salad dressing, ranch dressing, reduced fat | 15.0 | 1.0 tablespoon | 29 | 0.19 | 1 |
| 11616 | Dock, raw | 133.0 | 1.0 cup, chopped | 29 | 2.66 | 137 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 15.0 | 1.0 tablespoon | 29 | 0.12 | 1 |
| 06150 | Sauce, barbecue | 17.0 | 1.0 tbsp | 29 | 0.14 | 2 |
| 11272 | Mustard greens, frozen, unprepared | 146.0 | 1.0 cup, chopped | 29 | 3.64 | 22 |
| 11980 | Peppers, chili, green, canned | 139.0 | 1.0 cup | 29 | 1.00 | 6 |
| 01194 | KRAFT BREAKSTONE'S FREE Fat Free Sour Cream | 32.0 | 2.0 tbsp | 29 | 1.50 | -- |
| 06432 | Soup, beef broth, bouillon, consomme, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 29 | 5.35 | 0 |
| 17172 | Game meat, moose, raw | 28.35 | 1.0 oz | 29 | 6.31 | 7 |
| 11801 | Mustard spinach, (tendergreen), cooked, boiled, drained, with salt | 180.0 | 1.0 cup, chopped | 29 | 3.06 | 13 |
| 11891 | Turnip greens, cooked, boiled, drained, with salt | 144.0 | 1.0 cup, chopped | 29 | 1.64 | 32 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144.0 | 1.0 cup, chopped | 29 | 1.64 | 32 |
| 01226 | Egg substitute, liquid or frozen, fat free | 60.0 | 0.25 cup | 29 | 6.00 | 9 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11275 | Mustard spinach, (tendergreen), cooked, boiled, drained, without salt | 180.0 | 1.0 cup, chopped | 29 | 3.06 | 13 |
| 27057 | Sauce, barbecue, KC MASTERPIECE, original | 18.0 | 1.0 tbsp | 29 | 0.18 | 3 |
| 11967 | Cauliflower, green, cooked, no salt added | 90.0 | 0.2 head | 29 | 2.74 | 17 |
| 09309 | Rhubarb, frozen, uncooked | 137.0 | 1.0 cup, diced | 29 | 0.75 | 25 |
| 19860 | Cocoa, dry powder, hi-fat or breakfast, processed with alkali | 6.0 | 1.0 tablespoon Ghirardelli label 2011 | 29 | 1.01 | 29 |
| 17218 | Veal, variety meats and by-products, thymus, raw | 28.35 | 1.0 oz | 29 | 4.88 | 7 |
| 17214 | Lamb, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 29 | 4.88 | 6 |
| 06999 | Gravy, CAMPBELL'S, chicken | 56.0 | 0.25 cup | 29 | 0.44 | 2 |
| 05020 | Chicken, broilers or fryers, giblets, raw | 23.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 29 | 4.11 | 4 |
| 11273 | Mustard greens, frozen, cooked, boiled, drained, without salt | 150.0 | 1.0 cup, chopped | 28 | 3.40 | 20 |
| 11800 | Mustard greens, frozen, cooked, boiled, drained, with salt | 150.0 | 1.0 cup, chopped or diced | 28 | 3.40 | 20 |
| 11280 | Okra, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 28 | 1.61 | 41 |
| 11214 | Escarole, cooked, boiled, drained, no salt added | 150.0 | 1.0 cup | 28 | 1.72 | 20 |
| 11563 | Tree fern, cooked, without salt | 71.0 | 0.5 cup, chopped | 28 | 0.21 | 4 |
| 07236 | OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey) | 9.0 | 1.0 link | 28 | 1.22 | 2 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135.0 | 1.0 cup | 28 | 1.42 | 18 |
| 10106 | Pork, fresh, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 28 | 4.67 | 5 |
| 10117 | Pork, fresh, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 28 | 5.06 | 4 |
| 43346 | Frozen novelties, juice type, orange | 29.8 | 1.0 fl oz | 28 | 0.15 | 2 |
| 11758 | Carrots, canned, no salt added, solids and liquids | 123.0 | 0.5 cup slices | 28 | 0.73 | 11 |
| 11126 | Carrots, canned, regular pack, solids and liquids | 123.0 | 0.5 cup slices | 28 | 0.71 | 11 |
| 27066 | Sauce, horseradish | 5.6 | 1.0 tsp | 28 | 0.06 | 0 |
| 14204 | Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener | 6.4 | 1.0 tsp dry | 28 | 0.58 | 8 |
| 11622 | Kale, scotch, raw | 67.0 | 1.0 cup, chopped | 28 | 1.88 | 59 |
| 14028 | Beverages, Whiskey sour mix, bottled | 32.3 | 1.0 fl oz | 28 | 0.03 | 0 |
| 11263 | Mushrooms, white, stir-fried | 108.0 | 1.0 cup sliced | 28 | 3.87 | 12 |
| 15109 | Fish, surimi | 28.35 | 1.0 oz | 28 | 4.30 | 12 |
| 13323 | Beef, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 28 | 4.93 | 5 |
| 17197 | Veal, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 28 | 4.47 | 5 |
| 17160 | Game meat, buffalo, water, raw | 28.35 | 1.0 oz | 28 | 5.78 | 9 |
| 11097 | Broccoli raab, cooked | 85.0 | 1.0 NLEA serving | 28 | 3.26 | 23 |
| 42119 | Babyfood, banana juice with low fat yogurt | 31.5 | 1.0 fl oz | 28 | 0.79 | 3 |
| 42140 | Salad dressing, italian dressing, reduced calorie | 14.0 | 1.0 tbsp | 28 | 0.04 | 0 |
| 44260 | Puddings, all flavors except chocolate, low calorie, instant, dry mix | 8.0 | 1.0 serving | 28 | 0.06 | 0 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09311 | Roselle, raw | 57.0 | 1.0 cup, without refuse | 28 | 0.55 | 29 |
| 17216 | Veal, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 28 | 5.19 | 5 |
| 11004 | Amaranth leaves, cooked, boiled, drained, without salt | 132.0 | 1.0 cup | 28 | 2.79 | 73 |
| 11700 | Amaranth leaves, cooked, boiled, drained, with salt | 132.0 | 1.0 cup | 28 | 2.79 | 73 |
| 28345 | Crackers, gluten-free, multi-seeded and multigrain | 6.1 | 3.0 crackers | 28 | 0.69 | 10 |
| 06494 | Soup, onion, dry, mix, prepared with water | 230.0 | 1.0 serving 1 cup | 28 | 0.74 | 9 |
| 11112 | Cabbage, red, raw | 89.0 | 1.0 cup, chopped | 28 | 1.27 | 14 |
| 11287 | Onions, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 28 | 0.75 | 7 |
| 11094 | Broccoli, frozen, spears, unprepared | 95.0 | 0.33 package (10 oz) | 28 | 2.91 | 15 |
| 06307 | Sauce, barbecue, KRAFT, original | 16.0 | 1.0 tbsp | 28 | 0.12 | 2 |
| 03009 | Babyfood, meat, ham, junior | 28.35 | 1.0 oz | 27 | 3.20 | 3 |
| 17195 | Lamb, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 27 | 4.46 | 5 |
| 06959 | Gravy, instant turkey, dry | 6.7 | 1.0 serving | 27 | 0.79 | 2 |
| 43387 | Turnip greens, canned, no salt added | 144.0 | 1.0 cup | 27 | 1.96 | 29 |
| 06119 | Gravy, chicken, canned or bottled, ready-to-serve | 57.0 | 0.25 cup | 27 | 0.40 | 2 |
| 11471 | Squash, summer, crookneck and straightneck, canned, drained, solid, without salt | 210.0 | 1.0 cup, diced | 27 | 1.28 | -- |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 78.0 | 0.5 cup, chopped | 27 | 1.86 | 16 |
| 11742 | Broccoli, cooked, boiled, drained, with salt | 78.0 | 0.5 cup, chopped | 27 | 1.86 | 16 |
| 01002 | Butter, whipped, with salt | 3.8 | 1.0 pat (1" sq, 1/3" high) | 27 | 0.02 | 0 |
| 03820 | Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder | 31.0 | 1.0 fl oz | 27 | 1.03 | 6 |
| 03685 | Babyfood, cereal, mixed, prepared with whole milk | 28.35 | 1.0 oz | 27 | 1.17 | 6 |
| 27056 | Sauce, barbecue, BULL'S-EYE, original | 16.0 | 1.0 tbsp | 27 | 0.15 | 3 |
| 05087 | Chicken, broilers or fryers, neck, meat and skin, cooked simmered | 11.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 27 | 2.16 | 1 |
| 14530 | Whiskey sour mix, bottled, with added potassium and sodium | 32.3 | 1.0 fl oz | 27 | 0.03 | 0 |
| 11764 | Celery, cooked, boiled, drained, with salt | 150.0 | 1.0 cup, diced | 27 | 1.24 | 18 |
| 11478 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 27 | 2.05 | 34 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150.0 | 1.0 cup, diced | 27 | 1.24 | 18 |
| 11439 | Sauerkraut, canned, solids and liquids | 142.0 | 1.0 cup | 27 | 1.29 | 18 |
| 11957 | Fennel, bulb, raw | 87.0 | 1.0 cup, sliced | 27 | 1.08 | 15 |
| 17205 | Lamb, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 27 | 4.73 | 4 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 149.0 | 1.0 cup cherry tomatoes | 27 | 1.31 | 16 |
| 11011 | Asparagus, raw | 134.0 | 1.0 cup | 27 | 2.95 | 19 |
| 11135 | Cauliflower, raw | 107.0 | 1.0 cup chopped (1/2" pieces) | 27 | 2.05 | 16 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 19856 | Frozen novelties, juice type, POPSICLE SCRIBBLERS | 33.0 | 1.0 serving 1.2 fl oz pop | 27 | 0.00 | 1 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 92.0 | 0.5 cup slices | 27 | 1.50 | 37 |
| 27061 | Gravy, HEINZ Home Style, classic chicken | 58.0 | 0.25 cup | 27 | 0.39 | 2 |
| 05023 | Chicken, gizzard, all classes, raw | 28.35 | 1.0 oz | 27 | 5.01 | 4 |
| 03302 | Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS | 7.0 | 1.0 serving | 27 | 1.00 | 4 |
| 07943 | Turkey, breast, smoked, lemon pepper flavor, 97% fat-free | 28.0 | 1.0 slice | 27 | 5.85 | -- |
| 14428 | Beverages, shake, fast food, strawberry | 23.5 | 1.0 fl oz | 27 | 0.80 | 3 |
| 16137 | Hummus, home prepared | 15.0 | 1.0 tablespoon | 27 | 0.73 | 4 |
| 11832 | Potatoes, boiled, cooked in skin, skin, with salt | 34.0 | 1.0 skin | 27 | 0.97 | 10 |
| 11366 | Potatoes, boiled, cooked in skin, skin, without salt | 34.0 | 1.0 skin | 27 | 0.97 | 10 |
| 43131 | Luncheon slices, meatless | 14.0 | 1.0 slice, thin | 26 | 2.49 | 3 |
| 05107 | Chicken, broilers or fryers, wing, meat only, cooked, roasted | 13.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 26 | 3.96 | 3 |
| 11235 | Kale, frozen, unprepared | 94.0 | 0.333 package (10 oz) | 26 | 2.50 | 17 |
| 04633 | Margarine-like, vegetable oil spread, 20% fat, with salt | 15.0 | 1.0 tbsp | 26 | 0.00 | 0 |
| 19859 | Cocoa, dry powder, hi-fat or breakfast, plain | 5.4 | 1.0 tbsp | 26 | 0.91 | 28 |
| 11506 | Sweet potato leaves, cooked, steamed, without salt | 64.0 | 1.0 cup | 26 | 1.40 | 31 |
| 07053 | Pate, chicken liver, canned | 13.0 | 1.0 tbsp | 26 | 1.75 | 2 |
| 43205 | Beverage, instant breakfast powder, chocolate, not reconstituted | 7.4 | 1.0 tbsp | 26 | 1.47 | 17 |
| 11979 | Peppers, jalapeno, raw | 90.0 | 1.0 cup, sliced | 26 | 0.82 | 14 |
| 15175 | Mollusks, squid, mixed species, raw | 28.35 | 1.0 oz, boneless | 26 | 4.42 | 9 |
| 13328 | Beef, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 26 | 4.59 | 4 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124.0 | 1.0 cup | 26 | 2.52 | 17 |
| 07067 | Poultry salad sandwich spread | 13.0 | 1.0 tbsp | 26 | 1.51 | 1 |
| 11473 | Squash, summer, crookneck and straightneck, frozen, unprepared | 130.0 | 1.0 cup slices | 26 | 1.08 | 30 |
| 14159 | Alcoholic Beverage, wine, table, red, Mouvedre | 29.4 | 1.0 fl oz | 26 | 0.02 | -- |
| 14102 | Alcoholic Beverage, wine, table, red, Zinfandel | 29.4 | 1.0 fl oz | 26 | 0.02 | -- |
| 11744 | Broccoli, frozen, spears, cooked, boiled, drained, with salt | 92.0 | 0.5 cup | 26 | 2.85 | 18 |
| 11095 | Broccoli, frozen, spears, cooked, boiled, drained, without salt | 92.0 | 0.5 cup | 26 | 2.85 | 18 |
| 06126 | Gravy, turkey, dry | 7.0 | 1.0 serving | 26 | 0.73 | 3 |
| 09307 | Rhubarb, raw | 122.0 | 1.0 cup, diced | 26 | 1.10 | 15 |
| 19076 | Candies, caramels, chocolate-flavor roll | 6.6 | 1.0 piece | 26 | 0.10 | 1 |
| 17207 | Veal, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 26 | 4.62 | 3 |
| 06957 | Gravy, brown instant, dry | 6.7 | 1.0 serving | 25 | 0.57 | 2 |
| 14152 | Alcoholic Beverage, wine, table, red, Burgundy | 29.5 | 1.0 fl oz | 25 | 0.02 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 05106 | Chicken, broilers or fryers, wing, meat only, cooked, fried | 12.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 25 | 3.62 | 3 |
| 14108 | Alcoholic Beverage, wine, table, red, Sangiovese | 29.4 | 1.0 fl oz | 25 | 0.02 | -- |
| 11695 | Tomatoes, orange, raw | 158.0 | 1.0 cup, chopped | 25 | 1.83 | 13 |
| 12205 | Seeds, lotus seeds, raw | 28.35 | 1.0 oz | 25 | 1.17 | 16 |
| 11335 | Peppers, sweet, green, canned, solids and liquids | 140.0 | 1.0 cup, halves | 25 | 1.12 | 15 |
| 11223 | Drumstick leaves, cooked, boiled, drained, without salt | 42.0 | 1.0 cup, chopped | 25 | 2.21 | 14 |
| 11786 | Drumstick leaves, cooked, boiled, drained, with salt | 42.0 | 1.0 cup, chopped | 25 | 2.21 | 14 |
| 11916 | Peppers, sweet, red, canned, solids and liquids | 140.0 | 1.0 cup, halves | 25 | 1.12 | 15 |
| 06332 | Gravy, CAMPBELL'S, turkey, microwavable | 60.0 | 0.25 cup | 25 | 1.00 | -- |
| 14253 | Alcoholic beverages, wine, rose | 30.3 | 1.0 fl oz | 25 | 0.11 | 3 |
| 20315 | Corn flour, whole-grain, blue (harina de maiz morado) | 6.9 | 1.0 tbsp | 25 | 0.60 | 8 |
| 11149 | Chayote, fruit, raw | 132.0 | 1.0 cup (1" pieces) | 25 | 1.08 | 16 |
| 14103 | Alcoholic Beverage, wine, table, red, Petite Sirah | 29.5 | 1.0 fl oz | 25 | 0.02 | -- |
| 14096 | Alcoholic beverage, wine, table, red | 29.4 | 1.0 fl oz | 25 | 0.02 | 4 |
| 11850 | Radishes, oriental, cooked, boiled, drained, with salt | 147.0 | 1.0 cup slices | 25 | 0.98 | 13 |
| 11431 | Radishes, oriental, cooked, boiled, drained, without salt | 147.0 | 1.0 cup, sliced | 25 | 0.98 | 13 |
| 14101 | Alcoholic Beverage, wine, table, red, Barbera | 29.4 | 1.0 fl oz | 25 | 0.02 | -- |
| 16158 | Hummus, commercial | 15.0 | 1.0 tbsp | 25 | 1.18 | 11 |
| 11028 | Bamboo shoots, canned, drained solids | 131.0 | 1.0 cup (1/8" slices) | 25 | 2.25 | 5 |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 31.9 | 1.0 fl oz | 25 | 2.41 | 9 |
| 06998 | Gravy, CAMPBELL'S, brown with onions | 59.0 | 0.25 cup | 25 | 0.00 | -- |
| 06324 | Gravy, CAMPBELL'S, beef, microwavable | 59.0 | 0.25 cup | 25 | 1.00 | -- |
| 06331 | Gravy, FRANCO-AMERICAN, turkey, slow roast | 59.0 | 0.25 cup | 25 | 1.00 | -- |
| 06997 | Gravy, CAMPBELL'S, beef | 59.0 | 0.25 cup | 25 | 1.00 | -- |
| 06329 | Gravy, FRANCO-AMERICAN, beef, slow roast | 59.0 | 0.25 cup | 25 | 1.00 | -- |
| 06326 | Gravy, CAMPBELL'S, turkey | 59.0 | 0.25 cup | 25 | 1.00 | -- |
| 11207 | Dandelion greens, raw | 55.0 | 1.0 cup, chopped | 25 | 1.48 | 20 |
| 11228 | Jew's ear, (pepeao), raw | 99.0 | 1.0 cup slices | 25 | 0.48 | -- |
| 11005 | Arrowhead, raw | 25.0 | 1.0 large | 25 | 1.33 | 13 |
| 06958 | Gravy, instant beef, dry | 6.7 | 1.0 serving | 25 | 0.66 | 3 |
| 14160 | Alcoholic beverage, wine, table, white, Chardonnay | 29.3 | 1.0 fl oz | 25 | 0.02 | 3 |
| 14140 | Alcoholic beverage, wine, table, white, Muscat | 30.0 | 1.0 fl oz | 25 | 0.02 | -- |
| 06124 | Gravy, pork, dry, powder | 6.7 | 1.0 serving | 25 | 0.59 | 2 |
| 11594 | Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt | 175.0 | 1.0 cup, cubes | 24 | 0.70 | 18 |
| 14602 | Alcoholic Beverage, wine, table, red, Merlot | 29.4 | 1.0 fl oz | 24 | 0.02 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14100 | Alcoholic Beverage, wine, table, red, Syrah | 29.4 | 1.0 fl oz | 24 | 0.02 | -- |
| 14097 | Alcoholic Beverage, wine, table, red, Cabernet Sauvignon | 29.4 | 1.0 fl oz | 24 | 0.02 | -- |
| 14105 | Alcoholic Beverage, wine, table, red, Claret | 29.4 | 1.0 fl oz | 24 | 0.02 | -- |
| 14098 | Alcoholic Beverage, wine, table, red, Cabernet Franc | 29.4 | 1.0 fl oz | 24 | 0.02 | -- |
| 03686 | Babyfood, cereal, mixed, with bananas, prepared with whole milk | 28.35 | 1.0 oz | 24 | 1.08 | 5 |
| 03712 | Babyfood, cereal, rice, with bananas, prepared with whole milk | 28.35 | 1.0 oz | 24 | 1.01 | 6 |
| 15121 | Fish, tuna, light, canned in water, drained solids | 28.35 | 1.0 oz | 24 | 5.51 | 7 |
| 03690 | Babyfood, cereal, oatmeal, with bananas, prepared with whole milk | 28.35 | 1.0 oz | 24 | 1.08 | 5 |
| 28364 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan | 5.3 | 10.0 goldfish | 24 | 0.59 | 1 |
| 14113 | Alcoholic beverage, wine, table, white, Pinot Gris (Grigio) | 29.3 | 1.0 fl oz | 24 | 0.02 | -- |
| 28363 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original | 5.2 | 10.0 goldfish | 24 | 0.49 | 1 |
| 28362 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza | 5.3 | 10.0 goldfish | 24 | 0.51 | 1 |
| 14126 | Alcoholic beverage, wine, table, white, Semillon | 29.5 | 1.0 fl oz | 24 | 0.02 | -- |
| 11982 | Peppers, pasilla, dried | 7.0 | 1.0 pepper | 24 | 0.86 | 9 |
| 11467 | Squash, summer, crookneck and straightneck, raw | 127.0 | 1.0 cup sliced | 24 | 1.28 | 25 |
| 14106 | Alcoholic beverage, wine, table, white | 29.4 | 1.0 fl oz | 24 | 0.02 | 3 |
| 14099 | Alcoholic Beverage, wine, table, red, Pinot Noir | 29.4 | 1.0 fl oz | 24 | 0.02 | -- |
| 03694 | Babyfood, cereal, rice, prepared with whole milk | 28.35 | 1.0 oz | 24 | 0.98 | 7 |
| 13341 | Beef, variety meats and by-products, tripe, raw | 28.35 | 1.0 oz | 24 | 3.42 | 4 |
| 10112 | Pork, fresh, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 24 | 3.99 | 4 |
| 28331 | Crackers, flavored, fish-shaped | 5.2 | 10.0 goldfish | 24 | 0.53 | 1 |
| 14117 | Alcoholic beverage, wine, table, white, Fume Blanc | 29.3 | 1.0 fl oz | 24 | 0.02 | -- |
| 06599 | PACE, Enchilada Sauce | 60.0 | 0.25 cup | 24 | 1.00 | -- |
| 42116 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie | 15.0 | 1.0 tbsp | 24 | 0.22 | 0 |
| 01061 | Cheese, American, nonfat or fat free | 19.0 | 1.0 serving | 24 | 4.00 | 22 |
| 42120 | Babyfood, mixed fruit juice with low fat yogurt | 31.5 | 1.0 fl oz | 24 | 0.76 | 3 |
| 28365 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza | 5.1 | 10.0 goldfish | 24 | 0.49 | 1 |
| 14124 | Alcoholic beverage, wine, table, white, Gewurztraminer | 29.5 | 1.0 fl oz | 24 | 0.02 | -- |
| 03681 | Babyfood, cereal, barley, prepared with whole milk | 28.35 | 1.0 oz | 24 | 1.06 | 5 |
| 03188 | Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified | 28.35 | 1.0 oz | 24 | 0.20 | 2 |
| 03839 | Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 24 | 0.65 | 3 |
| 11892 | Turnip greens, frozen, cooked, boiled, drained, with salt | 82.0 | 0.5 cup | 24 | 2.75 | 21 |
| 28361 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar | 5.2 | 10.0 goldfish | 24 | 0.61 | 1 |
| 01056 | Cream, sour, cultured | 12.0 | 1.0 tbsp | 24 | 0.29 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14138 | Alcoholic beverage, wine, table, white, Pinot Blanc | 29.3 | 1.0 fl oz | 24 | 0.02 | -- |
| 14134 | Alcoholic beverage, wine, table, white, Sauvignon Blanc | 29.3 | 1.0 fl oz | 24 | 0.02 | -- |
| 11985 | Fireweed, leaves, raw | 23.0 | 1.0 cup, chopped | 24 | 1.08 | 36 |
| 42205 | Cheese, pasteurized process, cheddar or American, fat-free | 16.0 | 1.0 cubic inch | 24 | 3.60 | 6 |
| 14132 | Alcoholic beverage, wine, table, white, Riesling | 29.6 | 1.0 fl oz | 24 | 0.02 | -- |
| 14116 | Alcoholic beverage, wine, table, white, Chenin Blanc | 29.5 | 1.0 fl oz | 24 | 0.02 | -- |
| 11596 | Winged beans, immature seeds, cooked, boiled, drained, without salt | 62.0 | 1.0 cup | 24 | 3.29 | 19 |
| 11025 | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt | 124.0 | 1.0 cup (1/2" pieces) | 24 | 1.04 | 20 |
| 11718 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt | 124.0 | 1.0 cup | 24 | 2.52 | 17 |
| 11711 | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt | 124.0 | 1.0 cup (1/2" pieces) | 24 | 1.04 | 20 |
| 14107 | Alcoholic Beverage, wine, table, red, Lemberger | 29.4 | 1.0 fl oz | 24 | 0.02 | -- |
| 19177 | Gelatins, dry powder, unsweetened | 7.0 | 1.0 envelope (1 tbsp) | 23 | 5.99 | 2 |
| 11475 | Squash, summer, scallop, raw | 130.0 | 1.0 cup slices | 23 | 1.56 | 30 |
| 19176 | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117.0 | 0.5 cup | 23 | 0.97 | 1 |
| 03187 | Babyfood, cereal, mixed, with applesauce and bananas, strained | 28.35 | 1.0 oz | 23 | 0.20 | 2 |
| 03049 | Babyfood, dinner, beef and rice, toddler | 28.35 | 1.0 oz | 23 | 1.42 | 2 |
| 01130 | Egg, whole, cooked, omelet | 15.0 | 1.0 tbsp | 23 | 1.59 | 2 |
| 11130 | Carrots, frozen, unprepared | 64.0 | 0.5 cup slices | 23 | 0.50 | 8 |
| 43078 | Beverage, milkshake mix, dry, not chocolate | 7.0 | 1.0 tbsp | 23 | 1.64 | 14 |
| 03003 | Babyfood, meat, beef, junior | 28.35 | 1.0 oz | 23 | 3.41 | 3 |
| 11896 | Winged bean, immature seeds, cooked, boiled, drained, with salt | 62.0 | 1.0 cup | 23 | 3.29 | 19 |
| 14158 | Alcoholic Beverage, wine, table, red, Gamay | 29.4 | 1.0 fl oz | 23 | 0.02 | -- |
| 11448 | Sesbania flower, cooked, steamed, without salt | 104.0 | 1.0 cup | 23 | 1.19 | 12 |
| 03226 | Babyfood, dessert, fruit pudding, orange, strained | 28.35 | 1.0 oz | 23 | 0.31 | 1 |
| 04022 | Salad dressing, russian dressing, low calorie | 16.0 | 1.0 tablespoon | 23 | 0.08 | 0 |
| 11118 | Cabbage, kimchi | 150.0 | 1.0 cup | 22 | 1.65 | 21 |
| 03171 | Babyfood, juice, apple and prune | 31.2 | 1.0 fl oz | 22 | 0.06 | 2 |
| 21422 | KFC, Popcorn Chicken | 6.4 | 1.0 piece | 22 | 1.13 | 2 |
| 27058 | Sauce, barbecue, OPEN PIT, original | 17.0 | 1.0 tbsp | 22 | 0.07 | 1 |
| 14120 | Alcoholic beverage, wine, table, white, Muller Thurgau | 29.5 | 1.0 fl oz | 22 | 0.02 | -- |
| 04634 | Margarine-like, vegetable oil spread, 20% fat, without salt | 12.8 | 1.0 tbsp | 22 | 0.00 | 0 |
| 11874 | Sweet potato leaves, cooked, steamed, with salt | 64.0 | 1.0 cup | 22 | 1.40 | 31 |
| 03201 | Babyfood, cereal, egg yolks and bacon, junior | 28.35 | 1.0 oz | 22 | 0.71 | 1 |
| 03221 | Babyfood, dessert, dutch apple, junior | 28.35 | 1.0 oz | 22 | 0.06 | 1 |
| 15057 | Fish, ocean perch, Atlantic, raw | 28.35 | 1.0 oz, boneless | 22 | 4.34 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 43135 | Sandwich spread, meatless | 15.0 | 1.0 tbsp | 22 | 1.20 | 3 |
| 11964 | Nopales, cooked, without salt | 149.0 | 1.0 cup | 22 | 2.01 | 70 |
| 11109 | Cabbage, raw | 89.0 | 1.0 cup, chopped | 22 | 1.14 | 11 |
| 06985 | Gravy, HEINZ Home Style, savory beef | 57.0 | 1.0 serving 1/4 cup 2 oz | 22 | 0.62 | 2 |
| 04675 | Margarine-like spread, SMART BEAT Super Light without saturated fat | 14.0 | 1.0 tablespoon | 22 | 0.00 | -- |
| 03304 | Babyfood, dinner, potatoes with cheese and ham, toddler | 28.35 | 1.0 oz | 22 | 0.99 | 4 |
| 03222 | Babyfood, cherry cobbler, junior | 28.35 | 1.0 oz | 22 | 0.09 | 1 |
| 11362 | Potatoes, raw, skin | 38.0 | 1.0 skin | 22 | 0.98 | 9 |
| 06118 | Gravy, brown, dry | 6.0 | 1.0 tbsp | 22 | 0.64 | 2 |
| 06094 | Soup, onion, dry, mix | 7.5 | 1.0 serving 1 tbsp | 22 | 0.56 | 4 |
| 03013 | Babyfood, meat, chicken, junior | 15.0 | 1.0 tbsp | 22 | 2.10 | 2 |
| 11219 | Gourd, white-flowered (calabash), cooked, boiled, drained, without salt | 146.0 | 1.0 cup (1" cubes) | 22 | 0.88 | 16 |
| 03955 | Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA | 30.8 | 1.0 fl oz | 22 | 0.62 | 2 |
| 03840 | Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA | 30.8 | 1.0 fl oz | 22 | 0.55 | 3 |
| 03178 | Babyfood, juice, prune and orange | 31.2 | 1.0 fl oz | 22 | 0.19 | 2 |
| 11922 | Sesbania flower, cooked, steamed, with salt | 104.0 | 1.0 cup | 22 | 1.19 | 12 |
| 03043 | Babyfood, dinner, beef lasagna, toddler | 28.35 | 1.0 oz | 22 | 1.19 | 3 |
| 14109 | Alcoholic Beverage, wine, table, red, Carignane | 29.4 | 1.0 fl oz | 22 | 0.02 | -- |
| 01178 | Sour cream, reduced fat | 12.0 | 1.0 tablespoon | 22 | 0.84 | 1 |
| 11993 | Mushrooms, maitake, raw | 70.0 | 1.0 cup diced | 22 | 1.36 | 7 |
| 11297 | Parsley, fresh | 60.0 | 1.0 cup chopped | 22 | 1.78 | 30 |
| 11277 | New Zealand spinach, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, chopped | 22 | 2.34 | 58 |
| 11918 | Peppers, sweet, red, frozen, chopped, boiled, drained, without salt | 135.0 | 1.0 cup, chopped or strips | 22 | 1.28 | 9 |
| 11825 | Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt | 135.0 | 1.0 cup, chopped or strips | 22 | 1.28 | 9 |
| 11802 | New zealand spinach, cooked, boiled, drained, with salt | 180.0 | 1.0 cup, chopped | 22 | 2.34 | 58 |
| 11919 | Peppers, sweet, red, frozen, chopped, boiled, drained, with salt | 135.0 | 1.0 cup, chopped or strips | 22 | 1.28 | 9 |
| 11595 | Winged beans, immature seeds, raw | 44.0 | 1.0 cup slices | 22 | 3.06 | 15 |
| 01107 | Milk, human, mature, fluid | 30.8 | 1.0 fl oz | 22 | 0.32 | 1 |
| 03192 | Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified | 28.35 | 1.0 oz | 22 | 0.25 | 3 |
| 05105 | Chicken, broilers or fryers, wing, meat only, raw | 17.0 | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 21 | 3.73 | 4 |
| 19912 | Sweetener, syrup, agave | 6.9 | 1.0 tsp | 21 | 0.01 | 0 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12.0 | 1.0 tbsp | 21 | 0.39 | 1 |
| 03205 | Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified | 5.3 | 1.0 tbsp | 21 | 0.56 | 6 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 42141 | Cream substitute, liquid, light | 30.0 | 1.0 fl oz | 21 | 0.24 | 0 |
| 03220 | Babyfood, dessert, dutch apple, strained | 28.35 | 1.0 oz | 21 | 0.06 | 1 |
| 03051 | Babyfood, dinner, spaghetti and tomato and meat, toddler | 28.35 | 1.0 oz | 21 | 1.50 | 4 |
| 03191 | Babyfood, cereal, oatmeal, with applesauce and bananas, strained | 28.35 | 1.0 oz | 21 | 0.25 | 3 |
| 04635 | Salad dressing, thousand island dressing, fat-free | 16.0 | 1.0 tbsp | 21 | 0.09 | 1 |
| 04367 | Salad dressing, french dressing, fat-free | 16.0 | 1.0 tablespoon | 21 | 0.03 | 0 |
| 03016 | Babyfood, meat, turkey, junior | 19.0 | 1.0 tbsp | 21 | 2.18 | 2 |
| 11477 | Squash, summer, zucchini, includes skin, raw | 124.0 | 1.0 cup, chopped | 21 | 1.50 | 22 |
| 03944 | Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 21 | 0.59 | 2 |
| 01106 | Milk, goat, fluid, with added vitamin D | 30.5 | 1.0 fl oz | 21 | 1.09 | 4 |
| 14276 | Beverages, Tropical Punch, ready-to-drink | 210.0 | 1.0 NLEA Serving | 21 | 0.00 | -- |
| 42158 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free | 15.0 | 1.0 tbsp | 21 | 0.15 | 1 |
| 43497 | Jellyfish, dried, salted | 58.0 | 1.0 cup | 21 | 3.19 | 1 |
| 11430 | Radishes, oriental, raw | 116.0 | 1.0 cup slices | 21 | 0.70 | 19 |
| 11696 | Tomatoes, yellow, raw | 139.0 | 1.0 cup, chopped | 21 | 1.36 | 17 |
| 01146 | Cheese, parmesan, shredded | 5.0 | 1.0 tbsp | 21 | 1.89 | 3 |
| 03946 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 21 | 0.45 | 1 |
| 03961 | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate | 31.4 | 1.0 fl oz | 21 | 0.46 | 2 |
| 11849 | Purslane, cooked, boiled, drained, with salt | 115.0 | 1.0 cup | 21 | 1.71 | 77 |
| 15172 | Mollusks, scallop, mixed species, raw | 30.0 | 1.0 unit 2 large or 5 small | 21 | 3.62 | 7 |
| 11428 | Purslane, cooked, boiled, drained, without salt | 115.0 | 1.0 cup | 21 | 1.71 | 77 |
| 11239 | Mushrooms, Chanterelle, raw | 54.0 | 1.0 cup | 21 | 0.80 | 7 |
| 11209 | Eggplant, raw | 82.0 | 1.0 cup, cubes | 20 | 0.80 | 11 |
| 19171 | Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa | 5.0 | 1.0 tbsp | 20 | 1.00 | -- |
| 11240 | Mushrooms, morel, raw | 66.0 | 1.0 cup | 20 | 2.06 | 13 |
| 03935 | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 20 | 0.55 | 2 |
| 03930 | Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder | 30.5 | 1.0 fl oz | 20 | 0.65 | 2 |
| 11754 | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 170.0 | 1.0 cup, shredded | 20 | 2.65 | 19 |
| 01068 | Cream substitute, liquid, with lauric acid oil and sodium caseinate | 15.0 | 1.0 container, individual | 20 | 0.15 | 0 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170.0 | 1.0 cup, shredded | 20 | 2.65 | 19 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 15.0 | 1.0 container, individual | 20 | 0.15 | 0 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 03985 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.60 | 2 |
| 01055 | Cream, sour, reduced fat, cultured | 15.0 | 1.0 tbsp | 20 | 0.44 | 2 |
| 03855 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed | 31.0 | 1.0 fl oz | 20 | 0.42 | 1 |
| 10998 | Canadian bacon, cooked, pan-fried | 13.8 | 1.0 slice | 20 | 3.91 | 4 |
| 03986 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.42 | 2 |
| 03846 | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.55 | 2 |
| 33876 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.42 | 2 |
| 03960 | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.44 | 2 |
| 03800 | Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.44 | 2 |
| 03841 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.49 | 2 |
| 03953 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.49 | 2 |
| 11417 | Pumpkin flowers, cooked, boiled, drained, without salt | 134.0 | 1.0 cup | 20 | 1.46 | 34 |
| 09159 | Limes, raw | 67.0 | 1.0 fruit (2" dia) | 20 | 0.47 | 4 |
| 33875 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron | 30.0 | 5.0 fl oz | 20 | 0.59 | 2 |
| 11847 | Pumpkin, flowers, cooked, boiled, drained, with salt | 134.0 | 1.0 cup | 20 | 1.46 | 34 |
| 03992 | Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA | 30.4 | 1.0 fl oz | 20 | 0.54 | 2 |
| 33874 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron | 30.4 | 1.0 fl oz | 20 | 0.60 | 2 |
| 03989 | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.44 | 0 |
| 03983 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.56 | 2 |
| 03993 | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 30.4 | 1.0 fl oz | 20 | 0.43 | 1 |
| 03990 | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.44 | 2 |
| 03984 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.60 | 2 |
| 03949 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.41 | 1 |
| 06330 | Gravy, FRANCO-AMERICAN, chicken, slow roast | 59.0 | 0.25 cup | 20 | 1.00 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 06327 | Gravy, FRANCO-AMERICAN, beef, slow roast, fat free | 59.0 | 0.25 cup | 20 | 1.00 | -- |
| 06328 | Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free | 59.0 | 0.25 cup | 20 | 1.00 | -- |
| 06322 | Gravy, CAMPBELL'S, mushroom | 59.0 | 0.25 cup | 20 | 0.00 | -- |
| 43260 | Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted | 5.6 | 1.0 tbsp | 20 | 2.00 | 23 |
| 15072 | Fish, roe, mixed species, raw | 14.0 | 1.0 tbsp | 20 | 3.12 | 3 |
| 11158 | Chrysanthemum, garland, cooked, boiled, drained, without salt | 100.0 | 1.0 cup (1" pieces) | 20 | 1.64 | 18 |
| 11767 | Chrysanthemum, garland, cooked, boiled, drained, with salt | 100.0 | 1.0 cup (1" pieces) | 20 | 1.64 | 18 |
| 16261 | SILK French Vanilla Creamer | 15.0 | 1.0 tbsp | 20 | 0.00 | -- |
| 16262 | SILK Hazelnut Creamer | 15.0 | 1.0 tbsp | 20 | 0.00 | -- |
| 11576 | Turnip greens and turnips, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 20 | 2.34 | 17 |
| 11740 | Broccoli, flower clusters, raw | 71.0 | 1.0 cup flowerets | 20 | 2.12 | 18 |
| 03137 | Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior | 28.35 | 1.0 oz | 20 | 0.17 | 3 |
| 03162 | Babyfood, fruit, papaya and applesauce with tapioca, strained | 28.35 | 1.0 oz | 20 | 0.06 | 1 |
| 15028 | Fish, flatfish (flounder and sole species), raw | 28.35 | 1.0 oz, boneless | 20 | 3.52 | 5 |
| 11968 | Cauliflower, green, cooked, with salt | 62.0 | 0.5 cup (1" pieces) | 20 | 1.88 | 12 |
| 11965 | Cauliflower, green, raw | 64.0 | 1.0 cup | 20 | 1.89 | 13 |
| 06097 | CAMPBELL'S Red and White, Beef Consomme, condensed | 124.0 | 1.0 serving 1/2 cup | 20 | 4.01 | -- |
| 06057 | CAMPBELL'S Red and White, Chicken Broth, condensed | 124.0 | 1.0 serving 1/2 cup | 20 | 1.00 | -- |
| 03925 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.50 | 2 |
| 03900 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 20 | 0.52 | 2 |
| 06323 | Gravy, CAMPBELL'S, turkey, fat free | 60.0 | 0.25 cup | 20 | 1.00 | -- |
| 11705 | Asparagus, cooked, boiled, drained, with salt | 90.0 | 0.5 cup | 20 | 2.16 | 13 |
| 11012 | Asparagus, cooked, boiled, drained | 90.0 | 0.5 cup | 20 | 2.16 | 13 |
| 03850 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.41 | 1 |
| 03987 | Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.56 | 2 |
| 03988 | Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.44 | 2 |
| 03982 | Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed | 30.4 | 1.0 fl oz | 20 | 0.66 | 2 |
| 11023 | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt | 58.0 | 1.0 cup | 20 | 2.09 | 55 |
| 35200 | Prairie Turnips, raw (Northern Plains Indians) | 12.6 | 1.0 bulb peeled | 20 | 0.33 | 8 |
| 11504 | Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt | 98.0 | 1.0 cup, chopped | 20 | 2.04 | 29 |
| 11873 | Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt | 98.0 | 1.0 cup, chopped | 20 | 2.04 | 29 |
| 11880 | Taro, shoots, cooked, with salt | 140.0 | 1.0 cup slices | 20 | 1.02 | 11 |
| 11523 | Taro shoots, cooked, without salt | 140.0 | 1.0 cup slices | 20 | 1.02 | 11 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14240 | Beverages, cranberry-apricot juice drink, bottled | 30.6 | 1.0 fl oz | 20 | 0.06 | 1 |
| 03225 | Babyfood, dessert, cherry vanilla pudding, junior | 28.35 | 1.0 oz | 20 | 0.06 | 1 |
| 42192 | Salad dressing, blue or roquefort cheese dressing, fat-free | 17.0 | 1.0 tbsp | 20 | 0.26 | 3 |
| 03012 | Babyfood, meat, chicken, strained | 15.0 | 1.0 tbsp | 20 | 2.06 | 2 |
| 11945 | Pickle relish, sweet | 15.0 | 1.0 tbsp | 20 | 0.06 | 1 |
| 11969 | Broccoli, chinese, cooked | 88.0 | 1.0 cup | 19 | 1.00 | 16 |
| 11958 | Pickle relish, hamburger | 15.0 | 1.0 tbsp | 19 | 0.09 | 1 |
| 03224 | Babyfood, dessert, cherry vanilla pudding, strained | 28.35 | 1.0 oz | 19 | 0.06 | 1 |
| 14238 | Beverages, cranberry-apple juice drink, bottled | 30.6 | 1.0 fl oz | 19 | 0.00 | 0 |
| 03934 | Babyfood, corn and sweet potatoes, strained | 28.35 | 1.0 oz | 19 | 0.36 | 3 |
| 11895 | Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt | 175.0 | 1.0 cup, cubes | 19 | 0.70 | 18 |
| 03806 | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed | 30.5 | 1.0 fl oz | 19 | 0.42 | 2 |
| 03963 | Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder | 30.5 | 1.0 fl oz | 19 | 0.46 | 2 |
| 03868 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed | 30.5 | 1.0 fl oz | 19 | 0.42 | 2 |
| 03803 | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 19 | 0.42 | 2 |
| 14026 | Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12 | 480.0 | 16.0 fl oz | 19 | 0.00 | -- |
| 03939 | Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed | 30.4 | 1.0 fl oz | 19 | 0.55 | 2 |
| 03936 | Infant formula, PBM PRODUCTS, store brand, ready-to-feed | 30.4 | 1.0 fl oz | 19 | 0.43 | 2 |
| 03010 | Babyfood, meat, lamb, strained | 22.0 | 1.0 tbsp | 19 | 3.10 | 3 |
| 11266 | Mushrooms, brown, italian, or crimini, raw | 87.0 | 1.0 cup whole | 19 | 2.18 | 8 |
| 11936 | Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw | 87.0 | 1.0 cup whole | 19 | 2.18 | 8 |
| 14277 | Beverages, grape drink, canned | 31.3 | 1.0 fl oz | 19 | 0.00 | 0 |
| 11917 | Peppers, sweet, red, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 19 | 1.03 | 8 |
| 11220 | Gourd, dishcloth (towelgourd), raw | 95.0 | 1.0 cup (1" pieces) | 19 | 1.14 | 13 |
| 11337 | Peppers, sweet, green, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 19 | 1.03 | 8 |
| 03089 | Babyfood, dinner, macaroni and cheese, strained | 28.35 | 1.0 oz | 19 | 0.89 | 2 |
| 11784 | Gourd, white-flowered (calabash), cooked, boiled, drained, with salt | 146.0 | 1.0 cup (1" cubes) | 19 | 0.88 | 16 |
| 14644 | Beverages, PEPSICO QUAKER, Gatorade G2, low calorie | 237.0 | 8.0 fl oz | 19 | 0.12 | 0 |
| 11265 | Mushrooms, portabella, raw | 86.0 | 1.0 cup diced | 19 | 1.81 | -- |
| 11998 | Mushrooms, portabella, exposed to ultraviolet light, raw | 86.0 | 1.0 cup diced | 19 | 1.81 | 9 |
| 01186 | Cheese, cream, fat free | 18.0 | 1.0 tbsp | 19 | 2.82 | 4 |
| 11114 | Cabbage, savoy, raw | 70.0 | 1.0 cup, shredded | 19 | 1.40 | 20 |
| 14194 | Beverages, Cocoa mix, powder, prepared with water | 34.3 | 1.0 fl oz | 19 | 0.32 | 4 |
| 03017 | Babyfood, meat, turkey sticks, junior | 10.0 | 1.0 stick | 19 | 1.37 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 03014 | Babyfood, meat, chicken sticks, junior | 10.0 | 1.0 stick | 19 | 1.46 | 1 |
| 11613 | Borage, raw | 89.0 | 1.0 cup (1" pieces) | 19 | 1.60 | 46 |
| 03968 | Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed | 29.2 | 1.0 fl oz | 19 | 0.52 | 1 |
| 11429 | Radishes, raw | 116.0 | 1.0 cup slices | 19 | 0.79 | 12 |
| 11710 | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt | 58.0 | 1.0 cup | 19 | 2.09 | 55 |
| 03859 | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed | 29.0 | 1.0 oz | 19 | 0.46 | 2 |
| 01185 | Parmesan cheese topping, fat free | 5.0 | 1.0 tablespoon | 18 | 2.00 | -- |
| 03297 | Babyfood, dinner, apples and chicken, strained | 28.35 | 1.0 oz | 18 | 0.61 | 2 |
| 03021 | Babyfood, meat, meat sticks, junior | 10.0 | 1.0 stick | 18 | 1.34 | 1 |
| 02075 | Seasoning mix, dry, taco, original | 5.7 | 2.0 tsp | 18 | 0.26 | -- |
| 19908 | Sugar, turbinado | 4.6 | 1.0 tsp | 18 | 0.00 | 0 |
| 01267 | Cheese, mexican, queso cotija | 5.0 | 2.0 tsp | 18 | 1.00 | 2 |
| 11707 | Asparagus, canned, no salt added, solids and liquids | 122.0 | 0.5 cup | 18 | 2.20 | 11 |
| 11013 | Asparagus, canned, regular pack, solids and liquids | 122.0 | 0.5 cup | 18 | 2.20 | 11 |
| 11058 | Beans, snap, canned, all styles, seasoned, solids and liquids | 114.0 | 0.5 cup | 18 | 0.95 | 15 |
| 42157 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free | 17.0 | 1.0 tbsp | 18 | 0.24 | 1 |
| 03076 | Babyfood, dinner, vegetables, noodles and chicken, junior | 28.35 | 1.0 oz | 18 | 0.48 | 3 |
| 03122 | Babyfood, peas, dices, toddler | 28.35 | 1.0 oz | 18 | 1.11 | 5 |
| 11641 | Squash, summer, all varieties, raw | 113.0 | 1.0 cup, sliced | 18 | 1.37 | 19 |
| 35201 | Prairie Turnips, boiled (Northern Plains Indians) | 14.0 | 1.0 bulb | 18 | 0.23 | 7 |
| 11574 | Turnip greens, frozen, unprepared | 82.0 | 0.5 cup, chopped or diced | 18 | 2.03 | 22 |
| 11727 | Beans, snap, yellow, canned, regular pack, solids and liquids | 120.0 | 0.5 cup | 18 | 0.96 | 16 |
| 11728 | Beans, snap, yellow, canned, no salt added, solids and liquids | 120.0 | 0.5 cup | 18 | 0.96 | 16 |
| 11670 | Peppers, hot chili, green, raw | 45.0 | 1.0 pepper | 18 | 0.90 | 11 |
| 11819 | Peppers, hot chili, red, raw | 45.0 | 1.0 pepper | 18 | 0.84 | 10 |
| 11726 | Beans, snap, green, canned, no salt added, solids and liquids | 120.0 | 0.5 cup | 18 | 0.96 | 16 |
| 03298 | Babyfood, dinner, broccoli and chicken, junior | 29.0 | 1.0 tbsp | 18 | 1.04 | 3 |
| 14629 | Beverages, Energy drink, ROCKSTAR | 31.0 | 1.0 fl oz | 18 | 0.11 | 0 |
| 03160 | Babyfood, fruit, guava and papaya with tapioca, strained | 28.35 | 1.0 oz | 18 | 0.06 | 1 |
| 03075 | Babyfood, dinner, vegetables, noodles and chicken, strained | 28.35 | 1.0 oz | 18 | 0.57 | 3 |
| 18374 | Leavening agents, yeast, baker's, compressed | 17.0 | 1.0 cake (0.6 oz) | 18 | 1.43 | 7 |
| 14282 | Beverages, grape juice drink, canned | 31.3 | 1.0 fl oz | 18 | 0.00 | 2 |
| 28355 | CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free | 3.9 | 3.0 crackers | 18 | 0.43 | 6 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14251 | Alcoholic beverages, beer, higher alcohol | 30.6 | 1.0 fl oz | 18 | 0.28 | 4 |
| 11568 | Turnip greens, raw | 55.0 | 1.0 cup, chopped | 18 | 0.82 | 17 |
| 11279 | Okra, cooked, boiled, drained, without salt | 80.0 | 0.5 cup slices | 18 | 1.50 | 29 |
| 11803 | Okra, cooked, boiled, drained, with salt | 80.0 | 0.5 cup slices | 18 | 1.50 | 29 |
| 03165 | Babyfood, fruit, apple and blueberry, junior | 28.35 | 1.0 oz | 18 | 0.06 | 1 |
| 11284 | Onions, dehydrated flakes | 5.0 | 1.0 tbsp | 17 | 0.45 | 5 |
| 42055 | Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame | 8.0 | 1.0 tsp | 17 | 0.04 | 0 |
| 21379 | McDONALD'S, Side Salad | 87.0 | 1.0 item 3.1 oz | 17 | 0.90 | -- |
| 03164 | Babyfood, fruit, apple and blueberry, strained | 28.35 | 1.0 oz | 17 | 0.06 | 1 |
| 03090 | Babyfood, dinner, macaroni and cheese, junior | 28.35 | 1.0 oz | 17 | 0.74 | 2 |
| 11751 | Cabbage, common, cooked, boiled, drained, with salt | 75.0 | 0.5 cup, shredded | 17 | 0.95 | 11 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 75.0 | 0.5 cup, shredded | 17 | 0.95 | 11 |
| 11935 | Catsup | 17.0 | 1.0 tbsp | 17 | 0.18 | 2 |
| 11949 | Catsup, low sodium | 17.0 | 1.0 tbsp | 17 | 0.18 | 2 |
| 11593 | Waxgourd, (chinese preserving melon), raw | 132.0 | 1.0 cup, cubes | 17 | 0.53 | 13 |
| 01124 | Egg, white, raw, fresh | 33.0 | 1.0 large | 17 | 3.60 | 4 |
| 14241 | Beverages, cranberry-grape juice drink, bottled | 30.6 | 1.0 fl oz | 17 | 0.06 | 1 |
| 01199 | Cream, half and half, fat free | 29.0 | 2.0 tbsp | 17 | 0.75 | 5 |
| 14242 | Cranberry juice cocktail, bottled | 31.6 | 1.0 fl oz | 17 | 0.00 | 0 |
| 11941 | Pickles, cucumber, sour | 155.0 | 1.0 cup | 17 | 0.51 | 6 |
| 03238 | Babyfood, dessert, tropical fruit, junior | 28.35 | 1.0 oz | 17 | 0.06 | 1 |
| 03229 | Babyfood, dessert, peach melba, strained | 28.35 | 1.0 oz | 17 | 0.06 | 1 |
| 14246 | Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C | 4.5 | 2.0 tbsp | 17 | 0.00 | 0 |
| 03296 | Babyfood, dinner, turkey, rice, and vegetables, toddler | 28.35 | 1.0 oz | 17 | 1.08 | 4 |
| 03230 | Babyfood, dessert, peach melba, junior | 28.35 | 1.0 oz | 17 | 0.09 | 1 |
| 07081 | Turkey breast, sliced, prepackaged | 16.0 | 1.0 slice | 17 | 2.37 | 3 |
| 21387 | BURGER KING, Hash Brown Rounds | 5.6 | 1.0 piece | 17 | 0.16 | 1 |
| 27067 | Sauce, OLD EL PASO, enchilada, red, mild, ready to serve | 58.0 | 0.25 cup | 17 | 0.34 | 3 |
| 06183 | Soup, chicken broth, less/reduced sodium, ready to serve | 240.0 | 1.0 cup | 17 | 3.26 | 2 |
| 27063 | Sauce, enchilada, red, mild, ready to serve | 56.0 | 0.25 cup | 17 | 0.35 | 3 |
| 06008 | Soup, beef broth or bouillon canned, ready-to-serve | 240.0 | 1.0 cup | 17 | 2.74 | 5 |
| 14436 | Beverages, orange breakfast drink, ready-to-drink, with added nutrients | 31.6 | 1.0 fl oz | 17 | 0.00 | 2 |
| 11120 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 119.0 | 1.0 cup, shredded | 17 | 1.78 | 12 |
| 11755 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt | 119.0 | 1.0 cup, shredded | 17 | 1.78 | 12 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04638 | Salad dressing, ranch dressing, fat-free | 14.0 | 1.0 tablespoon | 17 | 0.04 | 1 |
| 03015 | Babyfood, meat, turkey, strained | 15.0 | 1.0 tbsp | 17 | 1.72 | 2 |
| 14408 | Beverages, orange-flavor drink, breakfast type, powder, prepared with water | 33.9 | 1.0 fl oz | 17 | 0.00 | 0 |
| 19858 | Candies, sugar-coated almonds | 3.5 | 1.0 piece | 17 | 0.35 | 5 |
| 21144 | CHICK-FIL-A, hash browns | 5.5 | 1.0 piece | 17 | 0.16 | 1 |
| 43021 | Salad dressing, caesar, low calorie | 15.0 | 1.0 tbsp | 16 | 0.04 | 0 |
| 42204 | Rice cake, cracker (include hain mini rice cakes) | 4.2 | 1.0 cubic inch | 16 | 0.30 | 6 |
| 03152 | Babyfood, fruit, apple and raspberry, strained | 28.35 | 1.0 oz | 16 | 0.06 | 1 |
| 03199 | Babyfood, cereal, with eggs, strained | 28.35 | 1.0 oz | 16 | 0.62 | 1 |
| 03153 | Babyfood, fruit, apple and raspberry, junior | 28.35 | 1.0 oz | 16 | 0.06 | 1 |
| 11570 | Turnip greens, canned, solids and liquids | 117.0 | 0.5 cup | 16 | 1.59 | 23 |
| 11676 | Radish seeds, sprouted, raw | 38.0 | 1.0 cup | 16 | 1.45 | 17 |
| 01179 | Sour cream, light | 12.0 | 1.0 tablespoon | 16 | 0.42 | 1 |
| 11237 | Kanpyo, (dried gourd strips) | 6.3 | 1.0 strip | 16 | 0.54 | 8 |
| 18621 | NABISCO, NABISCO RITZ Crackers | 3.3 | 1.0 cracker | 16 | 0.24 | 1 |
| 03267 | Babyfood, juice, fruit punch, with calcium | 31.2 | 1.0 fl oz | 16 | 0.06 | 2 |
| 11143 | Celery, raw | 101.0 | 1.0 cup chopped | 16 | 0.70 | 11 |
| 03141 | Babyfood, pears, dices, toddler | 28.35 | 1.0 oz | 16 | 0.09 | 2 |
| 03293 | Babyfood, plums, bananas and rice, strained | 28.35 | 1.0 oz | 16 | 0.31 | 3 |
| 11479 | Squash, summer, zucchini, includes skin, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 16 | 1.10 | 12 |
| 14303 | Limeade, frozen concentrate, prepared with water | 30.9 | 1.0 fl oz | 16 | 0.00 | 1 |
| 05089 | Chicken, broilers or fryers, neck, meat only, cooked, fried | 7.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 16 | 1.88 | 1 |
| 06112 | Sauce, teriyaki, ready-to-serve | 18.0 | 1.0 tbsp | 16 | 1.07 | 11 |
| 11203 | Cress, garden, raw | 50.0 | 1.0 cup | 16 | 1.30 | 19 |
| 11206 | Cucumber, peeled, raw | 133.0 | 1.0 cup, pared, chopped | 16 | 0.78 | -- |
| 14327 | Beverages, orange and apricot juice drink, canned | 31.2 | 1.0 fl oz | 16 | 0.09 | 2 |
| 03167 | Babyfood, apple-banana juice | 31.2 | 1.0 fl oz | 16 | 0.06 | 2 |
| 12203 | Nuts, chestnuts, japanese, boiled and steamed | 28.35 | 1.0 oz | 16 | 0.23 | 5 |
| 03046 | Babyfood, ravioli, cheese filled, with tomato sauce | 16.0 | 1.0 tbsp | 16 | 0.58 | 1 |
| 11137 | Cauliflower, frozen, unprepared | 66.0 | 0.5 cup (1" pieces) | 16 | 1.33 | 8 |
| 11024 | Balsam-pear (bitter gourd), pods, raw | 93.0 | 1.0 cup (1/2" pieces) | 16 | 0.93 | -- |
| 14130 | Carbonated beverage, cream soda | 30.9 | 1.0 fl oz | 16 | 0.00 | 0 |
| 11946 | Pickles, cucumber, sour, low sodium | 143.0 | 1.0 cup, chopped or diced | 16 | 0.47 | 6 |
| 14341 | Beverages, pineapple and orange juice drink, canned | 31.3 | 1.0 fl oz | 16 | 0.41 | 2 |
| 03176 | Babyfood, juice, orange and banana | 31.2 | 1.0 fl oz | 16 | 0.22 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11260 | Mushrooms, white, raw | 70.0 | 1.0 cup, pieces or slices | 15 | 2.16 | 6 |
| 11938 | Mushroom, white, exposed to ultraviolet light, raw | 70.0 | 1.0 cup pieces or slices | 15 | 2.16 | 6 |
| 19281 | Frozen novelties, ice type, italian, restaurant-prepared | 29.0 | 1.0 fl oz | 15 | 0.01 | 0 |
| 11329 | Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids | 73.0 | 1.0 pepper | 15 | 0.66 | 10 |
| 11820 | Peppers, hot chili, red, canned, excluding seeds, solids and liquids | 73.0 | 1.0 pepper | 15 | 0.66 | 10 |
| 04021 | Salad dressing, italian dressing, commercial, reduced fat | 15.0 | 1.0 tablespoon | 15 | 0.06 | 1 |
| 03170 | Babyfood, juice, apple and plum | 31.2 | 1.0 fl oz | 15 | 0.03 | 1 |
| 14425 | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water | 31.0 | 1.0 fl oz | 15 | 0.01 | 0 |
| 14640 | Beverages, Energy drink, VAULT, citrus flavor | 31.0 | 1.0 oz | 15 | 0.00 | 1 |
| 14323 | Beverages, orange drink, canned, with added vitamin C | 31.0 | 1.0 fl oz | 15 | 0.00 | 1 |
| 11270 | Mustard greens, raw | 56.0 | 1.0 cup, chopped | 15 | 1.60 | 18 |
| 19916 | Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup | 35.0 | 2.0 tbsp | 15 | 1.00 | 26 |
| 27029 | PACE, Tequila Lime Salsa | 32.0 | 1.0 serving | 15 | 0.00 | -- |
| 27030 | PACE, Triple Pepper Salsa | 32.0 | 1.0 serving | 15 | 1.00 | -- |
| 11566 | Turnips, frozen, unprepared | 94.0 | 0.333 package, mashed (10 oz) | 15 | 0.98 | 9 |
| 27028 | PACE, Salsa Verde | 32.0 | 1.0 serving | 15 | 0.00 | -- |
| 42285 | Babyfood, cereal, brown rice, dry, instant | 3.7 | 1.0 tbsp | 15 | 0.32 | 1 |
| 16260 | SILK Original Creamer | 15.0 | 1.0 tbsp | 15 | 0.00 | -- |
| 11626 | Beans, mung, mature seeds, sprouted, canned, drained solids | 125.0 | 1.0 cup | 15 | 1.75 | 11 |
| 03139 | Babyfood, prunes, without vitamin c, strained | 15.0 | 1.0 tbsp | 15 | 0.15 | 3 |
| 03177 | Babyfood, juice, orange and pineapple | 31.2 | 1.0 fl oz | 15 | 0.16 | 3 |
| 21026 | Fast foods, potatoes, hash browns, round pieces or patty | 5.5 | 1.0 round piece | 15 | 0.14 | 1 |
| 06194 | Soup, chicken broth, ready-to-serve | 249.0 | 1.0 cup | 15 | 1.59 | 2 |
| 11419 | Pumpkin leaves, cooked, boiled, drained, without salt | 71.0 | 1.0 cup | 15 | 1.93 | 27 |
| 11848 | Pumpkin leaves, cooked, boiled, drained, with salt | 71.0 | 1.0 cup | 15 | 1.93 | 27 |
| 03166 | Babyfood, juice, apple | 31.7 | 1.0 fl oz | 15 | 0.00 | 1 |
| 06091 | CAMPBELL'S Red and White, Beef Broth, condensed | 124.0 | 1.0 serving 1/2 cup | 15 | 3.00 | -- |
| 14150 | Beverages, carbonated, orange | 31.0 | 1.0 fl oz | 15 | 0.00 | 0 |
| 43020 | Salad dressing, blue or roquefort cheese, low calorie | 15.0 | 1.0 tbsp | 15 | 0.76 | 1 |
| 42266 | Babyfood, juice, apple-sweet potato | 30.8 | 1.0 fl oz | 15 | 0.09 | 2 |
| 06320 | Gravy, CAMPBELL'S, chicken, fat free | 59.0 | 0.25 cup | 15 | 1.00 | -- |
| 06317 | Gravy, CAMPBELL'S, beef, fat free | 59.0 | 0.25 cup | 15 | 1.00 | -- |
| 03081 | Babyfood, dinner, vegetables and noodles and turkey, junior | 28.35 | 1.0 oz | 15 | 0.51 | 3 |
| 03198 | Babyfood, cereal, with egg yolks, junior | 28.35 | 1.0 oz | 15 | 0.54 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 03965 | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified | 16.0 | 1.0 tbsp | 15 | 0.49 | 2 |
| 14334 | Beverages, pineapple and grapefruit juice drink, canned | 31.3 | 1.0 fl oz | 15 | 0.06 | 2 |
| 02033 | Spices, poppy seed | 2.8 | 1.0 tsp | 15 | 0.50 | 10 |
| 11505 | Sweet potato leaves, raw | 35.0 | 1.0 cup, chopped | 15 | 0.87 | 24 |
| 03174 | Babyfood, juice, orange and apple and banana | 31.2 | 1.0 fl oz | 15 | 0.12 | 2 |
| 43535 | Babyfood, juice, apple - cherry | 31.2 | 1.0 fl oz | 15 | 0.06 | 1 |
| 43408 | Babyfood, juice, pear | 31.2 | 1.0 fl oz | 15 | 0.00 | 2 |
| 03179 | Babyfood, juice, mixed fruit | 31.2 | 1.0 fl oz | 15 | 0.03 | 2 |
| 14267 | Beverages, Fruit punch drink, with added nutrients, canned | 31.0 | 1.0 fl oz | 15 | 0.00 | 1 |
| 03008 | Babyfood, meat, ham, strained | 15.0 | 1.0 tbsp | 15 | 1.70 | 2 |
| 04028 | Salad dressing, mayonnaise, imitation, milk cream | 15.0 | 1.0 tablespoon | 15 | 0.32 | 1 |
| 14187 | Beverages, Clam and tomato juice, canned | 30.2 | 1.0 fl oz | 14 | 0.18 | 2 |
| 03161 | Babyfood, peaches, dices, toddler | 28.35 | 1.0 oz | 14 | 0.14 | 2 |
| 03067 | Babyfood, dinner, vegetables and lamb, junior | 28.35 | 1.0 oz | 14 | 0.60 | 2 |
| 03197 | Babyfood, cereal, with egg yolks, strained | 28.35 | 1.0 oz | 14 | 0.54 | 1 |
| 03145 | Babyfood, fruit, applesauce and cherries, junior | 28.35 | 1.0 oz | 14 | 0.00 | 1 |
| 03115 | Babyfood, apples, dices, toddler | 28.35 | 1.0 oz | 14 | 0.06 | 2 |
| 03052 | Babyfood, dinner, beef stew, toddler | 28.35 | 1.0 oz | 14 | 1.45 | 3 |
| 03144 | Babyfood, fruit, applesauce and cherries, strained | 28.35 | 1.0 oz | 14 | 0.00 | 1 |
| 43155 | Alcoholic beverage, wine, light | 29.5 | 1.0 fl oz | 14 | 0.02 | 3 |
| 42150 | Babyfood, apple yogurt dessert, strained | 15.0 | 1.0 tbsp | 14 | 0.12 | 2 |
| 11860 | Squash, summer, scallop, cooked, boiled, drained, with salt | 90.0 | 0.5 cup slices | 14 | 0.93 | 17 |
| 11027 | Bamboo shoots, cooked, boiled, drained, without salt | 120.0 | 1.0 cup (1/2" slices) | 14 | 1.84 | 4 |
| 03265 | Babyfood, juice, apple and grape | 31.2 | 1.0 fl oz | 14 | 0.03 | 2 |
| 03175 | Babyfood, juice, orange and apricot | 31.2 | 1.0 fl oz | 14 | 0.25 | 2 |
| 03169 | Babyfood, apple-cranberry juice | 31.2 | 1.0 fl oz | 14 | 0.00 | 1 |
| 11761 | Cauliflower, cooked, boiled, drained, with salt | 62.0 | 0.5 cup (1" pieces) | 14 | 1.14 | 6 |
| 14263 | Beverages, citrus fruit juice drink, frozen concentrate, prepared with water | 31.0 | 1.0 fl oz | 14 | 0.11 | 2 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 62.0 | 0.5 cup (1" pieces) | 14 | 1.14 | 6 |
| 01140 | Egg, quail, whole, fresh, raw | 9.0 | 1.0 egg | 14 | 1.17 | 1 |
| 14269 | Beverages, Fruit punch drink, frozen concentrate, prepared with water | 30.9 | 1.0 fl oz | 14 | 0.02 | 1 |
| 14427 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water | 31.3 | 1.0 fl oz | 14 | 0.04 | 3 |
| 02069 | Vinegar, balsamic | 16.0 | 1.0 tbsp | 14 | 0.08 | 2 |
| 03172 | Babyfood, juice, orange | 31.2 | 1.0 fl oz | 14 | 0.19 | 3 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11018 | Asparagus, frozen, unprepared | 58.0 | 4.0 spears | 14 | 1.87 | 8 |
| 14431 | Cranberry juice cocktail, frozen concentrate, prepared with water | 29.6 | 1.0 fl oz | 14 | 0.00 | 1 |
| 07028 | Ham, sliced, pre-packaged, deli meat (96%fat free, water added) | 13.0 | 1.0 slice | 14 | 2.19 | 2 |
| 42153 | Salad dressing, blue or roquefort cheese dressing, light | 16.0 | 1.0 tbsp | 14 | 0.34 | 1 |
| 11963 | Nopales, raw | 86.0 | 1.0 cup, sliced | 14 | 1.14 | 45 |
| 11944 | Pickle relish, hot dog | 15.0 | 1.0 tbsp | 14 | 0.22 | 3 |
| 43546 | Babyfood, banana no tapioca, strained | 15.0 | 1.0 tbsp | 14 | 0.15 | 4 |
| 06032 | Soup, beef broth bouillon and consomme, canned, condensed | 124.0 | 0.5 cup | 14 | 3.12 | 5 |
| 03041 | Babyfood, dinner, vegetables and dumplings and beef, strained | 28.35 | 1.0 oz | 14 | 0.57 | 2 |
| 03042 | Babyfood, dinner, vegetables and dumplings and beef, junior | 28.35 | 1.0 oz | 14 | 0.60 | 2 |
| 16425 | Soy sauce, reduced sodium, made from hydrolyzed vegetable protein | 15.0 | 1.0 tbsp | 14 | 1.23 | 5 |
| 11861 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt | 90.0 | 0.5 cup slices | 14 | 1.03 | 17 |
| 09149 | Kumquats, raw | 19.0 | 1.0 fruit without refuse | 13 | 0.36 | 4 |
| 42193 | Salad Dressing, mayonnaise-like, fat-free | 16.0 | 1.0 tbsp | 13 | 0.03 | 0 |
| 01172 | Egg, white, raw, frozen, pasteurized | 28.0 | 1.0 oz | 13 | 2.86 | 3 |
| 04014 | Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing | 16.0 | 1.0 tbsp | 13 | 0.03 | -- |
| 11222 | Drumstick leaves, raw | 21.0 | 1.0 cup, chopped | 13 | 1.97 | 9 |
| 03168 | Babyfood, juice, apple and peach | 31.2 | 1.0 fl oz | 13 | 0.06 | 1 |
| 03173 | Babyfood, juice, orange and apple | 31.2 | 1.0 fl oz | 13 | 0.12 | 2 |
| 14142 | Beverages, carbonated, grape soda | 31.0 | 1.0 fl oz | 13 | 0.00 | 0 |
| 14543 | Beverages, lemonade, frozen concentrate, pink, prepared with water | 30.9 | 1.0 fl oz | 13 | 0.02 | 1 |
| 06971 | Sauce, worcestershire | 17.0 | 1.0 tbsp | 13 | 0.00 | 2 |
| 42267 | Babyfood, juice, orange-carrot | 30.8 | 1.0 fl oz | 13 | 0.15 | 3 |
| 43514 | Frozen novelties, ice type, pop, with low calorie sweetener | 55.0 | 1.0 serving 1.75 fl oz pop | 13 | 0.00 | 1 |
| 11712 | Bamboo shoots, cooked, boiled, drained, with salt | 120.0 | 1.0 cup (1/2" slices) | 13 | 1.84 | 4 |
| 04688 | Salad dressing, spray-style dressing, assorted flavors | 8.0 | 1.0 serving (approximately 10 sprays) | 13 | 0.01 | -- |
| 06615 | Soup, SWANSON, vegetable broth | 220.0 | 1.0 cup | 13 | 0.51 | 2 |
| 11106 | Butterbur, (fuki), raw | 94.0 | 1.0 cup | 13 | 0.37 | -- |
| 06188 | Soup, beef broth, less/reduced sodium, ready to serve | 219.0 | 1.0 cup | 13 | 2.50 | 2 |
| 11970 | Cabbage, napa, cooked | 109.0 | 1.0 cup | 13 | 1.20 | 9 |
| 14552 | Carbonated beverage, chocolate-flavored soda | 31.0 | 1.0 fl oz | 13 | 0.00 | 0 |
| 11974 | Grape leaves, raw | 14.0 | 1.0 cup | 13 | 0.78 | 13 |
| 18375 | Leavening agents, yeast, baker's, active dry | 4.0 | 1.0 tsp | 13 | 1.62 | 2 |
| 43432 | Babyfood, dinner, macaroni, beef and tomato sauce, toddler | 16.0 | 1.0 tbsp | 13 | 0.69 | 2 |
| 03005 | Babyfood, meat, veal, strained | 16.0 | 1.0 tbsp | 13 | 2.10 | 2 |
| 31019 | Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry | 5.0 | 0.25 cup | 13 | 0.77 | 35 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14148 | Beverages, carbonated, cola, regular | 30.7 | 1.0 fl oz | 13 | 0.00 | -- |
| 03195 | Babyfood, cereal, rice, with applesauce and bananas, strained | 16.0 | 1.0 tbsp | 13 | 0.19 | 0 |
| 03268 | Babyfood, juice, apple and cherry | 31.2 | 1.0 fl oz | 13 | 0.03 | 1 |
| 06611 | Soup, SWANSON, beef broth, lower sodium | 213.0 | 1.0 cup | 13 | 2.56 | 2 |
| 19337 | Sweeteners, tabletop, aspartame, EQUAL, packets | 3.5 | 1.0 tsp | 13 | 0.08 | 0 |
| 14003 | Alcoholic beverage, beer, regular, all | 29.7 | 1.0 fl oz | 13 | 0.14 | 2 |
| 16432 | Tofu, salted and fermented (fuyu), prepared with calcium sulfate | 11.0 | 1.0 block | 13 | 0.90 | 6 |
| 16132 | Tofu, salted and fermented (fuyu) | 11.0 | 1.0 block | 13 | 0.98 | 6 |
| 05353 | USDA Commodity, chicken fajita strips, frozen | 9.4 | 1.0 strip | 13 | 1.74 | 2 |
| 19175 | Gelatin desserts, dry mix, reduced calorie, with aspartame | 6.4 | 1.0 serving | 13 | 1.00 | 0 |
| 14144 | Beverages, carbonated, lemon-lime soda, no caffeine | 30.8 | 1.0 fl oz | 13 | 0.03 | 0 |
| 14157 | Beverages, carbonated, root beer | 30.8 | 1.0 fl oz | 13 | 0.00 | 0 |
| 03189 | Babyfood, cereal, oatmeal, dry fortified | 3.2 | 1.0 tbsp | 13 | 0.35 | 4 |
| 14153 | Beverages, carbonated, pepper-type, contains caffeine | 30.7 | 1.0 fl oz | 13 | 0.00 | -- |
| 14147 | Beverages, carbonated, cola, without caffeine | 30.7 | 1.0 fl oz | 13 | 0.00 | -- |
| 14156 | Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 | 250.0 | 1.0 serving 8.3 fl oz can | 12 | 0.62 | 8 |
| 03072 | Babyfood, dinner, chicken stew, toddler | 16.0 | 1.0 tbsp | 12 | 0.83 | 2 |
| 03079 | Babyfood, dinner, vegetables and noodles and turkey, strained | 28.35 | 1.0 oz | 12 | 0.34 | 2 |
| 03163 | Babyfood, fruit, bananas with apples and pears, strained | 15.0 | 1.0 tbsp | 12 | 0.14 | 4 |
| 11928 | Tree fern, cooked, with salt | 31.0 | 1.0 frond (6-1/2" long) | 12 | 0.09 | 2 |
| 14293 | Lemonade, frozen concentrate, white, prepared with water | 30.9 | 1.0 fl oz | 12 | 0.02 | 1 |
| 14145 | Beverages, carbonated, SPRITE, lemon-lime, without caffeine | 30.8 | 1.0 fl oz | 12 | 0.02 | 0 |
| 14406 | Beverages, fruit punch juice drink, frozen concentrate, prepared with water | 29.3 | 1.0 fl oz | 12 | 0.02 | 1 |
| 11698 | Chrysanthemum leaves, raw | 51.0 | 1.0 cup, chopped | 12 | 1.71 | 16 |
| 19217 | Frozen novelties, ice type, fruit, no sugar added | 51.0 | 1.0 bar | 12 | 0.26 | 1 |
| 14004 | Alcoholic beverage, beer, regular, BUDWEISER | 29.8 | 1.0 fl oz | 12 | 0.11 | 2 |
| 11119 | Cabbage, chinese (pe-tsai), raw | 76.0 | 1.0 cup, shredded | 12 | 0.91 | 10 |
| 06601 | PACE, Lime & Garlic Chunky Salsa | 32.0 | 1.0 serving | 12 | 0.00 | -- |
| 03233 | Babyfood, dessert, fruit pudding, pineapple, strained | 15.0 | 1.0 tbsp | 12 | 0.20 | 1 |
| 06481 | Soup, chicken broth cubes, dry, prepared with water | 243.0 | 1.0 cup (8 fl oz) | 12 | 0.95 | 2 |
| 09194 | Olives, ripe, canned (jumbo-super colossal) | 15.0 | 1.0 super colossal | 12 | 0.15 | 1 |
| 14541 | Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water | 32.7 | 1.0 fl oz | 12 | 0.00 | 0 |
| 02050 | Vanilla extract | 4.2 | 1.0 tsp | 12 | 0.00 | 1 |
| 14022 | Beverages, MONSTER energy drink, low carb | 240.0 | 8.0 fl oz | 12 | 0.00 | -- |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14031 | Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories | 240.0 | 8.0 fl oz | 12 | 0.00 | -- |
| 11285 | Onions, canned, solids and liquids | 63.0 | 1.0 onion | 12 | 0.54 | 4 |
| 02019 | Spices, fenugreek seed | 3.7 | 1.0 tsp | 12 | 0.85 | 7 |
| 14475 | Beverages, ARIZONA, tea, ready-to-drink, lemon | 30.6 | 1.0 fl oz | 12 | 0.00 | 0 |
| 03002 | Babyfood, meat, beef, strained | 14.7 | 1.0 tbsp | 12 | 1.77 | 2 |
| 03303 | Babyfood, dinner, sweet potatoes and chicken, strained | 16.0 | 1.0 tbsp | 12 | 0.40 | 2 |
| 43058 | Candies, hard, dietetic or low calorie (sorbitol) | 3.0 | 1.0 piece | 12 | 0.00 | -- |
| 07961 | Chicken breast, deli, rotisserie seasoned, sliced, prepackaged | 12.0 | 1.0 slice | 12 | 2.09 | 3 |
| 11190 | Cornsalad, raw | 56.0 | 1.0 cup | 12 | 1.12 | 7 |
| 11520 | Taro leaves, raw | 28.0 | 1.0 cup | 12 | 1.39 | 13 |
| 06609 | SWANSON BROTH, Certified Organic Vegetable Broth | 235.0 | 1.0 cup | 12 | 0.00 | -- |
| 43539 | Babyfood, dessert, banana yogurt, strained | 15.0 | 1.0 tbsp | 12 | 0.16 | 2 |
| 11780 | Cowpeas, leafy tips, cooked, boiled, drained, with salt | 53.0 | 1.0 cup, chopped | 12 | 2.48 | 33 |
| 11202 | Cowpeas, leafy tips, cooked, boiled, drained, without salt | 53.0 | 1.0 cup, chopped | 12 | 2.48 | 33 |
| 03278 | Babyfood, dinner, mixed vegetable, strained | 28.35 | 1.0 oz | 12 | 0.34 | 3 |
| 43537 | Babyfood, dessert, blueberry yogurt, strained | 15.0 | 1.0 tbsp | 12 | 0.08 | 2 |
| 19873 | Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops | 55.0 | 1.0 serving 1.75 fl oz pop | 12 | 0.00 | 1 |
| 02025 | Spices, nutmeg, ground | 2.2 | 1.0 tsp | 12 | 0.13 | 4 |
| 11161 | Collards, raw | 36.0 | 1.0 cup, chopped | 12 | 1.09 | 10 |
| 19334 | Sugars, brown | 3.0 | 1.0 tsp unpacked | 11 | 0.00 | 0 |
| 04144 | Salad dressing, italian dressing, reduced fat, without salt | 15.0 | 1.0 tablespoon | 11 | 0.07 | 1 |
| 27047 | Sauce, salsa, verde, ready-to-serve | 30.0 | 2.0 Tbsp | 11 | 0.34 | 6 |
| 43536 | Babyfood, dessert, peach yogurt | 15.0 | 1.0 tbsp | 11 | 0.14 | 2 |
| 06981 | Soup, bouillon cubes and granules, low sodium, dry | 2.6 | 1.0 tsp | 11 | 0.43 | 1 |
| 43523 | Babyfood, mixed fruit yogurt, strained | 15.0 | 1.0 tbsp | 11 | 0.12 | 1 |
| 43406 | Yeast extract spread | 6.0 | 1.0 tsp | 11 | 1.43 | 11 |
| 03135 | Babyfood, fruit, plums with tapioca, without ascorbic acid, junior | 15.0 | 1.0 tbsp | 11 | 0.02 | 1 |
| 03151 | Babyfood, fruit, applesauce and pineapple, junior | 28.35 | 1.0 oz | 11 | 0.03 | 1 |
| 06700 | Soup, vegetable broth, ready to serve | 221.0 | 1.0 cup | 11 | 0.53 | 2 |
| 03131 | Babyfood, fruit, peaches, junior | 17.0 | 1.0 tbsp | 11 | 0.16 | 1 |
| 03130 | Babyfood, fruit, peaches, strained | 17.0 | 1.0 tbsp | 11 | 0.16 | 1 |
| 14137 | Beverages, NESTEA, tea, black, ready-to-drink, lemon | 30.6 | 1.0 fl oz | 11 | 0.00 | 0 |
| 14305 | Malt beverage, includes non-alcoholic beer | 29.6 | 1.0 fl oz | 11 | 0.06 | 2 |
| 43585 | Babyfood, fruit supreme dessert | 15.0 | 1.0 tbsp | 11 | 0.08 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11954 | Tomatillos, raw | 34.0 | 1.0 medium | 11 | 0.33 | 7 |
| 03050 | Babyfood, dinner, spaghetti and tomato and meat, junior | 16.0 | 1.0 tbsp | 11 | 0.41 | 2 |
| 19335 | Sugars, granulated | 2.8 | 1.0 serving packet | 11 | 0.00 | -- |
| 16125 | Soy sauce made from hydrolyzed vegetable protein | 18.0 | 1.0 tbsp | 11 | 1.26 | 5 |
| 19163 | Chewing gum | 3.0 | 1.0 stick | 11 | 0.00 | -- |
| 16124 | Soy sauce made from soy (tamari) | 18.0 | 1.0 tbsp | 11 | 1.89 | 7 |
| 14236 | Beverages, coffee substitute, cereal grain beverage, powder | 3.0 | 1.0 tsp (1 serving) | 11 | 0.18 | 7 |
| 14476 | Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon | 30.6 | 1.0 fl oz | 11 | 0.00 | -- |
| 07043 | Roast beef, deli style, prepackaged, sliced | 9.3 | 1.0 slice oval | 11 | 1.73 | 2 |
| 06080 | Soup, chicken broth or bouillon, dry | 4.0 | 1.0 cube | 11 | 0.67 | 2 |
| 11268 | Mushrooms, shiitake, dried | 3.6 | 1.0 mushroom | 11 | 0.34 | 5 |
| 03134 | Babyfood, fruit, plums with tapioca, without ascorbic acid, strained | 15.0 | 1.0 tbsp | 11 | 0.02 | 1 |
| 11503 | Swamp cabbage, (skunk cabbage), raw | 56.0 | 1.0 cup, chopped | 11 | 1.46 | 40 |
| 19340 | Sugars, maple | 3.0 | 1.0 tsp | 11 | 0.00 | 1 |
| 03068 | Babyfood, dinner, chicken noodle, strained | 16.0 | 1.0 tbsp | 11 | 0.43 | 2 |
| 03147 | Babyfood, fruit, applesauce with banana, junior | 16.0 | 1.0 tbsp | 11 | 0.06 | 1 |
| 43373 | Babyfood, dinner, chicken and noodle with vegetables, toddler | 16.0 | 1.0 tbsp | 11 | 0.61 | 2 |
| 09448 | Nance, canned, syrup, drained | 11.1 | 3.0 fruit without pits | 11 | 0.06 | 2 |
| 03140 | Babyfood, fruit dessert, mango with tapioca | 15.0 | 1.0 tbsp | 10 | 0.04 | 1 |
| 03150 | Babyfood, fruit, applesauce and pineapple, strained | 28.35 | 1.0 oz | 10 | 0.03 | 1 |
| 11201 | Cowpeas, leafy tips, raw | 36.0 | 1.0 cup, chopped | 10 | 1.48 | 15 |
| 06164 | Sauce, salsa, ready-to-serve | 36.0 | 2.0 tbsp | 10 | 0.55 | 5 |
| 14136 | Beverages, carbonated, ginger ale | 30.5 | 1.0 fl oz | 10 | 0.00 | 0 |
| 14155 | Beverages, carbonated, tonic water | 30.5 | 1.0 fl oz | 10 | 0.00 | -- |
| 43007 | Babyfood, fruit, tutti frutti, junior | 15.0 | 1.0 tbsp | 10 | 0.06 | 1 |
| 03136 | Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained | 15.0 | 1.0 tbsp | 10 | 0.09 | 2 |
| 02020 | Spices, garlic powder | 3.1 | 1.0 tsp | 10 | 0.51 | 2 |
| 04013 | Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing | 16.0 | 1.0 tbsp | 10 | 0.03 | 0 |
| 03286 | Babyfood, vegetables, mix vegetables strained | 28.35 | 1.0 oz | 10 | 0.28 | 3 |
| 03156 | Babyfood, fruit, bananas and pineapple with tapioca, junior | 15.0 | 1.0 tbsp | 10 | 0.03 | 1 |
| 43004 | Babyfood, dessert, banana pudding, strained | 15.0 | 1.0 tbsp | 10 | 0.15 | 1 |
| 43550 | Babyfood, banana apple dessert, strained | 15.0 | 1.0 tbsp | 10 | 0.04 | 1 |
| 02024 | Spices, mustard seed, ground | 2.0 | 1.0 tsp | 10 | 0.52 | 7 |
| 11986 | Malabar spinach, cooked | 44.0 | 1.0 cup | 10 | 1.31 | 21 |
| 03212 | Babyfood, cereal, rice, with bananas, dry | 2.5 | 1.0 tbsp | 10 | 0.22 | 4 |
| 03047 | Babyfood, dinner, beef noodle, strained | 16.0 | 1.0 tbsp | 10 | 0.39 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 72.0 | 1.0 cup shredded | 10 | 0.65 | 5 |
| 03228 | Babyfood, dessert, peach cobbler, junior | 15.0 | 1.0 tbsp | 10 | 0.04 | 0 |
| 03280 | Babyfood, fruit, bananas with tapioca, junior | 15.0 | 1.0 tbsp | 10 | 0.06 | 2 |
| 03185 | Babyfood, cereal, mixed, dry fortified | 2.5 | 1.0 tbsp | 10 | 0.17 | 2 |
| 02073 | PACE, Dry Taco Seasoning Mix | 5.3 | 2.0 tbsp (1 serving) | 10 | 0.00 | -- |
| 02051 | Vanilla extract, imitation, alcohol | 4.2 | 1.0 tsp | 10 | 0.00 | 0 |
| 27027 | PACE, Pico De Gallo | 32.0 | 1.0 serving | 10 | 0.00 | -- |
| 43529 | Babyfood, rice and apples, dry | 2.5 | 1.0 tbsp | 10 | 0.17 | 0 |
| 43006 | Babyfood, fruit, tutti frutti, strained | 15.0 | 1.0 tbsp | 10 | 0.06 | 1 |
| 03186 | Babyfood, cereal, mixed, with bananas, dry | 2.5 | 1.0 tbsp | 10 | 0.27 | 2 |
| 03044 | Babyfood, dinner, macaroni and tomato and beef, strained | 16.0 | 1.0 tbsp | 10 | 0.38 | 2 |
| 14461 | Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink | 30.5 | 1.0 fl oz | 10 | 0.00 | -- |
| 03227 | Babyfood, dessert, peach cobbler, strained | 15.0 | 1.0 tbsp | 10 | 0.04 | 0 |
| 03194 | Babyfood, cereal, Rice, dry, fortified | 2.5 | 1.0 tbsp | 10 | 0.17 | 1 |
| 03157 | Babyfood, fruit, bananas and pineapple with tapioca, strained | 15.0 | 1.0 tbsp | 10 | 0.03 | 1 |
| 14607 | Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend | 243.0 | 8.0 fl oz | 10 | 0.00 | -- |
| 09193 | Olives, ripe, canned (small-extra large) | 8.4 | 1.0 tbsp | 10 | 0.07 | 0 |
| 06480 | Soup, chicken broth or bouillon, dry, prepared with water | 241.0 | 1.0 cup 8 fl oz | 10 | 0.67 | 5 |
| 35235 | Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath) | 28.35 | 1.0 oz | 10 | 0.20 | 1 |
| 14630 | Beverages, Energy drink, ROCKSTAR, sugar free | 240.0 | 8.0 fl oz | 10 | 0.60 | 7 |
| 14061 | Beverages, Energy Drink, sugar free | 240.0 | 8.0 fl oz | 10 | 1.01 | 0 |
| 14610 | Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend | 238.0 | 1.0 serving 8 oz | 10 | 0.00 | -- |
| 11231 | Jute, potherb, raw | 28.0 | 1.0 cup | 10 | 1.30 | 18 |
| 14608 | Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley | 238.0 | 1.0 serving 8 oz | 10 | 0.00 | -- |
| 14609 | Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi | 238.0 | 1.0 serving | 10 | 0.00 | -- |
| 14633 | Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C | 238.0 | 1.0 serving | 10 | 0.00 | 2 |
| 06081 | Soup, chicken broth cubes, dry | 4.8 | 1.0 cube | 10 | 0.70 | 3 |
| 14235 | Beverages, OCEAN SPRAY, Diet Cran Cherry | 237.0 | 8.0 fl oz | 9 | 0.50 | 2 |
| 14221 | Beverages, OCEAN SPRAY, Diet Cranberry Juice | 237.0 | 8.0 fl oz | 9 | 0.17 | 2 |
| 03128 | Babyfood, fruit, apricot with tapioca, junior | 15.0 | 1.0 tbsp | 9 | 0.04 | 1 |
| 03236 | Babyfood, dessert, fruit dessert, without ascorbic acid, junior | 15.0 | 1.0 tbsp | 9 | 0.04 | 1 |
| 03045 | Babyfood, dinner, macaroni and tomato and beef, junior | 16.0 | 1.0 tbsp | 9 | 0.40 | 1 |
| 06114 | Gravy, au jus, canned | 59.0 | 0.25 cup | 9 | 0.71 | 1 |
| 06115 | Gravy, au jus, dry | 3.0 | 1.0 tsp | 9 | 0.28 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 03193 | Babyfood, cereal, oatmeal, with honey, dry | 2.4 | 1.0 tbsp | 9 | 0.32 | 4 |
| 02043 | Spices, turmeric, ground | 3.0 | 1.0 tsp | 9 | 0.29 | 6 |
| 11701 | Arrowhead, cooked, boiled, drained, with salt | 12.0 | 1.0 corm, medium | 9 | 0.54 | 6 |
| 11006 | Arrowhead, cooked, boiled, drained, without salt | 12.0 | 1.0 medium | 9 | 0.54 | 6 |
| 05025 | Chicken, heart, all classes, raw | 6.1 | 1.0 heart | 9 | 0.95 | 1 |
| 14390 | Beverages, cocoa mix, with aspartame, powder, prepared with water | 32.1 | 1.0 fl oz | 9 | 0.39 | 5 |
| 03289 | Babyfood, apples with ham, strained | 15.0 | 1.0 tbsp | 9 | 0.39 | 1 |
| 05088 | Chicken, broilers or fryers, neck, meat only, raw | 6.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 9 | 1.05 | 1 |
| 11952 | Radicchio, raw | 40.0 | 1.0 cup, shredded | 9 | 0.57 | 5 |
| 06176 | Sauce, oyster, ready-to-serve | 18.0 | 1.0 tbsp | 9 | 0.24 | 1 |
| 03287 | Babyfood, dinner, beef noodle, junior | 16.0 | 1.0 tbsp | 9 | 0.40 | 1 |
| 11116 | Cabbage, chinese (pak-choi), raw | 70.0 | 1.0 cup, shredded | 9 | 1.05 | 13 |
| 11446 | Seaweed, laver, raw | 26.0 | 10.0 sheets | 9 | 1.51 | 1 |
| 06984 | Soup, SWANSON Chicken Broth 99% Fat Free | 227.0 | 1.0 serving 1 cup 8 oz | 9 | 1.23 | 2 |
| 03283 | Babyfood, vegetables, garden vegetable, strained | 28.35 | 1.0 oz | 9 | 0.65 | 6 |
| 03181 | Babyfood, cereal, barley, dry fortified | 2.4 | 1.0 tbsp | 9 | 0.32 | 3 |
| 11151 | Chicory, witloof, raw | 53.0 | 1.0 head | 9 | 0.48 | 5 |
| 03118 | Babyfood, fruit, apricot with tapioca, strained | 15.0 | 1.0 tbsp | 9 | 0.04 | 1 |
| 03211 | Babyfood, cereal, high protein, with apple and orange, dry | 2.4 | 1.0 tbsp | 9 | 0.61 | 4 |
| 03083 | Babyfood, dinner, turkey and rice, junior | 16.0 | 1.0 tbsp | 9 | 0.38 | 1 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 5.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 9 | 1.23 | 1 |
| 01180 | Sour cream, fat free | 12.0 | 1.0 tablespoon | 9 | 0.37 | 1 |
| 03290 | Babyfood, carrots and beef, strained | 15.0 | 1.0 tbsp | 9 | 0.51 | 2 |
| 03235 | Babyfood, dessert, fruit dessert, without ascorbic acid, strained | 15.0 | 1.0 tbsp | 9 | 0.04 | 1 |
| 11096 | Broccoli raab, raw | 40.0 | 1.0 cup chopped | 9 | 1.27 | -- |
| 03069 | Babyfood, dinner, chicken noodle, junior | 16.0 | 1.0 tbsp | 9 | 0.38 | 1 |
| 43401 | Beverages, coffee, instant, with whitener, reduced calorie | 1.7 | 1.0 tsp dry | 9 | 0.03 | 0 |
| 11427 | Purslane, raw | 43.0 | 1.0 cup | 9 | 0.87 | 29 |
| 14297 | Beverages, lemonade-flavor drink, powder, prepared with water | 31.8 | 1.0 fl oz | 9 | 0.00 | 4 |
| 19204 | Puddings, lemon, dry mix, instant, prepared with 2% milk | 8.0 | 1.0 serving | 9 | 0.22 | 1 |
| 14006 | Alcoholic beverage, beer, light | 29.5 | 1.0 fl oz | 9 | 0.07 | 1 |
| 14007 | Alcoholic beverage, beer, light, BUD LIGHT | 29.5 | 1.0 fl oz | 9 | 0.07 | 2 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 16.0 | 1.0 tbsp | 8 | 1.30 | 12 |
| 03129 | Babyfood, fruit, bananas with tapioca, strained | 15.0 | 1.0 tbsp | 8 | 0.06 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11749 | Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw | 35.0 | 0.5 cup, shredded | 8 | 0.42 | 5 |
| 11750 | Cabbage, common (danish, domestic, and pointed types), stored, raw | 35.0 | 0.5 cup, shredded | 8 | 0.42 | 5 |
| 11086 | Beet greens, raw | 38.0 | 1.0 cup | 8 | 0.84 | 27 |
| 03082 | Babyfood, dinner, turkey and rice, strained | 16.0 | 1.0 tbsp | 8 | 0.36 | 1 |
| 19225 | Desserts, rennin, tablets, unsweetened | 9.9 | 1.0 package (0.35 oz) | 8 | 0.10 | 2 |
| 14005 | Alcoholic beverage, beer, light, BUDWEISER SELECT | 29.5 | 1.0 fl oz | 8 | 0.06 | 2 |
| 09328 | Maraschino cherries, canned, drained | 5.0 | 1.0 cherry (NLEA serving) | 8 | 0.01 | 0 |
| 03093 | Babyfood, green beans, dices, toddler | 28.35 | 1.0 oz | 8 | 0.34 | 5 |
| 02026 | Spices, onion powder | 2.4 | 1.0 tsp | 8 | 0.25 | 3 |
| 43008 | Babyfood, dinner, chicken and rice | 16.0 | 1.0 tbsp | 8 | 0.26 | 1 |
| 11218 | Gourd, white-flowered (calabash), raw | 58.0 | 0.5 cup (1" pieces) | 8 | 0.36 | 6 |
| 31015 | PACE, Diced Green Chilies | 30.0 | 2.0 tbsp | 8 | 0.00 | -- |
| 16424 | Soy sauce made from soy and wheat (shoyu), low sodium | 14.2 | 1.0 tbsp | 8 | 1.29 | 10 |
| 02022 | Spices, mace, ground | 1.7 | 1.0 tsp | 8 | 0.11 | 3 |
| 06597 | PACE, Chipotle Chunky Salsa | 32.0 | 1.0 serving | 8 | 0.00 | -- |
| 06604 | PACE, Red Taco Sauce | 16.0 | 1.0 tbsp | 8 | 0.00 | -- |
| 03121 | Babyfood, vegetables, peas, strained | 16.0 | 1.0 tbsp | 8 | 0.52 | 3 |
| 06598 | PACE, Cilantro Chunky Salsa | 32.0 | 1.0 serving | 8 | 0.00 | -- |
| 06605 | PACE, Thick & Chunky Salsa | 32.0 | 1.0 serving | 8 | 0.00 | -- |
| 06602 | PACE, Organic Picante Sauce | 32.0 | 1.0 serving | 8 | 0.00 | -- |
| 06603 | PACE, Picante Sauce | 32.0 | 1.0 serving | 8 | 0.00 | -- |
| 11251 | Lettuce, cos or romaine, raw | 47.0 | 1.0 cup shredded | 8 | 0.58 | 7 |
| 35198 | Prickly pears, raw (Northern Plains Indians) | 19.0 | 1.0 pad peeled | 8 | 0.02 | 13 |
| 14013 | Alcoholic beverage, beer, light, low carb | 29.5 | 1.0 fl oz | 8 | 0.05 | 1 |
| 14460 | Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. | 30.5 | 1.0 fl oz | 8 | 0.00 | -- |
| 02014 | Spices, cumin seed | 2.1 | 1.0 tsp, whole | 8 | 0.37 | 8 |
| 02007 | Spices, celery seed | 2.0 | 1.0 tsp | 8 | 0.36 | 9 |
| 11233 | Kale, raw | 16.0 | 1.0 cup 1" pieces, loosely packed | 8 | 0.68 | 8 |
| 11276 | New Zealand spinach, raw | 56.0 | 1.0 cup, chopped | 8 | 0.84 | 22 |
| 11981 | Peppers, hungarian, raw | 27.0 | 1.0 pepper | 8 | 0.22 | 4 |
| 11205 | Cucumber, with peel, raw | 52.0 | 0.5 cup slices | 8 | 0.34 | 7 |
| 31020 | Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated | 25.0 | 0.25 cup | 8 | 0.46 | 21 |
| 18373 | Leavening agents, cream of tartar | 3.0 | 1.0 tsp | 8 | 0.00 | 0 |
| 06075 | Soup, beef broth or bouillon, powder, dry | 3.6 | 1.0 cube | 8 | 0.57 | 2 |
| 02009 | Spices, chili powder | 2.7 | 1.0 tsp | 8 | 0.36 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11001 | Alfalfa seeds, sprouted, raw | 33.0 | 1.0 cup | 8 | 1.32 | 9 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 21.0 | 1.0 sprout | 8 | 0.54 | 4 |
| 11745 | Brussels sprouts, cooked, boiled, drained, with salt | 21.0 | 1.0 sprout | 8 | 0.54 | 4 |
| 03143 | Babyfood, fruit, applesauce and apricots, junior | 16.0 | 1.0 tbsp | 8 | 0.03 | 1 |
| 31034 | Peppers, hot pickled, canned | 34.0 | 0.25 cup drained | 7 | 0.27 | 2 |
| 06632 | Sauce, hot chile, sriracha, CHA! BY TEXAS PETE | 6.9 | 1.0 tsp | 7 | 0.14 | 1 |
| 11418 | Pumpkin leaves, raw | 39.0 | 1.0 cup | 7 | 1.23 | 15 |
| 42316 | Babyfood, carrots, toddler | 28.35 | 1.0 oz | 7 | 0.17 | 2 |
| 11948 | Pickles, cucumber, sweet, low sodium (includes bread and butter pickles) | 6.0 | 1.0 slice | 7 | 0.02 | 0 |
| 11677 | Shallots, raw | 10.0 | 1.0 tbsp chopped | 7 | 0.25 | 2 |
| 06475 | Soup, beef broth or bouillon, powder, prepared with water | 240.0 | 1.0 serving 1 cup | 7 | 0.50 | 5 |
| 06476 | Soup, beef broth, cubed, prepared with water | 240.0 | 1.0 serving 1 cup | 7 | 0.50 | 5 |
| 42284 | Babyfood, baked product, finger snacks cereal fortified | 1.7 | 1.0 cookie | 7 | 0.11 | 0 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 55.0 | 1.0 cup, shredded or chopped | 7 | 0.74 | -- |
| 42286 | Babyfood, green beans and turkey, strained | 14.0 | 1.0 tbsp | 7 | 0.57 | 3 |
| 02032 | Spices, pepper, white | 2.4 | 1.0 tsp, ground | 7 | 0.25 | 2 |
| 02002 | Spices, anise seed | 2.1 | 1.0 tsp, whole | 7 | 0.37 | 4 |
| 03142 | Babyfood, fruit, applesauce and apricots, strained | 16.0 | 1.0 tbsp | 7 | 0.03 | 1 |
| 03159 | Babyfood, fruit, pears and pineapple, junior | 16.0 | 1.0 tbsp | 7 | 0.05 | 1 |
| 03133 | Babyfood, fruit, pears, junior | 16.0 | 1.0 tbsp | 7 | 0.05 | 1 |
| 11637 | Radishes, white icicle, raw | 50.0 | 0.5 cup slices | 7 | 0.55 | 4 |
| 02005 | Spices, caraway seed | 2.1 | 1.0 tsp | 7 | 0.42 | 5 |
| 09165 | Litchis, dried | 2.5 | 1.0 fruit | 7 | 0.10 | 1 |
| 02018 | Spices, fennel seed | 2.0 | 1.0 tsp, whole | 7 | 0.32 | 8 |
| 11457 | Spinach, raw | 30.0 | 1.0 cup | 7 | 0.86 | 24 |
| 11147 | Chard, swiss, raw | 36.0 | 1.0 cup | 7 | 0.65 | 29 |
| 35199 | Prickly pears, broiled (Northern Plains Indians) | 7.5 | 1.0 pad | 7 | 0.03 | -- |
| 03132 | Babyfood, fruit, pears, strained | 16.0 | 1.0 tbsp | 7 | 0.05 | 1 |
| 11152 | Chicory greens, raw | 29.0 | 1.0 cup, chopped | 7 | 0.49 | 9 |
| 04636 | Salad dressing, italian dressing, fat-free | 14.0 | 1.0 tbsp | 7 | 0.14 | 1 |
| 04676 | Margarine-like spread, SMART BEAT Smart Squeeze | 14.0 | 1.0 tablespoon | 7 | 0.00 | -- |
| 03158 | Babyfood, fruit, pears and pineapple, strained | 16.0 | 1.0 tbsp | 7 | 0.05 | 1 |
| 03116 | Babyfood, fruit, applesauce, strained | 16.0 | 1.0 tbsp | 7 | 0.03 | 0 |
| 02015 | Spices, curry powder | 2.0 | 1.0 tsp | 6 | 0.29 | 5 |
| 02028 | Spices, paprika | 2.3 | 1.0 tsp | 6 | 0.33 | 4 |
| 11238 | Mushrooms, shiitake, raw | 19.0 | 1.0 piece whole | 6 | 0.43 | 4 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 04624 | Margarine-like, vegetable oil spread, fat free, liquid, with salt | 15.0 | 1.0 tbsp | 6 | 0.22 | 1 |
| 11003 | Amaranth leaves, raw | 28.0 | 1.0 cup | 6 | 0.69 | 15 |
| 04631 | Margarine-like, vegetable oil spread, fat-free, tub | 14.6 | 1.0 tbsp | 6 | 0.01 | 0 |
| 02010 | Spices, cinnamon, ground | 2.6 | 1.0 tsp | 6 | 0.10 | 2 |
| 02016 | Spices, dill seed | 2.1 | 1.0 tsp | 6 | 0.34 | 5 |
| 14222 | Beverages, coffee, instant, with chicory | 1.8 | 1.0 tsp, rounded | 6 | 0.17 | 4 |
| 11113 | Cabbage, red, cooked, boiled, drained, without salt | 22.0 | 1.0 leaf | 6 | 0.33 | 4 |
| 11752 | Cabbage, red, cooked, boiled, drained, with salt | 22.0 | 1.0 leaf | 6 | 0.33 | 4 |
| 14218 | Beverages, coffee, instant, decaffeinated, powder | 1.8 | 1.0 tsp rounded | 6 | 0.21 | 6 |
| 06179 | Sauce, fish, ready-to-serve | 18.0 | 1.0 tbsp | 6 | 0.91 | 32 |
| 02006 | Spices, cardamom | 2.0 | 1.0 tsp, ground | 6 | 0.22 | 5 |
| 06076 | Soup, beef broth, cubed, dry | 3.6 | 1.0 cube | 6 | 0.62 | 2 |
| 06631 | Sauce, hot chile, sriracha | 6.5 | 1.0 tsp | 6 | 0.13 | 1 |
| 02021 | Spices, ginger, ground | 1.8 | 1.0 tsp | 6 | 0.16 | 4 |
| 11157 | Chrysanthemum, garland, raw | 25.0 | 1.0 cup (1" pieces) | 6 | 0.84 | 8 |
| 01200 | Reddi Wip Fat Free Whipped Topping | 4.0 | 1.0 tablespoon | 6 | 0.12 | 0 |
| 03117 | Babyfood, fruit, applesauce, junior | 16.0 | 1.0 tbsp | 6 | 0.00 | 0 |
| 14149 | Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners | 29.6 | 1.0 fl oz | 6 | 0.00 | -- |
| 09216 | Orange peel, raw | 6.0 | 1.0 tbsp | 6 | 0.09 | 1 |
| 02035 | Spices, pumpkin pie spice | 1.7 | 1.0 tsp | 6 | 0.10 | 2 |
| 02030 | Spices, pepper, black | 2.3 | 1.0 tsp, ground | 6 | 0.24 | 4 |
| 02011 | Spices, cloves, ground | 2.1 | 1.0 tsp | 6 | 0.13 | 5 |
| 02031 | Spices, pepper, red or cayenne | 1.8 | 1.0 tsp | 6 | 0.22 | 3 |
| 14243 | Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener | 29.6 | 1.0 fl oz | 6 | 0.01 | 1 |
| 06972 | Sauce, tomato chili sauce, bottled, with salt | 6.0 | 1.0 packet | 6 | 0.15 | 1 |
| 14409 | Beverages, Orange-flavor drink, breakfast type, low calorie, powder | 2.5 | 1.0 portion, amount of dry mix to make 8 fl oz prepared | 5 | 0.09 | 7 |
| 14356 | Beverages, tea, instant, decaffeinated, lemon, diet | 1.6 | 2.0 tsp | 5 | 0.05 | 2 |
| 14375 | Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder | 1.6 | 2.0 tsp | 5 | 0.05 | 2 |
| 11253 | Lettuce, green leaf, raw | 36.0 | 1.0 cup shredded | 5 | 0.49 | 5 |
| 02013 | Spices, coriander seed | 1.8 | 1.0 tsp | 5 | 0.22 | 6 |
| 43060 | Chewing gum, sugarless | 2.0 | 1.0 piece | 5 | 0.00 | -- |
| 14207 | Beverages, tea, ready-to-drink, lemon, diet | 266.0 | 1.0 cup | 5 | 0.00 | -- |
| 11960 | Carrots, baby, raw | 15.0 | 1.0 large | 5 | 0.10 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 31033 | Ginger root, pickled, canned, with artificial sweetener | 25.0 | 2.0 tablespoon | 5 | 0.08 | 1 |
| 02001 | Spices, allspice, ground | 1.9 | 1.0 tsp | 5 | 0.12 | 3 |
| 14180 | Beverages, coffee, brewed, breakfast blend | 248.0 | 1.0 cup | 5 | 0.74 | 10 |
| 11416 | Pumpkin flowers, raw | 33.0 | 1.0 cup | 5 | 0.34 | 8 |
| 11444 | Seaweed, irishmoss, raw | 10.0 | 2.0 tbsp (1/8 cup) | 5 | 0.15 | 14 |
| 06633 | Sauce, hot chile, sriracha, TUONG OT SRIRACHA | 6.2 | 1.0 tsp | 5 | 0.12 | 1 |
| 09173 | Longans, dried | 1.7 | 1.0 fruit | 5 | 0.08 | 1 |
| 18371 | Leavening agents, baking powder, low-sodium | 5.0 | 1.0 tsp | 5 | 0.00 | 1 |
| 14368 | Beverages, tea, instant, lemon, unsweetened | 1.4 | 1.0 tsp, rounded | 5 | 0.10 | 2 |
| 14628 | Beverages, Energy drink, AMP, sugar free | 240.0 | 8.0 fl oz | 5 | 0.00 | 7 |
| 35195 | Cattail, Narrow Leaf Shoots (Northern Plains Indians) | 19.0 | 1.0 shoot | 5 | 0.22 | 12 |
| 11522 | Taro shoots, raw | 43.0 | 0.5 cup slices | 5 | 0.40 | 3 |
| 06996 | Gravy, CAMPBELL'S, au jus | 59.0 | 0.25 cup | 5 | 1.00 | -- |
| 14288 | Lemonade, powder, prepared with water | 33.0 | 1.0 fl oz | 5 | 0.00 | 3 |
| 02034 | Spices, poultry seasoning | 1.5 | 1.0 tsp | 5 | 0.14 | 3 |
| 43345 | Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie | 2.0 | 1.0 tsp | 5 | 0.00 | 5 |
| 35139 | Squash, Indian, cooked, boiled (Navajo) | 28.35 | 1.0 oz | 5 | 0.09 | -- |
| 11669 | Seaweed, wakame, raw | 10.0 | 2.0 tbsp (1/8 cup) | 4 | 0.30 | 11 |
| 11257 | Lettuce, red leaf, raw | 28.0 | 1.0 cup shredded | 4 | 0.37 | 3 |
| 03104 | Babyfood, vegetables, squash, strained | 16.0 | 1.0 tbsp | 4 | 0.13 | 2 |
| 11445 | Seaweed, kelp, raw | 10.0 | 2.0 tbsp (1/8 cup) | 4 | 0.17 | 12 |
| 15149 | Crustaceans, shrimp, mixed species, raw (may have been previously frozen) | 6.0 | 1.0 medium | 4 | 0.82 | 1 |
| 11213 | Endive, raw | 25.0 | 0.5 cup, chopped | 4 | 0.31 | 4 |
| 11937 | Pickles, cucumber, dill or kosher dill | 35.0 | 1.0 spear, small | 4 | 0.18 | 2 |
| 11288 | Onions, frozen, chopped, cooked, boiled, drained, without salt | 15.0 | 1.0 tbsp chopped | 4 | 0.12 | 1 |
| 11947 | Pickles, cucumber, dill, reduced sodium | 35.0 | 1.0 spear, small | 4 | 0.18 | 2 |
| 06600 | PACE, Green Taco Sauce | 16.0 | 1.0 serving | 4 | 0.00 | -- |
| 02036 | Spices, rosemary, dried | 1.2 | 1.0 tsp | 4 | 0.06 | 3 |
| 09195 | Olives, pickled, canned or bottled, green | 2.7 | 1.0 olive | 4 | 0.03 | 0 |
| 31014 | PACE, Jalapenos Nacho Sliced Peppers | 30.0 | 1.0 oz | 4 | 0.00 | -- |
| 11806 | Onions, frozen, chopped, cooked, boiled, drained, with salt | 15.0 | 1.0 tbsp chopped | 4 | 0.12 | 1 |
| 03105 | Babyfood, vegetables, squash, junior | 16.0 | 1.0 tbsp | 4 | 0.13 | 2 |
| 02039 | Spices, savory, ground | 1.4 | 1.0 tsp | 4 | 0.09 | 5 |
| 11591 | Watercress, raw | 34.0 | 1.0 cup, chopped | 4 | 0.78 | 7 |
| 11108 | Butterbur, canned | 124.0 | 1.0 cup, chopped | 4 | 0.14 | 2 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 09523 | Lemon juice from concentrate, bottled, CONCORD | 15.0 | 1.0 tbsp | 4 | 0.06 | 1 |
| 43158 | Sweeteners, tabletop, saccharin (sodium saccharin) | 1.0 | 1.0 serving 1 packet | 4 | 0.01 | 0 |
| 14214 | Beverages, coffee, instant, regular, powder | 1.0 | 1.0 tsp | 4 | 0.12 | 3 |
| 14203 | Beverages, coffee, instant, regular, half the caffeine | 1.0 | 1.0 tsp | 4 | 0.14 | 3 |
| 09129 | Grapes, muscadine, raw | 6.0 | 1.0 grape | 3 | 0.05 | 1 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 9.7 | 1.0 tbsp | 3 | 0.07 | 1 |
| 11757 | Carrots, cooked, boiled, drained, with salt | 9.7 | 1.0 tbsp | 3 | 0.07 | 1 |
| 19868 | Sweeteners, tabletop, sucralose, SPLENDA packets | 1.0 | 1.0 serving 1 packet | 3 | 0.00 | -- |
| 11953 | Squash, zucchini, baby, raw | 16.0 | 1.0 large | 3 | 0.43 | 5 |
| 03209 | Babyfood, crackers, vegetable | 0.7 | 1.0 cracker | 3 | 0.06 | 0 |
| 06961 | Sauce, peppers, hot, chili, mature red, canned | 15.0 | 1.0 tbsp | 3 | 0.14 | 2 |
| 11640 | Shallots, freeze-dried | 0.9 | 1.0 tbsp | 3 | 0.11 | 1 |
| 02048 | Vinegar, cider | 14.9 | 1.0 tbsp | 3 | 0.00 | 1 |
| 11824 | Peppers, sweet, red, cooked, boiled, drained, with salt | 12.0 | 1.0 tbsp | 3 | 0.11 | 1 |
| 43075 | Fluid replacement, electrolyte solution (include PEDIALYTE) | 31.2 | 1.0 fl oz | 3 | 0.00 | 0 |
| 11822 | Peppers, sweet, green, cooked, boiled, drained, with salt | 11.6 | 1.0 tbsp | 3 | 0.11 | 1 |
| 02046 | Mustard, prepared, yellow | 5.0 | 1.0 tsp or 1 packet | 3 | 0.19 | 2 |
| 06962 | Sauce, chili, peppers, hot, immature green, canned | 15.0 | 1.0 tbsp | 3 | 0.10 | 2 |
| 02068 | Vinegar, red wine | 14.9 | 1.0 tbsp | 3 | 0.01 | 1 |
| 09156 | Lemon peel, raw | 6.0 | 1.0 tbsp | 3 | 0.09 | 1 |
| 11975 | Grape leaves, canned | 4.0 | 1.0 leaf | 3 | 0.17 | 1 |
| 11943 | Pimento, canned | 12.0 | 1.0 tbsp | 3 | 0.13 | 1 |
| 02042 | Spices, thyme, dried | 1.0 | 1.0 tsp, leaves | 3 | 0.09 | 2 |
| 02053 | Vinegar, distilled | 14.9 | 1.0 tbsp | 3 | 0.00 | 0 |
| 14279 | Beverages, tea, black, ready-to-drink, peach, diet | 268.0 | 1.0 cup | 3 | 0.00 | -- |
| 14202 | Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated | 29.6 | 1.0 fl oz | 3 | 0.03 | 24 |
| 14210 | Beverages, coffee, brewed, espresso, restaurant-prepared | 29.6 | 1.0 fl oz | 3 | 0.04 | 24 |
| 14211 | Beverages, tea, black, ready-to-drink, lemon, diet | 265.0 | 1.0 cup | 3 | 0.00 | -- |
| 02027 | Spices, oregano, dried | 1.0 | 1.0 tsp, leaves | 3 | 0.09 | 3 |
| 14191 | Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C | 265.0 | 1.0 cup | 3 | 0.00 | -- |
| 11442 | Seaweed, agar, raw | 10.0 | 2.0 tbsp (1/8 cup) | 3 | 0.05 | 7 |
| 09153 | Lemon juice from concentrate, canned or bottled | 15.0 | 1.0 tbsp | 3 | 0.07 | 1 |
| 09524 | Lemon juice from concentrate, bottled, REAL LEMON | 15.0 | 1.0 tbsp | 3 | 0.07 | 1 |
| 02017 | Spices, dill weed, dried | 1.0 | 1.0 tsp | 3 | 0.20 | 5 |
| 35233 | Hazelnuts, beaked (Northern Plains Indians) | 0.4 | 1.0 nut | 3 | 0.06 | 1 |
| 14641 | Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor | 246.0 | 1.0 serving (8 fl oz) | 2 | 0.62 | 7 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 43154 | Alcoholic beverage, wine, cooking | 4.9 | 1.0 tsp | 2 | 0.02 | 0 |
| 14278 | Beverages, tea, green, brewed, regular | 245.0 | 1.0 cup | 2 | 0.54 | -- |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 4.6 | 1.0 tsp | 2 | 0.00 | 1 |
| 02055 | Horseradish, prepared | 5.0 | 1.0 tsp | 2 | 0.06 | 1 |
| 43019 | Salad dressing, sweet and sour | 16.0 | 1.0 tbsp | 2 | 0.02 | 0 |
| 04679 | Oil, PAM cooking spray, original | 0.3 | 1.0 spray , about 1/3 second (1 NLEA serving) | 2 | 0.00 | 0 |
| 02052 | Vanilla extract, imitation, no alcohol | 4.2 | 1.0 tsp | 2 | 0.00 | 0 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 4.6 | 1.0 tsp | 2 | 0.00 | 2 |
| 02038 | Spices, sage, ground | 0.7 | 1.0 tsp | 2 | 0.07 | 3 |
| 14353 | Beverages, tea, instant, decaffeinated, unsweetened | 0.7 | 1.0 serving 2 tsp | 2 | 0.14 | 2 |
| 14366 | Beverages, tea, instant, unsweetened, powder | 0.7 | 1.0 serving 1 tsp | 2 | 0.14 | 2 |
| 02037 | Spices, saffron | 0.7 | 1.0 tsp | 2 | 0.08 | 2 |
| 02054 | Capers, canned | 8.6 | 1.0 tbsp, drained | 2 | 0.20 | 3 |
| 09172 | Longans, raw | 3.2 | 1.0 fruit without refuse | 2 | 0.04 | 0 |
| 02004 | Spices, bay leaf | 0.6 | 1.0 tsp, crumbled | 2 | 0.05 | 1 |
| 11950 | Mushrooms, enoki, raw | 5.0 | 1.0 large | 2 | 0.13 | 1 |
| 14237 | Beverages, coffee substitute, cereal grain beverage, prepared with water | 30.1 | 1.0 fl oz | 2 | 0.03 | 2 |
| 02041 | Spices, tarragon, dried | 0.6 | 1.0 tsp, leaves | 2 | 0.14 | 2 |
| 14553 | Beverages, Wine, non-alcoholic | 29.0 | 1.0 fl oz | 2 | 0.14 | 3 |
| 19909 | Sweeteners, sugar substitute, granulated, brown | 0.5 | 1.0 tsp | 2 | 0.01 | 0 |
| 15162 | Mollusks, clam, mixed species, canned, liquid | 85.0 | 3.0 oz | 2 | 0.34 | 9 |
| 02012 | Spices, coriander leaf, dried | 0.6 | 1.0 tsp | 2 | 0.13 | 4 |
| 02003 | Spices, basil, dried | 0.7 | 1.0 tsp, leaves | 2 | 0.16 | 5 |
| 02023 | Spices, marjoram, dried | 0.6 | 1.0 tsp | 2 | 0.08 | 2 |
| 11292 | Onions, young green, tops only | 6.0 | 1.0 tbsp | 2 | 0.06 | 1 |
| 11216 | Ginger root, raw | 2.0 | 1.0 tsp | 2 | 0.04 | 1 |
| 14462 | Beverages, Propel Zero, fruit-flavored, non-carbonated | 29.6 | 1.0 fl oz | 1 | 0.00 | -- |
| 02029 | Spices, parsley, dried | 0.5 | 1.0 tsp | 1 | 0.13 | 2 |
| 11145 | Celtuce, raw | 8.0 | 1.0 leaf | 1 | 0.07 | 2 |
| 02066 | Spearmint, dried | 0.5 | 1.0 tsp | 1 | 0.10 | 3 |
| 02008 | Spices, chervil, dried | 0.6 | 1.0 tsp | 1 | 0.14 | 1 |
| 11931 | Peppers, sweet, red, freeze-dried | 0.4 | 1.0 tbsp | 1 | 0.07 | 1 |
| 11634 | Peppers, sweet, green, freeze-dried | 0.4 | 1.0 tbsp | 1 | 0.07 | 1 |
| 11022 | Balsam-pear (bitter gourd), leafy tips, raw | 4.0 | 1.0 leaf | 1 | 0.21 | 3 |
| 11625 | Parsley, freeze-dried | 0.4 | 1.0 tbsp | 1 | 0.13 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 11165 | Coriander (cilantro) leaves, raw | 4.0 | 0.25 cup | 1 | 0.09 | 1 |
| 02063 | Rosemary, fresh | 0.7 | 1.0 tsp | 1 | 0.02 | 1 |
| 11156 | Chives, raw | 3.0 | 1.0 tbsp chopped | 1 | 0.10 | 1 |
| 14223 | Beverages, coffee, instant, chicory | 29.9 | 1.0 fl oz | 1 | 0.03 | -- |
| 11447 | Sesbania flower, raw | 3.0 | 1.0 flower | 1 | 0.04 | 0 |
| 02049 | Thyme, fresh | 0.8 | 1.0 tsp | 1 | 0.04 | 1 |
| 11624 | Leeks, (bulb and lower-leaf portion), freeze-dried | 0.2 | 1.0 tbsp | 1 | 0.03 | 0 |
| 11615 | Chives, freeze-dried | 0.2 | 1.0 tbsp | 1 | 0.04 | 1 |
| 14219 | Beverages, coffee, instant, decaffeinated, prepared with water | 29.9 | 1.0 fl oz | 1 | 0.04 | 1 |
| 14376 | Beverages, tea, instant, lemon, diet | 29.8 | 1.0 fl oz | 1 | 0.01 | -- |
| 14215 | Beverages, coffee, instant, regular, prepared with water | 29.8 | 1.0 fl oz | 1 | 0.03 | 1 |
| 14416 | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine | 29.6 | 1.0 fl oz | 1 | 0.03 | 0 |
| 02044 | Basil, fresh | 2.5 | 5.0 leaves | 1 | 0.08 | 2 |
| 06169 | Sauce, ready-to-serve, pepper, TABASCO | 4.7 | 1.0 tsp | 1 | 0.06 | -- |
| 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1.0 tsp | 1 | 0.02 | 0 |
| 11959 | Arugula, raw | 2.0 | 1.0 leaf | 0 | 0.05 | 1 |
| 02045 | Dill weed, fresh | 1.0 | 5.0 sprigs | 0 | 0.03 | 1 |
| 35196 | Lambsquarters, raw (Northern Plains Indians) | 0.9 | 1.0 leaf | 0 | 0.04 | 1 |
| 14367 | Beverages, tea, instant, unsweetened, prepared with water | 29.7 | 1.0 fl oz | 0 | 0.02 | 1 |
| 14355 | Beverages, tea, black, brewed, prepared with tap water | 29.6 | 1.0 fl oz | 0 | 0.00 | 1 |
| 14146 | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine | 29.6 | 1.0 fl oz | 0 | 0.04 | 0 |
| 14544 | Beverages, tea, black, brewed, prepared with distilled water | 29.6 | 1.0 fl oz | 0 | 0.00 | -- |
| 14381 | Beverages, tea, herb, other than chamomile, brewed | 29.6 | 1.0 fl oz | 0 | 0.00 | -- |
| 14352 | Beverages, tea, black, brewed, prepared with tap water, decaffeinated | 29.6 | 1.0 fl oz | 0 | 0.00 | 1 |
| 14545 | Beverages, tea, herb, brewed, chamomile | 29.6 | 1.0 fl oz | 0 | 0.00 | -- |
| 14604 | Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener | 29.6 | 1.0 fl oz | 0 | 0.00 | -- |
| 14209 | Beverages, coffee, brewed, prepared with tap water | 29.6 | 1.0 fl oz | 0 | 0.04 | 1 |
| 14601 | Beverages, WENDY'S, tea, ready-to-drink, unsweetened | 29.6 | 1.0 fl oz | 0 | 0.07 | -- |
| 44018 | Sweeteners, tabletop, fructose, liquid | 0.1 | 1.0 serving | 0 | 0.00 | -- |
| 11984 | Epazote, raw | 0.8 | 1.0 tbsp | 0 | 0.00 | 1 |
| 02065 | Spearmint, fresh | 0.3 | 2.0 leaves | 0 | 0.01 | 0 |
| 02064 | Peppermint, fresh | 0.1 | 2.0 leaves | 0 | 0.00 | 0 |
| 14121 | Beverages, carbonated, club soda | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 18372 | Leavening agents, baking soda | 4.6 | 1.0 tsp | -- | 0.00 | -- |
| 14143 | Beverages, carbonated, low calorie, other than cola or pepper, without caffeine | 29.6 | 1.0 fl oz | 0 | 0.03 | 0 |
| 14247 | Beverages, tea, black, ready to drink | 473.0 | 16.0 fl oz | -- | 0.00 | -- |
| 14439 | Water, bottled, non-carbonated, NAYA | 29.6 | 1.0 fl oz | -- | 0.00 | 1 |
| 19918 | Sweetener, herbal extract powder from Stevia leaf | 1.0 | 1.0 package | -- | 0.00 | -- |
| 14559 | Beverages, water, bottled, non-carbonated, EVIAN | 29.6 | 1.0 fl oz | -- | 0.00 | 1 |
| 14166 | Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14076 | Beverages, ICELANDIC, Glacial Natural spring water | 100.0 | 1.0 serving | -- | 0.00 | -- |
| 14411 | Beverages, water, tap, drinking | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14190 | Beverages, tea, green, ready-to-drink, diet | 269.0 | 1.0 cup | -- | 0.00 | 3 |
| 14555 | Water, bottled, generic | 29.6 | 1.0 fl oz | -- | 0.00 | 1 |
| 14432 | Beverages, water, bottled, non-carbonated, DANNON | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14073 | Beverages, ZEVIA, cola | 355.0 | 1.0 can | -- | 0.00 | -- |
| 14429 | Beverages, water, tap, municipal | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14649 | Beverages, tea, hibiscus, brewed | 237.0 | 8.0 fl oz | -- | 0.00 | 7 |
| 14440 | Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14384 | Beverages, water, bottled, PERRIER | 29.6 | 1.0 fl oz | -- | 0.00 | -- |
| 14437 | Beverages, water, bottled, non-carbonated, CALISTOGA | 29.6 | 1.0 fl oz | -- | 0.00 | -- |
| 02074 | Seasoning mix, dry, sazon, coriander & annatto | 1.0 | 0.25 tsp | -- | 0.00 | -- |
| 14537 | Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14599 | Beverages, Powerade Zero Ion4, calorie-free, assorted flavors | 237.0 | 8.0 fl oz | -- | 0.00 | 2 |
| 14260 | Beverages, tea, green, brewed, decaffeinated | 240.0 | 240.0 ml | -- | 0.00 | 2 |
| 02047 | Salt, table | 6.0 | 1.0 tsp | -- | 0.00 | 0 |
| 14167 | Beverages, POWERADE, Zero, Mixed Berry | 360.0 | 12.0 fl oz | -- | 0.00 | -- |
| 14280 | Beverages, tea, black, ready to drink, decaffeinated, diet | 240.0 | 1.0 cup | -- | 0.00 | 5 |
| 14412 | Beverages, water, tap, well | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14151 | Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine | 29.6 | 1.0 fl oz | 0 | 0.03 | 0 |
| 14433 | Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA | 29.6 | 1.0 fl oz | -- | 0.00 | -- |
| 14074 | Beverages, ZEVIA, cola, caffeine free | 355.0 | 1.0 can | -- | 0.00 | -- |
| 14093 | Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified | 591.0 | 20.0 fl oz | -- | 0.00 | -- |
| 14385 | Beverages, water, bottled, POLAND SPRING | 29.6 | 1.0 fl oz | -- | 0.00 | 0 |
| 14201 | Beverages, coffee, brewed, prepared with tap water, decaffeinated | 29.6 | 1.0 fl oz | 0 | 0.03 | 1 |

| NDB_No | Description | Weight(g) | Measure | Energy(kcal) Per Measure | Protein(g) Per Measure | Magnesium, Mg(mg) Per Measure |
|---|---|---|---|---|---|---|
| 14261 | Beverages, tea, green, ready to drink, unsweetened | 473.0 | 16.0 fl oz | -- | 0.00 | -- |
| 14438 | Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER | 29.6 | 1.0 fl oz | -- | 0.00 | -- |
| 03024 | Babyfood, water, bottled, GERBER, without added fluoride. | 113.0 | 1.0 serving | -- | 0.00 | -- |
| 14434 | Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated | 29.6 | 1.0 fl oz | -- | 0.00 | -- |
| 14075 | Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water, | 240.0 | 8.0 fl oz | -- | 0.00 | 26 |