USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Thiamin (mg) ; Vitamin B-12 (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 09:39 EDT

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	7.504	--
16104	Bacon, meatless	144.0	1.0 cup	6.336	0.00
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	5.481	3.81
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	4.180	1.41
20060	Rice bran, crude	118.0	1.0 cup	3.249	0.00
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	2.879	0.01
11667	Seaweed, spirulina, dried	112.0	1.0 cup	2.666	0.00
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.373	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	2.291	0.16
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	2.291	0.16
20078	Wheat germ, crude	115.0	1.0 cup	2.164	0.00
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	2.040	0.00
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.976	0.00
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.875	0.00
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	1.867	7.46
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	1.856	1.41
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.824	--
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	1.815	3.02
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	1.815	--
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	1.815	2.09
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	1.800	3.02
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	1.792	1.22
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	1.792	2.88
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	1.785	1.53
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.746	0.00
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	1.682	0.00
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	1.682	0.00
16069	Lentils, raw	192.0	1.0 cup	1.676	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	1.660	6.64
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.656	0.00
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.626	0.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	1.622	6.73
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.621	0.00
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	1.616	0.54
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.616	0.54
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.612	0.00
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.601	0.00
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.597	0.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.542	0.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.542	0.00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.500	6.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1.500	6.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1.500	6.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1.500	6.00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	1.500	6.00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	1.500	6.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.499	6.09
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1.484	5.99
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.481	0.00
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.457	0.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.449	0.99
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.431	1.16
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.430	0.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.425	0.00
43406	Yeast extract spread	6.0	1.0 tsp	1.402	0.03
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.380	0.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.380	0.00
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.376	0.00
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.367	66.67
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	1.367	6.00

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20066	Semolina, enriched	167.0	1.0 cup	1.354	0.00
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.352	0.00
43132	Meatballs, meatless	144.0	1.0 cup	1.351	2.16
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.345	1.16
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.335	48.88
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.318	0.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	1.311	8.78
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.305	1.22
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.285	0.00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.255	1.50
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.245	1.12
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1.243	0.00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.231	1.12
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	1.222	0.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.212	0.00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.212	0.00
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	1.207	1.49
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.196	6.72
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.195	0.00
20038	Oats	156.0	1.0 cup	1.190	0.00
20004	Barley, hulled	184.0	1.0 cup	1.189	0.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.170	1.15
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.160	0.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.159	0.00
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1.152	0.00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.148	1.48
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.148	0.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	1.144	0.83
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.139	0.00
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.136	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.132	1.05
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	1.130	0.00
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	1.127	0.00
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.119	0.00
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.118	0.00

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20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	1.116	0.00
11450	Soybeans, green, raw	256.0	1.0 cup	1.114	0.00
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.112	0.00
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	1.102	0.00
20033	Oat bran, raw	94.0	1.0 cup	1.100	0.00
12145	Nuts, pilinuts, dried	120.0	1.0 cup	1.096	0.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.088	1.04
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.070	0.00
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	1.066	0.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.065	--
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1.064	0.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	1.058	0.37
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.056	0.91
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.053	--
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.051	3.16
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.048	0.00
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	1.040	0.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.035	0.95
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.022	0.98
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.018	1.55
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.001	0.00
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.987	0.27
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.986	0.00
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.984	0.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.981	0.00
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.981	0.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.981	0.00
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.979	0.00
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.973	0.00
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.973	0.00
20071	Wheat, hard red spring	192.0	1.0 cup	0.968	0.00
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.957	0.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.954	0.81
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.954	0.00
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.953	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.952	0.98

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32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.951	0.61
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.949	0.99
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.946	0.78
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.946	0.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.937	0.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.937	0.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.936	0.00
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.936	0.00
43134	Vegetarian fillets	85.0	1.0 fillet	0.935	3.57
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.935	4.34
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.933	1.18
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.933	0.00
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.932	0.09
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.931	0.97
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)	0.924	0.82
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.922	0.86
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)	0.911	0.79
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.909	0.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.908	1.24
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.906	0.00
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.902	0.00
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.902	0.40
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.902	6.82
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.902	1.16
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.896	0.00
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.883	0.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.882	0.74
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.880	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.873	0.62
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.869	1.47
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.867	0.00
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.865	0.00
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.865	0.00

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10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.864	0.62
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.857	0.92
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.857	1.30
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.855	3.33
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.855	0.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.855	0.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.848	0.43
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.848	1.16
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.843	0.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.842	0.00
20031	Millet, raw	200.0	1.0 cup	0.842	0.00
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.841	0.54
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.840	0.60
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.840	0.85
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.835	0.44
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.834	0.89
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.833	0.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.829	1.19
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.823	0.83
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.821	0.00
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.816	0.00
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.811	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.808	0.48
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.806	0.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.806	0.00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.805	5.50
20076	Wheat, durum	192.0	1.0 cup	0.804	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.802	0.48
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.800	1.76
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.800	2.13
20069	Triticale	192.0	1.0 cup	0.799	0.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.792	1.24
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.787	0.47
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.785	0.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.785	0.61
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.784	1.08

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20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.780	0.40
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.766	0.45
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.765	2.06
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.761	0.00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.761	1.11
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.760	0.60
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.756	3.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.756	2.11
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.755	0.72
20142	Teff, uncooked	193.0	1.0 cup	0.753	--
01115	Whey, sweet, dried	145.0	1.0 cup	0.753	3.44
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.750	1.50
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.750	5.95
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.750	3.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.745	0.60
20074	Wheat, hard white	192.0	1.0 cup	0.743	0.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.742	0.64
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.739	0.00
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.738	1.76
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.736	0.89
20072	Wheat, hard red winter	192.0	1.0 cup	0.735	0.00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.734	1.06
16117	Soy flour, defatted	105.0	1.0 cup	0.733	0.00
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.729	0.00
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.729	0.05
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.729	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.728	0.54
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.728	0.45
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.726	0.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.726	0.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.722	--
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.722	5.12
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.721	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.721	0.00
20132	Oat flour, partially debranned	104.0	1.0 cup	0.720	0.00
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.719	0.00
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.718	0.00
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.717	0.00
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.713	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.710	0.73
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.710	1.18
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.710	0.90
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.709	0.57
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.705	0.96
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.704	5.83
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.702	--
20090	Rice flour, brown	158.0	1.0 cup	0.700	0.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.697	0.89
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.697	0.89
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.694	0.22
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.694	0.22
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.693	0.82
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.693	0.72
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.693	0.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0.693	4.62
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.693	0.00
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.690	0.47
20075	Wheat, soft white	168.0	1.0 cup	0.689	0.00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.681	1.45
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.681	0.00
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.681	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.681	0.78
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.679	0.84
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.679	0.74
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.678	0.76
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.677	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.676	1.80
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.675	2.32
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.675	0.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.674	0.70
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.673	--
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.672	0.43
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.672	0.43
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.671	0.72
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.671	0.40
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.669	0.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.668	2.10
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.667	0.00
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.666	0.13
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.666	0.41
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.666	1.33
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.664	0.88
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.663	1.64
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.662	0.42
20073	Wheat, soft red winter	168.0	1.0 cup	0.662	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.660	0.90
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.660	0.88
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.654	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.649	0.87
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.647	0.52
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.644	1.57
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.643	0.42
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.642	1.03
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.640	3.02
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.639	0.65
20014	Corn grain, yellow	166.0	1.0 cup	0.639	0.00
20314	Corn grain, white	166.0	1.0 cup	0.639	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.638	0.96
20067	Sorghum grain	192.0	1.0 cup	0.637	0.00
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.637	1.13
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.634	0.47

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
20140	Spelt, uncooked	174.0	1.0 cup	0.633	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.633	0.44
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.632	31.26
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.630	0.00
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.629	1.08
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.629	0.00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.627	2.26
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.626	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.626	0.00
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.625	1.49
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	0.625	2.27
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.624	1.51
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.622	0.25
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	0.622	0.25
16106	Meat extender	88.0	1.0 cup	0.618	5.28
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.617	3.29
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.616	1.53
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.616	0.00
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.615	4.10
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.614	0.80
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.614	3.63
20035	Quinoa, uncooked	170.0	1.0 cup	0.612	0.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.612	0.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.608	0.00
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)	0.606	0.72
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)	0.606	0.65
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.605	0.56
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.605	1.68
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.605	2.20
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.603	0.00
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.603	0.00
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.602	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.602	0.50
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.600	0.46
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.600	3.16
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.599	3.23
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.599	0.27
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.599	0.27
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.599	0.79
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.598	1.06
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.593	0.00
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.592	0.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.592	0.47
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.591	0.90
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.591	0.64
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.591	0.47
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.590	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.589	0.43
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.588	9.49
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.586	1.71
43109	Pretzels, soft	143.0	1.0 large	0.586	0.00
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.586	0.00
16107	Sausage, meatless	25.0	1.0 link	0.586	0.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.584	2.39
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.580	0.36
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.577	0.58
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.575	--
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.575	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.575	0.54
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.575	--
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.574	3.86
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.573	0.41
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.571	0.58
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.571	2.43
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.570	0.59
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.570	2.07

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.568	--
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.567	0.45
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.565	0.62
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)	0.565	0.52
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.565	0.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.564	0.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.564	0.54
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.563	0.64
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.562	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.562	0.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.560	0.47
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.560	--
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.559	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.559	0.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.558	0.53
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.557	0.47
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.556	0.45
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.555	0.64
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.554	10.91
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.553	0.59
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.551	2.86
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.550	1.48
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.548	0.74
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.548	0.59
20130	Barley flour or meal	148.0	1.0 cup	0.548	0.00
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.546	--
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.543	0.54
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.543	0.47
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.542	0.75
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.540	2.66
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.538	0.51
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.538	0.54
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.537	0.46
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.537	2.10

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.536	0.42
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.536	0.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.536	0.00
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.535	0.16
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.535	0.40
20062	Rye grain	169.0	1.0 cup	0.534	0.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.534	19.55
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.533	2.87
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.532	0.38
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.531	1.27
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.531	0.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.530	0.97
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.530	0.80
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.530	0.44
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.530	0.44
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.529	0.72
05150	Goose, liver, raw	94.0	1.0 liver	0.528	50.76
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.528	0.86
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.527	0.36
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.527	1.02
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.526	0.36
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.525	2.10
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.525	2.10
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.525	2.10
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.525	2.09
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.525	2.10
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.525	2.11
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.525	2.11
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.524	3.36
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	0.524	2.11
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.524	6.01
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.524	2.17
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	0.524	2.11
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.524	2.11
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.524	2.11

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.524	0.00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.524	0.00
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.524	1.96
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.523	0.56
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.523	0.37
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.522	1.15
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.522	1.15
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.522	2.03
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.522	1.80
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.521	2.99
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.520	0.00
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.520	0.00
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.520	2.08
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.519	0.85
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.519	0.60
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.518	0.42
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.518	3.73
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.517	1.08
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.514	--
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.514	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.513	0.48
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.513	0.65
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.513	0.65
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.513	0.49
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.512	1.50
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.511	0.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.510	0.42
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.510	0.71
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.509	0.42
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.509	0.50
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.509	1.17
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.509	1.17
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.507	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.507	0.00
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.504	1.34
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.504	3.02
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.502	0.98
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.502	1.77
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.502	2.01
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.502	7.06
20131	Barley malt flour	162.0	1.0 cup	0.501	0.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.501	--
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.500	0.00
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.500	2.10
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.500	0.60
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.499	0.94
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.497	0.48
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.497	0.22
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.497	0.22
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.497	0.00
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.494	1.49
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.493	0.55
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0.493	3.19
20647	Millet flour	119.0	1.0 cup	0.491	--
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.491	0.00
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.491	0.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.491	0.66
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.490	0.44
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.489	0.62
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.489	0.56
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.489	0.98
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.488	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.484	0.44
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.483	1.13
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.483	0.40
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.482	0.68
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.481	0.55
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0.480	0.16

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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)	0.480	1.28
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.480	0.00
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.480	--
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.478	0.75
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.478	0.01
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.477	0.56
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.477	0.64
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.477	1.25
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.477	0.47
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.476	1.02
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.475	0.58
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.474	0.77
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.474	1.73
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.474	2.07
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.474	2.52
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.473	0.00
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.473	1.82
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.472	0.68
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.472	0.00
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.472	0.46
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.470	0.67
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.470	1.80
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.470	0.00
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.470	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.469	0.76
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.469	1.84
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.468	0.00
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.468	0.00
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.468	0.00
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.468	0.00
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.468	0.72
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.468	2.16
20466	Semolina, unenriched	167.0	1.0 cup	0.468	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.468	0.52
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.467	1.66
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.467	56.92
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.467	0.37
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.466	0.00
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.466	0.00
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.466	1.68
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.465	0.49
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.465	0.54
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.465	1.59
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.465	0.56
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.463	0.31
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.462	0.14
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.462	0.14
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.462	0.00
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.462	1.50
20143	Teff, cooked	252.0	1.0 cup	0.461	0.00
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.461	1.26
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.461	0.52
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.460	0.60
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.460	1.52
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.460	0.00
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.460	0.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.459	0.45
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.458	0.00
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.458	--
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.457	2.03
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.457	1.22
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.456	0.34
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	0.456	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.456	1.50
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.456	0.74
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.456	0.67
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.455	3.43

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.451	1.03
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.451	0.52
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.451	2.12
07939	Frankfurter, pork	76.0	1.0 link	0.451	0.37
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.450	2.51
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.450	2.51
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.450	1.50
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.449	0.44
16157	Chickpea flour (besan)	92.0	1.0 cup	0.447	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.447	0.54
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.447	0.76
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	0.447	--
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.446	0.02
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.446	0.37
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.446	0.54
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.446	--
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.445	0.57
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.444	1.18
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.444	0.43
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.444	0.74
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.443	0.66
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.443	0.64
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.442	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.442	0.77
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.442	0.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.442	0.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.441	2.74
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.440	0.56
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.440	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.439	0.45
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.438	0.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.438	1.62
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.438	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.437	0.84
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.437	0.84
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.437	0.36

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.437	0.37
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.436	0.36
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.436	0.56
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.436	0.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.436	1.54
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.436	0.00
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.436	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.435	0.76
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.434	0.31
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.434	0.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.434	0.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.434	0.42
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.434	2.12
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.433	--
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.432	1.15
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.432	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.432	0.00
15006	Fish, burbot, raw	116.0	1.0 fillet	0.432	0.93
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.432	0.82
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.431	0.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.431	0.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.431	0.72
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.431	0.52
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.431	0.00
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.431	0.11
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.430	0.24
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.430	0.24
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.430	0.61
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.430	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.429	0.68
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.429	0.77
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.428	0.58
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.427	0.67
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.427	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
07059	Polish sausage, pork	85.0	3.0 oz	0.427	0.83
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.426	0.79
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.426	0.56
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.425	0.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.425	0.61
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.425	0.08
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.425	1.36
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.425	0.73
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.424	0.47
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.422	0.00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.422	0.00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.421	0.44
16099	Peanut flour, defatted	60.0	1.0 cup	0.420	0.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.420	0.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	0.420	0.74
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.420	0.40
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.420	0.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.420	0.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.419	95.48
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	0.419	2.60
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.419	0.03
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.419	0.60
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.418	0.48
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.418	0.51
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.418	0.54
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.417	0.45
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.417	0.00
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.417	1.64
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.416	0.56
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.416	0.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.416	0.00
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.416	0.00
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.416	0.00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.415	1.50

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.415	0.27
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.415	0.15
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.414	0.00
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.414	0.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.414	0.00
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.414	2.38
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.414	--
03213	Babyfood, cookies	28.35	1.0 oz	0.414	0.13
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.413	1.02
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.413	0.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.413	0.53
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.413	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.412	0.45
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.412	0.61
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.411	0.42
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.411	0.52
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.410	0.00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.410	0.01
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.410	0.67
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.410	0.45
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.410	0.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.409	0.59
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.408	0.72
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.408	0.24
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.407	0.64
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.406	1.66
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.406	0.00
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.405	0.87
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.405	0.87
20063	Rye flour, dark	128.0	1.0 cup	0.404	0.00
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.404	0.84
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.403	0.00
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.403	--
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.403	2.78

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.403	0.82
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.403	--
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.402	0.00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.402	0.00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.401	1.60
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.401	0.42
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.400	0.56
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.400	0.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.400	1.50
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.399	0.46
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.399	0.52
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.399	1.48
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.399	0.00
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)	0.398	8.71
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.398	--
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.397	--
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.397	0.00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.397	1.59
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)	0.396	0.83
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.396	0.74
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.396	1.59
11683	Carrot, dehydrated	74.0	1.0 cup	0.395	0.00
18968	Bagels, wheat	98.0	1.0 bagel	0.395	0.00
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.395	0.00
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.395	0.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.394	1.86
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.394	0.77
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.394	0.65
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.393	1.55
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.393	0.00
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.393	--
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.393	47.23
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.393	0.48

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.392	0.30
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.392	0.22
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.392	0.00
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.392	0.57
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.392	1.51
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.392	1.51
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.391	0.63
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.391	0.89
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.391	0.49
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.390	0.35
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.390	0.62
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.390	1.25
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.390	1.50
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.390	1.50
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.390	1.50
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.390	1.22
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.390	0.34
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.390	2.10
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.388	0.48
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.388	0.00
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.388	0.48
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.387	1.50
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.387	1.50
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.387	1.50
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.387	1.50
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.387	1.50
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.387	1.50
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.387	1.50
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.387	2.86
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.386	0.83
11304	Peas, green, raw	145.0	1.0 cup	0.386	0.00
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.385	1.93
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.385	1.32
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.385	2.04
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.385	1.48
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.385	1.48

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.385	0.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.384	1.49
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.384	1.50
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.384	1.50
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.384	1.50
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	0.384	--
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.382	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.382	0.00
20005	Barley, pearled, raw	200.0	1.0 cup	0.382	0.00
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)	0.382	0.75
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.381	2.00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.381	2.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.381	1.51
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.380	1.88
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.380	1.96
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.380	0.00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.379	1.48
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.379	1.48
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.379	0.00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.378	1.51
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.378	1.51
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.378	6.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.378	1.51
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.378	1.51
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.378	1.51
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.378	0.47
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.378	0.47
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	0.378	--
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.377	1.52
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.377	1.51
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.377	1.51
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.377	1.51
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.377	1.51
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.377	1.50
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.377	1.51

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.377	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.377	0.43
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.377	--
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.376	0.55
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.376	0.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.376	1.50
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.375	1.51
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.375	1.51
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375	1.51
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.375	1.51
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.375	1.50
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375	1.51
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375	1.51
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.375	1.51
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.375	1.51
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.375	1.68
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.375	1.40
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.375	1.40
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.375	1.51
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)	0.375	0.00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.375	1.51
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.375	0.82
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.375	1.50
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.375	1.49
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.375	1.55
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.375	1.49
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.375	1.49
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.375	0.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.375	1.50
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.375	6.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.375	1.50
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.375	1.50

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.375	1.50
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.375	1.50
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.375	1.50
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.375	2.10
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.375	1.50
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.375	1.50
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.375	1.50
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.375	1.50
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.375	2.10
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.375	0.10
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.375	0.90
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.375	0.00
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.375	0.00
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.375	1.50
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.375	0.00
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.374	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.374	2.11
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.374	1.50
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.374	1.50
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.374	2.70
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.374	0.64
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.374	1.51
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.374	1.51
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)	0.374	1.65
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.374	1.48
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.374	1.48
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.374	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.374	1.48
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.374	5.99
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)	0.374	1.48
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.374	1.48
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.374	1.50
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.374	1.50
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.374	0.42
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.373	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.373	0.63
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.373	1.50
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.373	1.50
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.373	0.00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.372	5.88
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.372	0.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.372	0.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.372	0.00
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.372	--
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.372	1.49
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.372	1.49
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.372	1.49
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.372	1.49
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.372	1.49
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.372	1.49
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.372	0.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	0.372	1.48
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.372	0.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.372	1.90
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.371	1.50
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.371	1.51
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.371	1.60
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.371	1.74
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.371	15.19
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.371	1.59
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.371	1.48

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.370	0.00
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.370	0.00
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.370	0.10
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.369	0.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.369	1.94
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.369	3.88
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.368	0.71
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.367	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.367	1.62
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.367	--
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.367	2.64
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.367	2.90
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.366	1.87
11413	Potato flour	160.0	1.0 cup	0.365	0.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.364	2.90
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.364	0.56
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.364	1.51
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.364	0.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.364	1.51
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.364	1.51
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.364	3.80
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.363	1.48
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.363	1.48
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.363	0.20
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.363	0.00
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.363	0.00
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.362	4.16
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.362	0.46
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.362	4.07
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.361	3.41
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.361	1.51
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.361	1.51
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.361	1.51
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.361	1.20
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.360	0.80

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.360	0.34
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.360	1.44
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.360	0.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.360	0.41
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.359	0.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.358	1.98
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.358	1.98
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.358	0.87
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	0.357	1.53
05628	Emu, inside drum, raw	85.0	3.0 oz	0.357	1.92
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	0.356	3.10
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.356	1.10
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.356	11.18
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.356	4.70
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.356	4.70
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.355	0.38
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.355	0.00
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.355	1.41
01113	Whey, acid, dried	57.0	1.0 cup	0.355	1.42
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.354	1.42
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.354	1.48
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.354	1.48
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.354	1.48
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.352	0.00
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.352	0.00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.352	1.38
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.352	0.30
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.352	0.30
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	0.351	1.85
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.351	1.00
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.351	--
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.351	0.24
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.350	0.32

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
20034	Oat bran, cooked	219.0	1.0 cup	0.350	0.00
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.350	0.55
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.350	0.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.350	0.00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.350	--
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.349	0.42
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.349	1.56
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.349	1.93
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.349	2.04
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.348	0.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.348	0.92
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.348	0.40
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.347	0.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.347	0.93
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.347	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.347	0.92
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.347	9.29
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.346	0.50
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.346	0.86
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.346	0.63
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.345	0.00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.345	0.00
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.345	0.17
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.345	0.83
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.345	0.40
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.345	0.00
16005	Beans, baked, home prepared	253.0	1.0 cup	0.344	0.00
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.344	1.81
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.344	3.33
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.343	0.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.343	18.15
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.342	0.00
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.342	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.342	2.17
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.342	0.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.342	0.40
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.341	1.92
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.340	0.00
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.340	0.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.340	0.00
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.339	1.16
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.339	0.00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.338	1.05
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.338	1.05
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.338	2.35
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.338	0.79
20065	Rye flour, light	102.0	1.0 cup	0.338	0.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.338	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.337	0.00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.337	0.00
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.336	0.00
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.336	0.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.336	0.36
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.335	0.79
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.335	0.97
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.335	0.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.335	0.39
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.335	0.86
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.335	0.00
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.335	0.00
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.334	0.09
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.333	0.00
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.333	--
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.333	0.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.332	0.00
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.331	0.42
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.331	0.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.331	0.00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.331	0.45

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.331	0.00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.331	0.00
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.331	0.00
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.331	--
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.330	0.69
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.330	0.00
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.330	--
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.330	0.01
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.330	0.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.330	0.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.330	0.00
19355	Syrups, sorghum	330.0	1.0 cup	0.330	0.00
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.330	0.00
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.330	0.16
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.330	0.16
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.330	0.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.329	0.70
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.327	0.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.326	0.49
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.326	2.51
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.326	0.01
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.326	0.39
20012	Bulgur, dry	140.0	1.0 cup	0.325	0.00
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.325	4.15
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.323	1.43
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.323	1.43
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.323	0.23
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0.323	0.00
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.323	0.00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.323	0.00
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.321	--
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.320	0.99
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.320	--
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.320	81.60
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.320	0.00
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.320	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.319	0.10
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.318	1.26
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0.318	--
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.318	0.33
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.318	0.37
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.318	0.48
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.317	0.00
05621	Emu, ground, raw	117.0	1.0 patty	0.316	7.90
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.315	0.10
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.315	0.10
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.314	0.33
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.314	0.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.314	0.82
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.314	1.87
11432	Radishes, oriental, dried	116.0	1.0 cup	0.313	0.00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.313	--
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.313	2.19
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.312	0.78
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	0.312	1.76
11349	Poi	240.0	1.0 cup	0.312	0.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.312	0.00
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.311	4.92
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.311	0.00
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.310	0.00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.309	0.89
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.309	0.74
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.308	0.00
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.308	1.20
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.308	0.36
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.308	0.34
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.307	0.65
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.306	0.00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.306	0.00
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.306	6.68

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.306	0.34
05626	Emu, full rump, raw	85.0	3.0 oz	0.306	1.90
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.305	0.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.304	1.16
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.304	1.16
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.304	1.16
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.304	1.16
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.304	0.47
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0.304	--
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.304	0.55
20077	Wheat bran, crude	58.0	1.0 cup	0.303	0.00
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.303	0.63
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.303	--
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.303	0.00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.303	0.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.303	0.31
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.303	1.21
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.303	1.21
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.302	0.00
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.302	0.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.302	1.16
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.302	0.90
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.301	1.19
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.301	1.19
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.301	1.19
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.301	1.19
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.301	1.19
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.301	1.19
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.301	1.19
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.301	1.19
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.301	1.19
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.301	1.19
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.301	1.19
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.301	1.19
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.301	1.19

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.301	1.19
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.301	1.19
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.300	1.20
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.300	2.09
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.300	0.00
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.300	0.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.300	2.60
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.300	0.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.300	1.20
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.300	0.05
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.300	1.19
05305	Ground turkey, raw	453.6	1.0 lb	0.299	4.54
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.299	0.00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.299	0.82
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.299	0.00
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.298	0.55
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0.298	0.45
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.298	67.07
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.298	7.96
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.298	12.29
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.298	72.84
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.298	2.12
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.297	0.19
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.297	0.18
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.297	1.17
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.297	1.17
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.297	1.21
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.297	0.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.296	1.22
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	0.296	1.22
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.296	0.52
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.296	1.04
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.296	0.52
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.296	0.30
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.294	0.00
12061	Nuts, almonds	143.0	1.0 cup, whole	0.293	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.293	0.00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.293	0.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.293	0.51
20064	Rye flour, medium	102.0	1.0 cup	0.293	0.00
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.293	--
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.289	2.38
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.288	0.00
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.288	0.00
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.288	2.06
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.287	0.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.287	0.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.287	0.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.287	0.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.287	0.00
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.286	0.00
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.285	0.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.285	12.22
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0.284	0.00
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.284	0.00
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.283	0.00
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.283	0.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.283	0.00
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.283	0.00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.283	0.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.283	0.52
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.283	1.45
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.282	0.36
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.282	0.36
20028	Couscous, dry	173.0	1.0 cup	0.282	0.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.281	2.71
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.281	2.71
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.280	0.42
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.280	0.00
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.280	0.44
16113	Natto	175.0	1.0 cup	0.280	0.00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.280	0.00

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16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.280	0.00
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.279	1.30
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.278	0.89
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.278	0.16
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.278	0.49
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.278	0.19
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.278	0.25
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.277	0.00
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.277	0.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.277	0.00
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.277	0.00
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.277	1.49
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.276	6.15
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.276	0.40
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.276	7.40
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.276	8.93
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.276	0.54
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.276	0.00
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.276	3.04
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.276	0.03
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.276	2.06
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.276	0.61
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.275	0.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.275	0.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.275	0.01
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.275	0.00
16100	Peanut flour, low fat	60.0	1.0 cup	0.274	0.00
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.274	0.10
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.274	0.00
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.274	0.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.274	0.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.274	0.40
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.274	0.26
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.274	0.00
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.274	2.84

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21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.273	0.87
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.273	0.23
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.273	0.36
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.272	0.10
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.272	0.57
11215	Garlic, raw	136.0	1.0 cup	0.272	0.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.271	0.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.271	0.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.271	0.10
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.271	0.32
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.271	0.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.270	0.00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.270	0.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270	0.00
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.270	0.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270	0.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.269	2.03
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0.269	0.00
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.269	0.00
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.269	3.05
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.268	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.268	0.00
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.268	0.00
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.268	0.18
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.267	0.58
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.267	0.46
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.267	0.69
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.267	0.00
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.267	0.00
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.266	0.47
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.266	1.34
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.265	1.02
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.265	7.55
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.265	0.14
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.264	0.00

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16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.264	0.00
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.264	4.64
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.264	1.06
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.264	0.20
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.264	0.60
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.264	0.89
19194	Puddings, rice, dry mix	106.0	1.0 package	0.263	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.262	0.51
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.262	1.48
07926	Salami, Italian, pork	28.0	1.0 oz	0.260	0.78
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.260	1.73
05158	Quail, meat only, raw	92.0	1.0 quail	0.260	0.43
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.260	0.49
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.260	0.00
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.259	3.42
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.259	0.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.258	0.00
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.258	0.00
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.258	0.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.258	0.00
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.256	1.28
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.256	0.31
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.255	1.82
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)	0.255	2.32
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.255	20.40
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.255	1.36
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.254	0.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.254	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.254	0.13
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.253	0.67
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.253	0.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.253	0.00
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.253	0.00
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.252	2.35
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.252	0.03
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252	0.03

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.252	0.00
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.252	0.00
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.251	--
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.251	--
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.251	1.76
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.251	0.24
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.251	0.00
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.250	0.00
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.250	1.73
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.248	1.09
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.248	0.20
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.248	2.80
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.248	0.11
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.247	0.59
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.247	23.76
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.247	0.69
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.247	0.68
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.246	0.37
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.246	0.00
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.246	0.85
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.246	0.54
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.245	0.00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.245	0.00
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.245	0.00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.245	0.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.245	0.00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.244	--
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.244	0.00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.244	0.15
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.244	0.12
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.244	0.42
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.243	0.50
20087	Wheat, sprouted	108.0	1.0 cup	0.243	0.00
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.243	0.00
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.243	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.243	0.64
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.243	0.00
21142	Fast food, biscuit	55.0	1.0 biscuit	0.243	0.00
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)	0.242	0.00
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.242	0.47
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.242	0.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.242	0.00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0.242	0.00
09059	Breadfruit, raw	220.0	1.0 cup	0.242	0.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.241	0.00
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.241	3.48
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.241	0.29
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.241	1.20
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.240	18.00
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.240	0.92
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.240	0.00
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.240	0.05
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.240	0.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.240	0.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.240	0.23
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.239	0.39
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.239	0.09
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.239	0.00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.239	0.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.238	0.19
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.238	0.92
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.238	0.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.238	0.00
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.238	0.00
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.238	0.07
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.237	3.48
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	0.237	0.94
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.237	0.00
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.236	0.26
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.236	9.25

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.235	0.51
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.235	0.79
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.235	1.81
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.234	0.17
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.234	0.08
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.234	2.59
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.233	0.00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.233	0.00
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.232	0.27
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.232	--
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.231	0.00
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.231	0.00
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.231	2.54
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.231	0.88
09085	Currants, zante, dried	144.0	1.0 cup	0.230	0.00
05631	Emu, oyster, raw	85.0	3.0 oz	0.230	5.75
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.230	0.94
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.230	1.10
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230	0.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.230	0.00
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.230	1.61
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.230	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.230	--
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.230	1.70
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.229	0.00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.229	0.74
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.229	0.00
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.229	0.81
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.229	0.81
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.229	0.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.229	0.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.229	--
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.228	0.00
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.228	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.228	--
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.228	0.00
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.228	--
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.228	0.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.227	1.49
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.227	5.67
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.227	--
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.227	0.22
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.227	0.03
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.226	0.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.226	0.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.226	0.00
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.226	0.20
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.226	0.20
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.226	0.00
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.226	0.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.225	0.43
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.225	0.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.225	0.00
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.225	0.90
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.225	0.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.225	0.00
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.225	0.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.224	0.00
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.224	0.12
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.224	0.00
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.224	0.00
09206	Orange juice, raw	248.0	1.0 cup	0.223	0.00
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.222	0.00
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.222	0.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.222	0.00
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.222	0.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.222	0.47
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.221	0.21
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.221	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.221	0.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.221	0.31
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.221	--
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.221	3.08
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.221	0.31
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.221	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.221	--
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.220	5.99
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.220	0.07
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.220	0.00
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.220	0.65
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.220	0.00
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.220	0.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.220	0.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.219	0.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.219	0.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.219	15.87
05630	Emu, outside drum, raw	85.0	3.0 oz	0.219	5.88
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.219	0.70
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.219	1.37
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.218	0.51
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.218	0.00
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.218	0.16
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.218	0.00
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.218	0.61
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.218	0.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.217	0.21
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.217	9.01
11655	Carrot juice, canned	236.0	1.0 cup	0.217	0.00
07008	Bologna, beef and pork	100.0	3.527 oz	0.217	1.82
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.217	0.00
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.217	0.30
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.216	0.00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.216	0.00
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.216	0.58
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.215	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.215	0.29
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.215	0.04
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.215	0.00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.215	1.22
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.214	0.64
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.214	0.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.213	1.21
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	0.213	--
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.213	0.09
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.213	0.18
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.213	0.00
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.212	5.64
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.212	0.00
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.212	0.09
21419	KFC, biscuit	49.0	1.0 biscuit	0.212	--
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.212	0.06
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.212	--
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.212	7.34
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.211	0.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.211	0.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.211	0.63
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.210	3.75
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.210	0.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.210	0.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.210	0.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.210	0.19
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.209	--
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.209	--
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.209	1.19
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.209	0.18
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.208	5.20
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.208	0.49
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	0.208	--
18972	Bread, cheese	48.0	1.0 slice	0.208	0.12
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.208	0.25
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.208	0.20

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.207	0.80
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.207	13.69
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.207	0.14
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.207	0.20
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.206	0.00
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.205	0.88
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.205	0.00
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.205	0.00
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.205	8.02
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.205	0.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.205	0.00
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.205	0.00
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.204	0.00
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.204	4.13
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.204	12.20
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.204	1.22
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.204	0.51
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.204	0.40
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.204	0.13
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.204	5.47
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.204	0.83
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.203	0.07
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.203	0.48
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.202	0.03
07030	Ham, minced	28.35	1.0 oz	0.202	0.27
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.202	0.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.202	0.85
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.202	0.00
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.202	0.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.201	5.72
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.201	5.41
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.201	0.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.201	1.89
19350	Syrups, corn, light	341.0	1.0 cup	0.201	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.201	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	0.201	--
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.201	--
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.201	0.07
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.200	0.00
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.200	2.53
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.200	0.00
11278	Okra, raw	100.0	1.0 cup	0.200	0.00
20141	Spelt, cooked	194.0	1.0 cup	0.200	0.00
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.200	0.12
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.200	5.37
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.200	0.31
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.200	0.46
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.199	0.72
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.199	5.52
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.199	0.47
36031	DENNY'S, onion rings	166.0	1.0 serving	0.199	--
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.199	0.00
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.199	0.00
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.199	0.00
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.199	0.03
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.198	0.79
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.198	0.05
05641	Ostrich, ground, raw	109.0	1.0 patty	0.198	5.02
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198	0.19
11230	Pepeao, dried	24.0	1.0 cup	0.198	0.00
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.198	0.31
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.198	5.34
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.198	5.32
36610	DENNY'S, french fries	165.0	1.0 serving	0.198	--
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.198	0.51
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.198	0.38
20137	Quinoa, cooked	185.0	1.0 cup	0.198	0.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.198	0.70
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.198	1.15

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.198	0.16
18236	Cracker meal	28.35	1.0 oz	0.197	0.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.197	0.08
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.197	5.31
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.197	9.76
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.197	--
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.197	0.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.197	0.48
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.196	0.00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.196	--
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.196	0.14
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.196	65.02
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0.196	15.96
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.195	0.00
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	0.195	--
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.195	0.26
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.195	0.78
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.195	5.24
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.195	7.80
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.195	0.50
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.195	1.12
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.194	0.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.194	0.12
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.194	0.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.193	1.46
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.193	0.08
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.193	0.66
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.193	0.15
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.193	0.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.193	2.41
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.193	2.09
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.193	0.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.193	0.00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.193	0.24

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.193	1.73
11414	Potato salad, home-prepared	250.0	1.0 cup	0.192	0.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.192	0.00
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.192	2.70
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.192	4.27
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.192	0.00
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.192	--
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.192	0.08
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.192	1.33
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.192	1.33
11011	Asparagus, raw	134.0	1.0 cup	0.192	0.00
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	0.191	--
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.190	0.77
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.190	0.66
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.190	0.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.190	0.00
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.190	10.22
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.190	0.00
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.189	2.76
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.189	0.74
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.189	0.21
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.189	0.25
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.189	0.00
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.189	0.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.188	0.22
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.188	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.187	1.68
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.187	0.00
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.187	0.42
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.187	--
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.187	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.187	--
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.187	0.59
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.187	0.00
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.187	0.15
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.187	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.186	--
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.186	0.10
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.185	0.89
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.185	0.00
18059	Bread, rice bran	28.35	1.0 oz	0.185	0.00
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.185	0.00
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.185	0.00
09299	Raisins, seeded	165.0	1.0 cup, packed	0.185	0.00
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.185	0.00
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.185	0.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.184	1.32
20032	Millet, cooked	174.0	1.0 cup	0.184	0.00
20088	Wild rice, raw	160.0	1.0 cup	0.184	0.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.184	0.00
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.184	0.00
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.184	0.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.184	0.86
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.184	0.86
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.183	0.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.183	0.00
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.183	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.182	1.97
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.182	0.95
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.182	0.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.182	--
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.182	0.18
16087	Peanuts, all types, raw	28.35	1.0 oz	0.181	0.00
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.181	0.04
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.181	4.59
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.181	0.00
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.181	0.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.181	0.15
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.181	0.00
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.180	1.26
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.180	0.34

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.180	0.00
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.180	0.00
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.180	0.34
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.180	0.00
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.180	--
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.180	0.00
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.180	1.80
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.180	0.00
11134	Cassava, raw	206.0	1.0 cup	0.179	0.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.179	0.35
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.179	0.07
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.179	0.00
07019	Chorizo, pork and beef	28.35	1.0 oz	0.179	0.57
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.178	1.90
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.178	4.53
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.178	0.00
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.178	0.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.178	0.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.178	0.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.178	0.60
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.178	0.25
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.177	2.09
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.177	2.09
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.177	0.03
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.177	0.00
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.177	0.00
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.177	--
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	0.177	--
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.177	--
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.177	0.26
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.176	0.00
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	0.176	0.19
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.176	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.176	0.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.176	0.04
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.176	2.75
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.176	0.83
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.176	14.86
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.176	0.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.176	0.00
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.176	0.78
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.176	0.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.176	0.00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.175	0.00
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.175	1.44
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.175	0.04
09298	Raisins, seedless	165.0	1.0 cup, packed	0.175	0.00
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.174	4.43
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.174	0.70
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.174	2.33
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	0.174	--
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	0.174	--
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.174	0.00
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.174	1.07
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.174	0.00
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.174	0.30
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.173	1.03
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.173	0.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.173	0.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.173	0.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.173	0.00
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.173	0.79
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.172	--
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.172	0.00
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.172	0.70
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.172	--
11656	Corn pudding, home prepared	250.0	1.0 cup	0.172	0.78
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.172	0.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.172	1.95

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.172	0.60
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.172	0.00
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.172	0.00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.172	0.00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.172	0.00
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.172	0.13
20008	Buckwheat	170.0	1.0 cup	0.172	0.00
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.172	0.00
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.171	0.39
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.171	0.00
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.171	0.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.171	0.00
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	0.171	--
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	0.171	--
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.171	0.63
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.171	4.33
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	0.171	--
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.170	0.00
09205	Oranges, raw, with peel	170.0	1.0 cup	0.170	0.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.170	0.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.170	0.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.170	0.19
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.170	0.33
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.170	--
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.170	--
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.170	0.65
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.169	0.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.169	0.00
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.169	0.00
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.169	0.00
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.169	0.00
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.169	0.00
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.169	0.01
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.169	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.169	0.27
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.169	0.17
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.168	0.00
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.168	0.00
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.168	4.26
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.168	4.28
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.168	0.23
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.168	0.38
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.168	0.00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.168	0.00
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.168	--
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.168	0.53
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.168	0.00
07921	Bacon and beef sticks	28.0	1.0 oz	0.168	0.53
11601	Yam, raw	150.0	1.0 cup, cubes	0.168	0.00
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.168	--
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	0.168	--
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.168	0.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.168	2.44
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.168	0.00
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.167	0.21
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.167	--
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.167	--
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.167	0.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.167	0.00
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167	4.23
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.167	0.07
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.167	4.22
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.166	0.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.166	0.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.166	0.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.166	1.00
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.166	4.20

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.165	2.39
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.165	1.69
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.165	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.165	0.18
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.165	0.00
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.165	4.17
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.165	0.00
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)	0.165	5.43
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.164	0.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.164	2.27
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.164	0.66
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.164	1.03
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	0.164	--
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.164	--
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.164	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.164	0.46
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.164	0.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.163	0.00
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.163	--
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.163	0.00
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.163	0.00
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.163	0.49
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.163	2.25
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.163	0.00
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.163	0.97
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.162	1.80
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.162	15.10
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.162	0.69
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.162	0.69
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	0.162	--

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28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.162	--
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.162	--
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.162	--
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.162	2.05
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.162	0.19
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.162	0.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.162	1.95
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.162	1.95
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.162	0.00
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.162	0.21
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.161	0.62
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.161	31.36
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.161	2.61
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.161	0.00
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.161	0.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.161	0.79
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.161	0.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.161	0.25
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.161	15.39
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.161	50.40
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.161	0.00
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.160	18.79
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.160	4.63
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	0.160	--
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	0.160	--
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	0.160	--
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	0.160	--
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.160	--
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.160	0.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.160	0.00
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.160	0.00
01109	Milk, sheep, fluid	245.0	1.0 cup	0.159	1.74
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.159	14.73
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.159	0.37
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.159	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.159	0.00
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.158	--
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.158	--
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.158	0.39
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.158	2.14
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.158	2.14
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.158	--
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.158	0.45
09315	Soursop, raw	225.0	1.0 cup, pulp	0.158	0.00
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.158	11.93
43476	Tofu yogurt	262.0	1.0 cup	0.157	0.00
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.157	0.00
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.157	0.36
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.157	0.12
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.157	0.00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.157	0.12
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.157	0.00
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.157	0.00
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.157	0.00
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.156	--
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.156	0.02
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	0.156	--
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.156	0.00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.156	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.156	2.69
07061	Mother's loaf, pork	28.35	1.0 oz	0.156	0.30
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.156	0.43
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.156	0.00
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	0.156	10.22
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.156	2.52
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.155	0.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.155	0.40

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06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.155	0.43
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.155	0.13
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.155	0.00
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	0.154	0.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.154	0.00
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.154	0.00
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.154	0.51
08510	Milk and cereal bar	25.0	1.0 bar	0.154	0.50
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.154	2.10
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.154	0.00
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.153	0.00
18338	Phyllo dough	28.35	1.0 oz	0.153	0.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.153	0.01
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.153	0.61
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.153	0.37
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.153	--
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.153	--
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.153	1.71
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.153	14.11
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.153	1.28
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.153	1.73
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.153	--
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.153	0.00
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	0.152	--
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	0.152	--
18003	Bagels, egg	28.35	1.0 oz	0.152	0.05
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.152	0.60
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.152	0.60
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.152	0.00
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.152	0.00
07026	Ham, chopped, canned	28.35	1.0 oz	0.152	0.20
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.151	0.05
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.151	0.19
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.151	11.48

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.151	0.99
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.151	0.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.151	0.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.151	0.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.151	0.00
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.151	0.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.151	0.00
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.151	--
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	0.151	--
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.151	0.00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	0.151	0.00
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	0.151	--
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.151	--
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.151	0.00
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.151	0.00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.151	0.00
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.151	--
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.151	0.00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.151	0.00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.151	--
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.151	0.00
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.151	2.62
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.151	0.12
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.151	0.00
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	0.150	1.78
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.150	0.61
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.150	0.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.150	--
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.150	0.40
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.150	0.12
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	0.150	--
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.150	0.88
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.150	0.00
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.150	0.00
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.150	0.01

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.150	0.00
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.150	0.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	0.150	--
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.150	--
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	0.150	--
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.150	0.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.150	0.00
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.150	--
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.150	0.00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.150	0.00
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.150	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.150	0.00
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.150	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.150	0.00
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.150	0.00
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.150	0.32
07911	Liverwurst spread	55.0	0.25 cup	0.150	7.40
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.150	0.00
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.150	--
18344	Rolls, dinner, egg	28.35	1.0 oz	0.149	0.07
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.149	0.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.149	0.39
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.149	0.18
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.149	0.00
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.149	0.21
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.149	0.82
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.149	0.37

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.149	0.00
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.149	--
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.149	0.00
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.149	0.01
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.148	0.27
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.148	0.00
18241	Croissants, cheese	28.35	1.0 oz	0.148	0.09
18349	Rolls, french	28.35	1.0 oz	0.148	0.00
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.148	0.00
09221	Tangerine juice, raw	247.0	1.0 cup	0.148	0.00
18459	Breakfast tart, low fat	52.0	1.0 tart	0.148	0.00
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	0.148	0.34
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.148	0.43
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.148	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.148	0.00
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.148	0.00
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.148	0.00
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.148	0.00
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.147	3.90
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.147	0.04
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.147	0.31
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.147	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.147	0.16
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.147	0.01
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.147	1.70
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)	0.147	3.88
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.147	0.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.147	0.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.147	0.00
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.147	0.39
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.147	0.25
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.147	0.23

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.147	0.00
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.146	0.26
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.146	0.03
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.146	0.00
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.146	0.00
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.146	0.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.146	0.07
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.146	0.00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.146	0.95
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.146	0.00
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.146	67.68
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.146	0.00
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.145	0.82
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.145	0.00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.145	0.00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.145	0.00
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	0.145	--
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.145	--
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.145	--
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.145	0.00
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	0.145	1.40
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.145	2.24
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.145	20.48
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.145	9.52
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.144	0.00
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.144	0.87
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.144	1.18
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.144	0.00
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.144	0.00
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.144	0.00
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.144	0.00
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.144	0.45
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.144	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.144	--
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.144	0.00
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.144	0.06
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.144	--
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.144	0.00
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.144	0.00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.144	0.00
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.144	0.00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.143	0.09
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.143	0.52
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.143	67.34
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.143	1.11
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.143	0.98
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.143	4.53
18037	Bread, oat bran	28.35	1.0 oz	0.143	0.00
18967	Bread, white wheat	28.0	1.0 slice	0.143	0.00
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.143	5.47
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.143	--
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.142	0.00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.142	0.00
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.142	--
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.142	0.39
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0.142	--
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.141	0.02
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.141	0.00
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.141	0.00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.141	0.44
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.141	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.141	0.11
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.141	0.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.141	1.20
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.141	19.30
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.140	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.140	1.54
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.140	0.60

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.140	0.00
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.140	0.00
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.140	1.02
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.140	0.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.140	16.72
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.139	0.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.139	0.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.139	0.08
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.139	0.12
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.139	0.81
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.139	0.00
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.139	0.04
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.138	0.00
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.138	0.00
19304	Molasses	337.0	1.0 cup	0.138	0.00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.138	0.09
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.138	0.00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.138	1.27
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.138	0.65
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.138	0.65
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.138	1.65
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.138	--
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.138	0.00
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.138	0.06
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.138	0.75
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.137	0.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.137	0.07
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.137	0.10
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.137	0.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.137	0.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.137	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.137	2.18
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.137	--
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.137	--
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.137	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.137	0.00
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.137	0.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.137	0.00
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.136	0.00
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.136	--
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.136	0.00
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.136	0.00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.136	0.05
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.136	0.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.136	21.16
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.136	1.05
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	0.136	1.51
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.136	1.09
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.136	0.00
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.136	0.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.136	0.00
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.136	0.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.136	0.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.136	0.00
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.136	14.93
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.136	0.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.136	2.64
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.136	0.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.135	0.01
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.135	--
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.135	1.04
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.135	0.16
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.135	0.09
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.135	--
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.135	2.25
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.135	0.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.135	0.58
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.134	--
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.134	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.134	--
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.134	4.53
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.134	7.30
18033	Bread, italian	28.35	1.0 oz	0.134	0.00
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.134	0.00
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.134	0.15
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.134	0.01
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.134	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.133	3.80
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.133	1.28
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.133	0.01
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.133	0.09
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.133	0.00
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.133	0.54
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.133	0.00
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.133	0.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.133	2.37
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.133	0.00
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.132	3.08
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.132	2.72
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.132	--
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	0.132	--
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.132	--
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.132	47.99
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.132	0.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.132	0.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.132	0.38
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.132	0.70
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.131	0.30
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.131	0.00
03215	Babyfood, pretzels	28.35	1.0 oz	0.131	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.131	0.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.131	0.10
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.131	1.07
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.131	0.91

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.131	0.00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.131	0.00
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.130	13.75
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.130	0.31
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.130	0.00
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.130	0.00
20006	Barley, pearled, cooked	157.0	1.0 cup	0.130	0.00
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.130	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.130	0.46
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.130	--
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	0.130	1.47
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.130	2.60
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.130	0.00
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.130	0.00
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.130	0.00
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.130	0.00
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.130	0.00
16114	Tempeh	166.0	1.0 cup	0.129	0.13
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.129	0.24
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.129	0.00
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.129	0.00
19366	Toppings, pineapple	340.0	1.0 cup	0.129	0.00
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.129	--
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.129	--
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.129	0.00
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.129	0.00
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.129	--
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.128	9.30
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.128	7.41
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.128	--
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.128	0.00
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.128	0.00
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.128	4.22
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.128	--
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.128	0.30

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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)	0.128	0.32
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.128	1.69
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.128	0.00
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.128	0.00
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.128	0.00
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.128	0.58
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.128	18.10
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.128	13.29
15094	Fish, shad, american, raw	85.0	3.0 oz	0.128	--
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.128	0.61
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.128	2.86
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.128	2.55
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.128	84.06
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.128	16.26
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.128	2.17
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.127	0.00
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.127	0.20
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.127	0.64
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.127	0.00
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.127	0.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.127	6.26
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.127	0.88
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.127	0.09
09094	Figs, dried, uncooked	149.0	1.0 cup	0.127	0.00
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	0.127	2.34
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	0.127	1.32
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.127	2.08
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.127	11.10
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.127	0.32
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.126	--
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.126	0.00
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.126	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.126	1.42
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.126	0.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.126	0.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.126	0.00
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	0.126	--
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	0.126	--
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	0.126	--
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	0.126	--
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.126	--
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.126	0.00
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	0.126	--
19154	Candies, sesame crunch	28.35	1.0 oz	0.126	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.126	0.15
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.126	0.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.126	0.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.126	0.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.126	0.00
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.126	--
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.126	0.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.125	1.07
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.125	5.94
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.125	0.01
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.125	0.09
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.125	0.50
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.125	--
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.125	0.00
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.125	0.00
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.125	0.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.125	0.00
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.125	0.00
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.125	0.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.124	1.21
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.124	1.21
18065	Bread, wheat, toasted	28.35	1.0 oz	0.124	0.00
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.124	0.11

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.124	1.01
18027	Bread, egg	28.35	1.0 oz	0.124	0.03
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.124	6.05
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.124	1.21
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.124	0.55
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.124	0.00
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.123	2.63
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.123	0.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.123	2.21
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.123	2.18
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.123	0.99
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.123	0.00
18060	Bread, rye	28.35	1.0 oz	0.123	0.00
16059	Chili with beans, canned	256.0	1.0 cup	0.123	0.00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.123	0.40
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.122	0.91
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.122	0.00
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.122	0.00
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.122	0.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.122	0.00
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.122	1.10
11098	Brussels sprouts, raw	88.0	1.0 cup	0.122	0.00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.122	0.01
18264	English muffins, wheat	28.35	1.0 oz	0.122	0.00
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.122	0.63
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.122	0.00
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.122	0.02
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.122	0.00
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.122	0.00
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.122	--
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	0.122	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.122	1.51

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.122	1.91
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.121	0.00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.121	0.03
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.121	0.00
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.121	0.04
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.121	1.43
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.121	0.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.121	0.60
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.121	0.00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.120	0.00
19117	Candies, halavah, plain	28.35	1.0 oz	0.120	0.01
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.120	0.00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.120	0.00
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.120	0.00
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0.120	0.24
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.120	0.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.120	0.05
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.120	0.00
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.120	0.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.120	6.26
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.120	3.21
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.120	1.65
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.120	0.00
11298	Parsnips, raw	133.0	1.0 cup slices	0.120	0.00
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.120	0.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.120	0.17
07070	Salami, cooked, turkey	28.0	1.0 serving	0.119	0.28
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.119	48.58
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.119	13.32
18064	Bread, wheat	29.0	1.0 slice	0.119	0.00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.119	0.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.119	3.22
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	0.119	2.14

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119	2.90
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.119	0.48
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119	2.80
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.119	4.45
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.119	0.85
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.119	1.25
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.119	0.00
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	0.119	1.21
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.119	--
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	0.119	--
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.119	5.99
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.119	2.44
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.119	4.40
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.119	0.00
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	0.119	1.80
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.118	0.40
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.118	0.40
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.118	--
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.118	0.79
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.118	--
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.118	0.48
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.118	0.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.118	0.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.118	2.35
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.118	2.07
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.118	0.00
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.118	0.00
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.118	--
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.118	0.01
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.118	0.01
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.118	1.15
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.117	0.36

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.117	1.39
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.117	3.15
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.117	1.91
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.117	1.75
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.117	0.00
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.117	0.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.117	6.06
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.117	0.00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.117	0.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.117	0.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.117	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.117	0.66
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.117	0.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.117	0.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.116	0.00
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	0.116	1.15
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.116	1.10
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.116	0.00
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.116	0.08
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.116	0.00
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.116	0.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.116	2.54
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	0.116	0.46
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	0.116	--
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.116	0.01
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.116	0.00
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.116	0.11
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.116	0.05
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.116	0.00
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	0.116	1.13
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.116	0.85
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.116	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.116	0.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.116	0.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.115	--
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.115	11.29
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.115	0.24
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.115	--
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.115	0.00
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.115	1.13
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.115	--
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.115	0.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.115	2.31
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.115	0.02
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.115	1.78
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115	2.71
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115	2.71
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.115	2.71
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.115	0.54
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	0.115	2.71
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	0.115	2.71
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.115	6.02
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.115	0.00
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.115	0.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.115	0.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.115	0.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.114	1.06
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.114	1.09
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.114	0.13
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.114	2.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.114	0.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.114	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.114	2.64
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.114	0.00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.114	0.57
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.113	0.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.113	0.01
18039	Bread, oatmeal	28.35	1.0 oz	0.113	0.01
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.113	0.12
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.113	0.00
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.113	1.98
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	0.113	0.45
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	0.113	0.56
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.113	6.89
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.113	0.43
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.113	0.00
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.113	0.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.113	6.32
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.113	2.14
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.113	1.34
18066	Bread, wheat bran	28.35	1.0 oz	0.113	0.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.113	0.13
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.112	0.82
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.112	0.82
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.112	0.53
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.112	0.24
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.112	0.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.112	1.10
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.112	1.10
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.112	0.00
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.112	--
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.112	--
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.112	--
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.112	--
18218	Crackers, matzo, egg	14.2	0.5 oz	0.112	0.03
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.112	0.15
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.112	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.112	--
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.112	14.89
11658	Spinach souffle	136.0	1.0 cup	0.112	0.54
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.111	--
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.111	0.04
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.111	0.03
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.111	6.13
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.111	0.49
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.111	2.56
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.111	0.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.111	0.00
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.111	--
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.111	--
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.111	0.03
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.111	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.111	0.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.111	0.12
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.111	1.06
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.111	1.06
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.111	1.06
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.111	0.00
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.111	--
09139	Guavas, common, raw	165.0	1.0 cup	0.111	0.00
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	0.110	2.64
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.110	6.95
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.110	1.67
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.110	1.52
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.110	1.67
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.110	12.92
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.110	2.51

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.110	20.66
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.110	2.04
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.110	0.24
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.110	2.19
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.110	0.70
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.110	1.22
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.110	0.96
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.110	1.22
19018	Fruit syrup	334.0	1.0 cup	0.110	0.00
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)	0.110	0.27
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.110	2.42
11618	Eppaw, raw	100.0	1.0 cup	0.110	0.00
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.110	3.63
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.110	0.08
18239	Croissants, butter	28.35	1.0 oz	0.110	0.05
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.110	1.07
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.110	0.37
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.110	0.42
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.110	1.59
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.110	0.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.109	0.23
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.109	3.78
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.109	--
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.109	0.53
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.109	--
18028	Bread, egg, toasted	28.35	1.0 oz	0.109	0.03
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.109	0.00
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.109	0.59
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.109	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.109	1.06
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	0.109	2.59
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.109	1.10
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	0.109	2.41

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18061	Bread, rye, toasted	28.35	1.0 oz	0.108	0.00
11527	Tomatoes, green, raw	180.0	1.0 cup	0.108	0.00
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.108	0.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.108	2.58
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.108	0.55
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.108	0.00
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.108	0.57
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.108	0.19
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.108	1.08
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.107	--
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.107	12.25
01024	Cheese, limburger	134.0	1.0 cup	0.107	1.39
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.107	0.00
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	0.107	1.42
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	0.107	2.58
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.107	--
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.107	6.77
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.107	--
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.107	0.00
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.106	--
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.106	--
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.106	0.00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.106	0.40
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.106	0.00
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.106	0.00
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.106	0.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.106	6.73
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.106	0.17
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.106	0.00
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.106	0.00
21249	BURGER KING, french fries	74.0	1.0 small serving	0.106	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.106	0.00
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.106	0.00
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.106	0.00
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.106	--
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.106	--
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.106	0.22
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.105	0.05
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.105	0.01
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0.105	--
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0.105	--
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.105	--
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.105	3.03
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	0.105	2.53
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.105	0.12
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	0.105	--
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.105	5.29
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.105	5.35
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.105	--
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.105	13.85
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.105	--
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.105	0.03
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.105	--
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.105	0.00
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.105	0.10
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.105	2.91
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.105	0.00
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.105	0.42
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.105	0.01
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	0.105	2.44
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.105	3.78
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.104	0.00
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)	0.104	0.33

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.104	0.14
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.104	0.26
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.104	1.31
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.104	0.00
43128	Chicken, meatless	168.0	1.0 cup	0.104	3.66
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.104	0.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.104	0.00
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.104	0.26
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.104	0.01
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.104	0.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.104	4.82
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.104	0.00
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.104	0.00
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.104	0.00
20013	Bulgur, cooked	182.0	1.0 cup	0.104	0.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.104	6.56
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.104	1.22
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.104	0.35
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.104	0.00
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.104	0.00
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.104	0.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.104	0.00
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.103	0.18
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.103	0.71
01112	Whey, acid, fluid	246.0	1.0 cup	0.103	0.44
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.103	5.08
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.103	--
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.103	1.30
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.103	0.43
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.103	2.98
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.103	0.00
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)	0.103	1.37

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.103	4.90
15103	Fish, spot, raw	64.0	1.0 fillet	0.102	1.92
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.102	--
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.102	0.00
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	0.102	--
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.102	0.00
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.102	0.21
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.102	--
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.102	--
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.102	0.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.102	5.94
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.102	0.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.102	0.50
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.102	0.45
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.102	0.00
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.102	0.48
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.102	0.00
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.102	0.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.102	0.00
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.102	0.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102	2.19
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.102	2.21
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.102	2.84
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.102	2.15
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.102	2.02
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.102	2.16
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.102	2.09
93600	Turtle, green, raw	85.0	3.0 oz	0.102	0.85
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.102	3.32
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.102	2.24

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.102	2.22
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.102	6.40
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.102	2.39
15112	Fish, tilefish, raw	85.0	3.0 oz	0.102	1.87
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.102	0.00
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.102	0.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.102	0.50
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.102	2.92
09088	Elderberries, raw	145.0	1.0 cup	0.102	0.00
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.102	10.57
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.101	--
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.101	--
18025	Bread, cracked-wheat	28.35	1.0 oz	0.101	0.01
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.101	0.08
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.101	0.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.101	0.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.101	0.34
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.101	0.00
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.101	7.80
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.101	0.03
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.101	0.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.101	0.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.101	3.66
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.101	1.39
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.101	0.31
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.101	0.04
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.101	0.02
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.101	--
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.101	0.09
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.101	--
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.101	--
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.101	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.101	0.34
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.101	--
18177	Cookies, molasses	28.35	1.0 oz	0.101	0.00
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.101	0.00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.101	0.00
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.100	0.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.100	0.96
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.100	0.00
11976	Pepper, banana, raw	124.0	1.0 cup	0.100	0.00
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.100	0.65
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.100	0.00
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.100	0.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.100	2.00
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.100	--
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.100	0.00
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.100	0.00
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.100	--
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.100	0.00
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.100	0.05
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.100	0.00
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.100	0.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.099	0.23
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.099	6.24
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.099	0.04
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.099	0.08
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.099	0.00
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.099	0.00
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.099	0.00
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.099	0.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.099	0.11
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.099	0.00
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.099	0.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.099	0.06
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.099	0.01

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.099	--
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.099	0.00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.099	0.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.099	0.00
21083	Fast foods, taco salad	198.0	1.5 cup	0.099	0.63
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.099	--
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.099	0.07
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.099	0.00
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.099	0.00
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.099	0.00
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.099	--
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.099	0.00
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.099	--
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.099	0.00
11518	Taro, raw	104.0	1.0 cup, sliced	0.099	0.00
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.099	0.03
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.099	0.06
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.099	0.00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.099	--
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.099	1.65
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.099	1.93
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.099	1.21
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.099	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.099	0.00
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.098	0.00
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.098	0.06
21268	TACO BELL, Nachos	80.0	1.0 serving	0.098	0.06
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.098	0.00
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.098	0.01
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.098	0.77
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.098	2.37
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.098	0.22
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.098	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.098	1.01
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.098	0.93
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.098	0.93
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.098	0.48
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.098	--
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.098	--
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.098	0.15
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	0.098	1.59
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	0.098	1.28
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.098	15.30
15008	Fish, carp, raw	85.0	3.0 oz	0.098	1.30
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.098	3.81
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.098	3.54
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.098	1.99
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.098	0.24
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.098	1.59
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)	0.098	0.41
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.098	--
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.098	0.00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.098	0.66
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.098	1.22
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.097	0.00
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.097	0.00
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.097	--
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.097	0.00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.097	--
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.097	0.27
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.097	0.12
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.097	0.00
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.097	--
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.097	0.15
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.097	0.50

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.097	1.29
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.097	0.46
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)	0.097	0.25
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.097	0.47
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.097	0.00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.097	0.00
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.096	0.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.096	2.41
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.096	25.53
18047	Bread, raisin, enriched	28.35	1.0 oz	0.096	0.00
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.096	3.54
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.096	0.71
17142	Veal, ground, raw	85.0	3.0 oz	0.096	1.94
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.096	1.20
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.096	--
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.096	6.17
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.096	0.31
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.096	--
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.096	0.62
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.096	0.00
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.096	--
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.096	1.30
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.096	0.06
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.096	0.04
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.096	0.00
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.096	0.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.096	0.13
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.096	--
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.095	0.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.095	1.44
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.095	0.42
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.095	0.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.095	2.91

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.095	2.91
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.095	2.91
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.095	1.29
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.095	0.00
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.095	--
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.095	0.00
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.095	3.40
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.095	--
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.095	0.31
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.095	0.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.095	0.00
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.094	0.01
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.094	--
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.094	5.99
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.094	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094	2.88
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.094	3.74
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.094	1.07
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094	2.88
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.094	0.00
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.094	0.00
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.094	0.02
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.094	0.36
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.094	0.60
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.094	4.72
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	0.094	2.21
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.094	0.00
15090	Fish, scup, raw	85.0	3.0 oz	0.094	1.19
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.094	2.86

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.094	2.86
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094	1.93
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094	1.93
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094	4.39
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.094	2.16
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.094	2.05
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	0.094	2.58
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094	1.93
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094	3.76
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094	2.15
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	0.094	2.30
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094	2.24
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	0.094	1.90
15044	Fish, ling, raw	85.0	3.0 oz	0.094	0.48
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.094	4.95
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.094	2.14
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094	1.93
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094	3.73
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.094	1.82
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	0.094	1.90
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094	2.87
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094	2.30
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.094	2.79
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.094	3.11
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.094	7.86

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.094	2.11
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094	1.93
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.093	0.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.093	0.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.093	0.00
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.093	0.00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.093	0.88
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.093	0.23
35147	Tamales (Navajo)	186.0	1.0 piece	0.093	1.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.093	0.00
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.093	--
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.093	0.03
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.093	1.21
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	0.093	--
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	0.093	--
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.093	0.37
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.093	--
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.093	--
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.093	--
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.093	--
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.093	0.01
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.093	--
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.093	0.88
18044	Bread, pumpernickel	28.35	1.0 oz	0.093	0.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.093	2.84
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.093	2.45
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.093	1.51
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.093	1.95
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.092	1.73
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092	0.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092	0.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092	0.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.092	0.82
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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)	0.092	2.44
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.092	0.45
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.092	0.14
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.092	0.60
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.092	0.06
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.092	0.00
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.092	0.07
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.092	0.49
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.092	0.00
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.092	0.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.092	--
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.092	0.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.092	0.04
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	0.092	1.08
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.092	--
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.092	0.11
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.092	--
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)	0.092	1.63
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.092	0.00
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.092	--
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.091	0.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.091	0.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.091	0.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.091	1.68
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.091	2.66
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.091	--
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.091	0.00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.091	0.68
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.091	0.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.091	0.48
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.091	0.01
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.091	1.27
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.091	0.18

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.091	1.34
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	0.091	1.49
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.091	3.51
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.091	0.00
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.091	0.00
17162	Game meat, caribou, raw	28.35	1.0 oz	0.091	1.79
17144	Game meat, antelope, raw	28.35	1.0 oz	0.091	--
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.091	7.99
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.091	1.04
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.090	--
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.090	3.27
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.090	0.00
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.090	0.26
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.090	--
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	0.090	--
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.090	0.46
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.090	--
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.090	0.01
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.090	--
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.090	--
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.090	--
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.090	0.00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090	2.43
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.090	0.56
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090	2.43
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.090	--
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.090	0.00
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.090	1.51
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.090	0.00
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.090	0.15
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.090	--
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.090	0.00
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.090	--
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.090	0.02

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.090	0.00
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.090	0.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.089	0.00
01021	Cheese, gjetost	28.35	1.0 oz	0.089	0.69
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.089	0.12
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.089	0.12
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.089	13.77
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.089	4.18
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	0.089	1.89
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.089	0.16
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.089	0.94
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.089	0.48
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.089	0.00
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.089	0.01
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.089	0.00
01114	Whey, sweet, fluid	246.0	1.0 cup	0.089	0.69
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.089	0.00
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.089	0.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.088	4.84
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.088	0.00
18242	Croutons, plain	14.2	0.5 oz	0.088	0.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.088	0.03
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.088	0.06
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.088	0.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.088	4.46
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.088	0.00
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	0.088	1.28
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.088	0.19
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.088	0.32
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.088	0.00
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.088	0.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.088	0.38

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.088	0.42
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.088	0.29
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.088	0.02
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.088	0.00
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.088	0.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.088	4.71
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.088	1.04
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.088	0.01
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.088	1.20
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.088	2.53
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.088	0.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.088	1.93
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.088	2.92
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.088	4.66
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.087	0.61
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.087	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.087	0.11
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.087	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.087	--
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.087	0.00
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.087	0.00
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.087	0.01
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.087	8.08
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.087	0.19
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.087	0.00
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.087	0.02
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.087	0.00
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.087	1.34
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.087	0.64
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.087	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.087	--
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.087	0.00
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.087	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.087	0.41
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.087	--
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.087	--
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.087	0.01
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.087	0.09
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.087	1.87
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	0.087	1.18
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.087	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.087	1.71
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.086	--
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.086	0.00
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.086	--
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.086	--
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.086	--
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.086	--
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.086	0.00
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.086	0.00
01057	Eggnog	254.0	1.0 cup	0.086	1.14
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.086	0.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.086	0.00
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.086	0.41
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.086	0.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.086	0.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.086	0.00
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.086	--
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.086	0.00
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.086	0.73
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.086	--
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.086	--
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.086	--
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.086	4.42
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086	0.05

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.086	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.086	2.05
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.086	2.32
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.086	9.18
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.086	2.05
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.086	1.89
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.086	1.86
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)	0.086	0.19
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.085	2.39
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.085	0.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.085	1.84
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.085	0.00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.085	0.43
20089	Wild rice, cooked	164.0	1.0 cup	0.085	0.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.085	0.00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.085	0.00
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.085	0.03
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.085	0.00
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.085	0.00
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.085	0.03
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.085	0.03
18266	English muffins, whole-wheat	28.35	1.0 oz	0.085	0.00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.085	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.085	3.08
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.085	1.97
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.085	2.98
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	1.88
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.64
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.39

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.085	2.82
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	0.085	2.36
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	0.085	1.65
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.085	3.03
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.085	3.33
15074	Fish, sablefish, raw	85.0	3.0 oz	0.085	1.28
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.085	3.25
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.085	2.22
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.085	1.49
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	2.27
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.085	13.26
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.085	--
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	1.87
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.085	2.69
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	2.07
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.085	2.10
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.43
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	0.085	1.88
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.085	2.45
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.085	1.86
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.085	1.29
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	0.085	1.64
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.085	0.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.085	4.55
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.085	2.58
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.085	2.43

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.085	3.45
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.085	2.22
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.085	34.23
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.085	--
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.085	--
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.55
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.69
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.085	3.03
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	2.28
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.085	1.49
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.085	1.77
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.10
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	0.085	1.67
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.085	2.82
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.085	2.18
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.085	3.11
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.085	7.06
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.085	2.69
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.085	3.03
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.085	2.17
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	2.22
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	0.085	2.20
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085	1.84
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.085	1.86

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.085	0.00
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.085	0.11
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.085	0.00
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.085	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.085	2.11
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.085	2.12
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.085	0.61
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.085	0.00
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.085	0.05
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.085	0.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.084	0.00
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.084	0.04
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.084	0.01
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.084	0.36
11124	Carrots, raw	128.0	1.0 cup chopped	0.084	0.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.084	1.45
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.084	2.21
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.084	--
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084	1.47
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.084	3.03
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.084	1.85
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084	4.29
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.084	4.49
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.084	--
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.084	--
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.084	0.00
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.084	0.00
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.084	3.08
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.084	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.084	--
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.084	--
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.084	--
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.084	--
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.084	0.42
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.084	0.17
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.084	0.00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.084	0.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.084	0.39
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.084	--
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.084	--
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.084	0.01
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.084	0.00
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.084	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.084	0.39
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.084	0.00
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.083	0.27
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.083	0.03
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.083	0.00
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.083	0.24
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.083	0.00
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.083	0.54
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.083	1.84
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.083	0.17
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.083	2.54
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.083	--
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.083	0.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.083	0.20
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.083	1.95
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.083	0.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.083	0.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.083	0.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.083	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.083	0.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.083	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.083	0.09
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.083	0.09
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.083	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.083	0.00
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.083	0.35
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.083	0.11
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.082	0.00
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.082	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.082	0.00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082	0.04
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.082	2.33
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	0.082	1.44
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.082	8.82
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.082	1.56
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.082	0.00
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.082	0.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.082	2.96
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.082	0.00
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.082	0.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.082	0.00
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.082	0.15
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.082	0.08
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.082	0.03
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.082	0.00
43483	Millet, puffed	21.0	1.0 cup	0.082	0.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.082	0.00
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.082	0.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.082	0.50
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.082	--
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	0.082	1.74
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.082	1.04
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.082	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.082	0.06
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.082	0.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.082	0.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.081	0.12
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.081	0.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.081	1.27
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.081	1.27
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.081	0.38
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.081	0.00
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.081	--
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.081	--
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.081	--
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.081	0.00
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.081	--
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.081	0.00
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081	0.00
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.081	0.21
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.081	2.64
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.081	0.07
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.081	1.74
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.081	1.62
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.081	0.41
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.081	3.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081	3.68
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.081	2.80
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081	3.72
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	0.081	1.92
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.081	--
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.081	0.00
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.081	--
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.081	0.32

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.081	0.30
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.081	0.21
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.081	0.10
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.081	0.04
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.081	0.21
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.080	0.00
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.080	7.37
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.080	0.00
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.080	0.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.080	0.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.080	0.00
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.080	--
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.080	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.080	0.18
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.080	0.16
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.080	0.85
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.080	0.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.080	0.18
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.080	0.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.080	2.74
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.080	0.20
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.080	0.85
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	0.080	2.80
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.080	0.00
18214	Crackers, cheese, regular	14.2	0.5 oz	0.080	0.05
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.080	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.080	0.03
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.080	0.42
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.080	1.58
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.080	9.04
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.080	--
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.080	0.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.080	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.080	0.00
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.080	0.00
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.079	0.01
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.079	0.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.079	0.17
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.079	0.03
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.079	0.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.079	0.00
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.079	0.00
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.079	0.00
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.079	0.00
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.079	0.00
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.079	0.00
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.079	--
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.079	0.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.079	2.76
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	0.079	3.98
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.079	2.31
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.079	1.38
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.079	1.80
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.079	0.82
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.079	0.39
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.079	4.35
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)	0.079	4.19
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.079	0.00
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.079	0.33
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.079	0.48
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.079	3.27
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.078	3.14
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.078	0.10
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.078	0.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.078	0.37

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.078	0.00
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.078	7.28
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.078	0.04
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.078	4.39
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.078	1.83
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.078	0.35
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.078	0.34
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.078	14.51
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	0.078	1.72
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.078	2.94
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.078	2.68
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.078	3.93
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.078	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.078	3.23
11141	Celeriac, raw	156.0	1.0 cup	0.078	0.00
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.078	--
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.078	0.04
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.078	24.03
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.078	0.00
01238	Ice cream sandwich	70.0	1.0 serving	0.078	0.04
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.078	0.31
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.078	0.58
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.078	0.00
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.078	0.00
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.078	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.077	0.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.077	0.00
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.077	0.03
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.077	0.15
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.077	1.51
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.077	4.02
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.077	0.33

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.077	2.80
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.077	0.14
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.077	0.00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.077	0.04
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.077	0.31
09277	Plantains, raw	148.0	1.0 cup, sliced	0.077	0.00
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.077	1.61
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.077	2.85
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.077	0.00
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.077	0.97
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.077	0.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.077	0.00
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.077	0.47
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.077	0.40
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.076	--
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076	2.39
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.076	0.32
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	0.076	2.24
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.27
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.076	2.56
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	0.076	3.64
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	1.89
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.076	0.10
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076	2.41
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.076	2.22
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.076	2.93
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	0.076	3.17
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.076	2.37

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.076	2.27
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	0.076	2.50
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076	2.29
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.076	3.16
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.30
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.076	7.06
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.33
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	0.076	2.25
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.37
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076	2.64
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.076	2.34
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	0.076	2.98
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076	2.92
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.076	2.72
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076	2.43
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076	2.16
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.076	2.15
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.076	1.01
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.17
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076	2.33
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076	2.22
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076	2.32
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076	2.09

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.076	2.18
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076	1.49
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076	2.09
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	0.076	2.52
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076	2.38
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076	2.32
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.076	2.55
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076	4.40
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076	2.58
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	1.84
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076	2.18
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076	2.26
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.22
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.076	2.61
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	1.90
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076	2.28
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	0.076	1.98
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076	2.35
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.076	0.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.076	0.00
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.076	0.00
18223	Crackers, milk	14.2	0.5 oz	0.076	0.01
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.076	0.00
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.076	6.67
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.076	0.00
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.076	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.076	0.29
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.076	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.076	2.84
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.076	0.00
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.076	0.00
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.076	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.076	2.41
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.076	1.48
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.076	0.00
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.076	0.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.076	0.43
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076	1.94
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076	3.07
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076	2.57
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076	2.88
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	0.076	2.94
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076	1.95
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076	1.47
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.076	3.02
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	0.076	3.59
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076	4.28
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.076	1.38
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.076	1.92
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.076	3.77
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	0.076	2.40
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	0.076	3.13
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.076	--
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.076	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.076	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.076	0.48
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.076	0.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.076	0.28
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.076	1.34
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.075	0.00
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.075	--
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.075	--
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.075	--
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.075	0.00
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.075	0.00
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.075	0.00
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.075	0.98
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.075	0.00
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.075	0.01
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.075	--
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.075	0.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.075	1.62
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.075	2.42
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075	2.60
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075	1.95
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.075	1.06
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.075	0.95
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.075	0.94
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.075	1.41
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.075	1.91
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.075	1.25
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.075	1.94
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.075	0.89
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	0.075	1.71
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.075	2.43

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.075	0.07
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.075	0.03
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.075	0.23
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.075	0.05
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.074	0.91
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074	0.55
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074	0.50
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.074	2.45
18283	Muffins, oat bran	28.35	1.0 oz	0.074	0.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.074	0.03
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.074	0.00
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.074	0.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.074	0.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.074	0.00
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.074	--
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)	0.074	3.37
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)	0.074	3.37
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.074	0.00
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.074	0.00
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.074	0.00
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.074	0.16
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.074	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.074	0.48
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.074	2.52
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.074	1.47
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.074	0.26
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.074	0.89
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.074	1.75
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	0.074	1.87
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.074	0.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.074	1.50

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.074	0.48
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.074	0.00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.074	0.00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.074	0.00
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.074	0.00
11282	Onions, raw	160.0	1.0 cup, chopped	0.074	0.00
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.074	0.00
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.074	--
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.074	0.00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.073	5.85
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.073	0.13
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.073	0.83
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.073	0.15
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.073	0.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.073	0.83
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.073	0.21
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	0.073	1.37
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.073	2.25
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.073	1.31
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.073	2.55
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.073	2.52
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0.073	--
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.073	0.03
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.073	0.23
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.073	--
28292	Crackers, multigrain	14.0	4.0 crackers	0.073	0.00
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.073	--
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.073	--
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.073	--
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.073	0.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.073	0.00
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.073	0.02
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.073	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.072	1.62

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.072	0.02
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	0.072	1.70
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.072	0.29
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.072	1.05
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.072	3.93
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.072	1.37
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.072	1.22
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.072	2.51
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.072	0.00
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.072	0.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.072	0.00
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.072	0.03
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.072	0.20
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.072	0.00
18243	Croutons, seasoned	14.2	0.5 oz	0.072	0.02
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.072	0.00
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.072	0.00
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.072	0.00
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.072	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071	2.02
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.071	0.17
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.071	0.90
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.071	1.28
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	0.071	1.48
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.071	1.63
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.071	8.11
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.071	0.90
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.071	--
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.071	1.53

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.071	1.48
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071	1.05
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.071	--
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.071	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071	1.25
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	0.071	1.49
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.071	--
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	0.071	1.76
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.071	0.90
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	0.071	2.24
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.071	0.00
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.071	0.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.071	0.69
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.071	0.43
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.071	15.41
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.071	0.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.071	0.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.071	0.00
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.071	0.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.071	0.04
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.071	0.00
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.071	0.00
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.071	1.26
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.071	0.24
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.071	0.00
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.071	0.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.071	0.23
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.071	2.34
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.071	0.02
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.071	0.05
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.071	0.49
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.071	5.70

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.071	1.45
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071	2.52
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.071	2.27
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.071	1.60
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071	2.40
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.071	0.20
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.071	2.47
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.071	0.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.070	2.07
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.070	0.00
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.070	0.00
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.070	0.65
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.070	0.51
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.070	0.00
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.070	0.00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.070	1.16
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.070	--
07005	Blood sausage	100.0	4.0 slices	0.070	1.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.070	0.31
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.070	0.00
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.070	0.00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.070	0.09
09040	Bananas, raw	225.0	1.0 cup, mashed	0.070	0.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.070	0.88
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.070	0.60
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.070	1.61
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070	2.28
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	0.070	2.02
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.070	0.88
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.070	2.42
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.070	2.73
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.070	1.85

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.070	--
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.070	2.02
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.070	0.88
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070	2.27
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.070	1.86
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.070	1.42
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.070	0.99
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.070	0.12
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.070	0.12
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.070	0.27
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.070	0.55
15013	Fish, cisco, raw	79.0	1.0 fillet	0.070	0.79
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.069	0.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.069	0.00
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.069	0.87
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.069	0.69
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.069	0.00
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.069	0.83
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.069	--
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.069	0.00
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.069	0.26
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.069	0.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.069	0.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.069	0.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.069	0.36
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.069	--
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.069	--
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.069	1.19
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.069	0.00
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.069	0.00
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.069	0.00
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.069	0.12

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.069	0.07
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.069	0.00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.069	0.00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.069	2.25
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.069	0.71
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	0.069	1.23
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.069	0.31
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.069	0.00
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)	0.069	3.75
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.069	1.58
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.069	1.22
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.069	0.23
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.069	1.88
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.069	1.96
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.069	1.26
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.069	0.59
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.069	3.95
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.069	0.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.069	1.87
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.069	0.20
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.069	0.12
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.069	0.00
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.069	0.31
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.069	0.00
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.069	0.16
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.069	0.28
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.068	0.75
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.068	0.39
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.068	2.34
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.068	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.068	2.34
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.068	2.34

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.068	0.09
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.068	0.20
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.068	0.00
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.068	--
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.068	0.00
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.068	0.00
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.068	0.01
43146	Eggplant, pickled	136.0	1.0 cup	0.068	0.00
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.068	--
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.068	1.14
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068	2.10
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.068	1.36
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068	2.88
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.068	2.31
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	3.70
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.068	7.65
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.068	1.97
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	3.03
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	2.44
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	0.068	1.81
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.068	4.34
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	0.068	1.97
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	0.068	1.96
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.068	1.95
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.068	2.01
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.068	2.06
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	0.068	2.46

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.068	2.44
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	0.068	2.64
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068	2.64
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	2.74
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	1.66
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068	0.80
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	3.65
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	0.068	1.97
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.068	0.76
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068	1.81
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068	2.92
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.068	1.53
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.068	1.39
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.068	1.61
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068	1.81
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.068	2.01
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.068	3.15
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.068	7.06
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.068	2.87
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	2.82
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.068	2.06
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.068	0.60
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.068	7.65
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.068	0.80
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.068	1.85

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	2.46
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.068	2.15
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.068	1.97
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	2.77
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.068	2.55
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	2.71
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.068	2.55
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	2.57
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	0.068	2.95
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.068	2.24
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	0.068	2.30
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.068	2.80
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	2.51
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068	2.41
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.068	2.22
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.068	0.29
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	0.068	2.64
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.068	2.49
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.068	2.21
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068	2.82
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.068	1.91
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.068	2.12
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.068	2.90

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.068	8.20
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.068	1.93
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.068	2.44
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.068	1.91
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068	1.65
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.068	2.89
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	2.55
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068	2.54
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.068	5.36
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.068	3.53
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	0.068	2.46
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	0.068	2.58
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068	2.66
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	0.068	2.94
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.068	0.67
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.068	0.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.068	0.24
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.068	0.00
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.068	0.01
11241	Kohlrabi, raw	135.0	1.0 cup	0.068	0.00
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.067	2.42
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.067	0.93
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.067	--
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.067	0.56
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.067	--
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.067	0.00
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.067	--
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.067	0.00
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.067	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.067	0.00
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	0.067	2.40
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.067	2.85
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.067	1.47
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.067	1.71
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	0.067	1.20
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	0.067	2.50
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.067	1.60
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.067	2.84
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	0.067	2.74
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.067	1.73
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.067	1.73
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	0.067	2.24
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.067	2.86
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.067	0.17
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.067	1.20
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)	0.067	5.25
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.067	2.86
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.067	4.20
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.067	4.22
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.067	1.74
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	0.067	3.34

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.067	0.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.067	0.00
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.067	0.10
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.067	0.00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.067	0.34
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.067	--
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.067	--
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.067	0.00
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.067	--
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.067	--
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.067	--
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.067	0.00
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.067	1.83
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)	0.067	0.29
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.067	0.14
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.067	0.10
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.067	0.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.067	0.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.067	0.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.067	0.00
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.067	0.00
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.067	0.00
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.067	0.00
21140	Side dishes, potato salad	95.0	0.333 cup	0.066	0.11
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.066	0.00
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.066	0.01
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.066	2.55
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.066	1.17
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.066	1.10
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.066	1.72
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.066	0.26
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.066	1.84
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.066	2.46

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066	2.24
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.066	2.30
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.066	1.73
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.066	0.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.066	0.27
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.066	2.09
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066	2.63
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.066	1.70
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.066	1.21
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.066	0.83
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.066	2.62
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.066	2.36
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.066	0.07
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.066	0.00
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.066	0.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.066	0.00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.066	0.00
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.066	0.00
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.066	0.00
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.066	0.00
18240	Croissants, apple	28.35	1.0 oz	0.066	0.06
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.066	0.05
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.066	0.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.066	0.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.066	1.81
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.066	1.86
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.066	0.10
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.066	0.71
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.065	1.45
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.065	1.16
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.065	1.28
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.065	1.60

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.065	2.52
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.065	1.59
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.065	1.33
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.065	0.71
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.065	2.43
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.065	1.53
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065	0.39
07031	Ham salad spread	15.0	1.0 tbsp	0.065	0.11
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.065	0.23
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.065	0.00
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.065	--
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.065	--
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.065	0.00
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.065	0.00
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.065	--
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.065	0.00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.065	0.06
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.065	1.51
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.065	0.00
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.065	0.00
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.065	0.00
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.065	0.00
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.065	0.00
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.065	0.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.065	0.00
11090	Broccoli, raw	91.0	1.0 cup chopped	0.065	0.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.065	0.00
09295	Pummelo, raw	190.0	1.0 cup, sections	0.065	0.00
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.065	0.11
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.065	3.65

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.065	3.20
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.065	2.16
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065	0.86
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065	1.35
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.065	0.77
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065	2.13
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.065	1.36
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	0.065	2.74
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	0.065	3.49
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.065	0.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.065	1.69
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.065	3.84
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.064	0.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.064	2.53
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.064	--
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.064	0.13
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.064	0.28
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.064	0.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.064	0.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.064	0.01
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.064	0.02
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.064	0.00
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.064	0.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.064	0.00
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.064	0.00
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.064	0.15
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.064	0.00
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.064	0.05
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.064	0.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.064	0.00
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.064	--
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.064	0.06

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.064	0.40
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.064	1.57
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.064	4.25
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064	1.50
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.064	1.55
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064	2.61
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.064	2.32
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)	0.064	4.21
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.064	3.48
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.064	1.39
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.064	2.12
15110	Fish, swordfish, raw	85.0	3.0 oz	0.064	1.44
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.064	2.29
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.064	0.14
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.064	0.26
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.064	3.16
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	0.064	2.75
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064	1.54
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.064	1.85
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.064	2.52
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064	1.32
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.064	0.00
09433	Clementines, raw	74.0	1.0 fruit	0.064	--
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.064	1.65
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.064	0.00
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.064	0.81
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.064	0.03
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.063	0.00

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09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.063	0.00
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.063	0.01
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.063	0.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.063	0.00
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.063	0.54
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.063	0.65
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.063	1.10
80200	Frog legs, raw	45.0	1.0 leg	0.063	0.18
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.063	0.96
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.063	0.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.063	0.00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.063	--
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.063	0.00
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.063	--
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.063	0.00
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.063	0.03
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.063	--
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063	0.80
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	0.063	2.35
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	0.063	1.87
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.063	1.30
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.063	3.58
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	0.063	2.39
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.063	0.13
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.063	0.83
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063	0.83
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	0.063	1.36
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	0.063	1.36
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.063	0.27
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.063	1.48
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.063	0.80

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063	0.83
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.063	2.30
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.063	0.43
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.063	0.00
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.063	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	0.062	4.98
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.062	0.00
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.062	0.00
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	0.062	--
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.062	--
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.062	--
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.062	0.00
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.062	0.00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.062	0.06
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.062	0.00
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.062	0.00
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.062	0.00
17164	Game meat, deer, raw	28.35	1.0 oz	0.062	1.79
43282	Quail, cooked, total edible	28.35	1.0 oz	0.062	0.10
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.062	0.00
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.062	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.062	1.59
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.062	2.21
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.062	1.99
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.062	2.32
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.062	0.82
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.062	0.31
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.062	3.43
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.062	0.48
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.062	1.35
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.062	2.35
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.062	1.89

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.062	2.86
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.062	0.28
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	0.062	1.30
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.062	3.69
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)	0.062	5.01
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.062	2.29
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.062	0.11
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.062	0.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.062	0.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.062	0.00
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.062	0.60
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.062	0.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.062	0.00
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)	0.062	0.15
09143	Guava sauce, cooked	238.0	1.0 cup	0.062	0.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.062	0.00
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.062	0.03
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.062	0.00
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.062	0.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.062	0.31
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.062	0.00
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.062	0.00
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.061	0.01
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.061	0.64
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.061	1.33
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	0.061	2.56
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.061	1.94
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061	0.76
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.061	1.62
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.061	0.65

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061	0.77
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	0.061	3.03
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	0.061	1.71
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.061	2.96
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.061	1.85
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.061	1.03
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.061	2.01
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.061	2.07
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.061	2.63
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.061	0.08
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	0.061	--
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.061	--
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.061	--
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.061	0.00
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.061	0.00
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.061	--
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.061	0.00
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.061	0.00
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.061	0.23
09160	Lime juice, raw	242.0	1.0 cup	0.061	0.00
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	0.060	0.13
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060	2.64
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.060	3.53
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060	3.02
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060	1.22
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060	3.82

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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	0.060	3.73
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060	3.74
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060	3.88
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.060	1.43
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	0.060	1.75
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	0.060	1.79
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.060	4.40
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060	1.91
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	0.060	1.78
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060	1.33
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.060	0.51
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060	1.22
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.060	0.00
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.060	0.00
18971	Bread, potato	32.0	1.0 slice	0.060	0.05
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.060	--
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.060	0.00
07040	Liver cheese, pork	28.35	1.0 oz	0.060	6.96
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.060	0.00
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.060	0.00
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.060	--
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.060	1.44
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.060	0.00
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.060	0.00
09107	Gooseberries, raw	150.0	1.0 cup	0.060	0.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.060	0.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.060	0.00
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.060	0.60

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.060	--
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.060	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.060	6.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.060	0.36
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.060	0.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.060	0.33
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.060	0.06
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.060	--
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.060	0.00
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.060	0.00
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.060	0.00
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.060	0.25
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.060	0.14
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.060	0.00
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.060	0.15
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.060	0.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.060	0.00
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	0.060	2.32
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.060	1.08
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060	1.47
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060	2.47
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	0.060	1.99
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060	2.89
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.20
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060	0.79
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	1.95
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060	2.19
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.060	2.18

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.060	1.58
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.060	2.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.060	1.28
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.060	2.17
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060	1.55
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	0.060	1.81
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.060	0.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060	2.30
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.060	2.07
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	0.060	2.18
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060	2.33
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.21
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060	2.53
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.28
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060	2.86
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.25
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.22
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)	0.060	4.89
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.060	0.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060	1.17
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	0.060	2.42
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060	2.68
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060	2.75
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.060	0.28
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.23

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060	2.01
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.060	1.96
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060	2.50
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.95
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.98
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.060	1.42
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.060	1.70
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.060	1.70
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.71
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.060	2.24
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	0.060	2.38
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.060	1.87
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	0.060	1.29
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.060	0.47
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.060	4.50
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060	1.43
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.19
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	0.060	2.37
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060	2.28
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.060	1.39
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060	2.64
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.060	1.23
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	0.060	2.46
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.060	2.72
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.060	0.51
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060	1.45

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060	2.38
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	0.060	2.39
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060	2.78
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.060	0.31
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060	2.74
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060	1.93
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	0.060	2.46
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.98
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	0.060	2.36
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	0.060	2.36
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	0.060	1.99
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.30
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.060	0.96
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.060	1.75
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.42
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.08
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	0.060	2.01
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.28
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.060	0.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.060	2.98
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060	1.71
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060	2.88
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	0.060	1.96
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060	2.64

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060	2.19
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.060	1.33
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.060	1.98
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.060	2.46
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.059	0.00
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.059	0.00
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.059	0.13
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.059	1.06
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.059	0.00
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.059	0.00
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.059	0.00
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)	0.059	0.26
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.059	0.05
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.059	1.98
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.059	1.58
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.059	0.00
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.059	0.01
03217	Zwieback	28.35	1.0 oz	0.059	0.00
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.059	0.01
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)	0.059	0.21
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.059	0.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.059	0.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.059	0.32
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.059	0.32
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.059	--
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.059	0.00
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.059	0.00
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.059	0.00
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.059	0.00
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.059	0.64
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.059	0.00
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.059	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.059	0.59
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.059	0.31
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.059	0.52
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.059	2.57
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.059	3.48
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.059	2.94
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.059	2.76
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.059	1.55
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.059	8.58
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.059	1.66
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.059	0.00
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.059	0.00
09152	Lemon juice, raw	244.0	1.0 cup	0.059	0.00
11520	Taro leaves, raw	28.0	1.0 cup	0.059	0.00
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.058	0.02
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.058	--
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.058	0.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.058	0.08
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.058	0.11
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.058	0.41
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.058	0.22
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.058	0.00
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.058	--
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.058	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.058	1.95
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.058	2.06
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.058	0.00
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.058	--
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.058	0.00
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.058	0.00
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.058	0.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.058	0.42

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.058	0.09
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.058	0.01
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.058	0.03
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.058	0.05
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.058	1.67
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.058	1.67
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.058	2.24
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.058	0.73
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.058	3.21
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.058	0.73
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.058	0.73
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.058	1.54
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.058	0.73
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.058	0.16
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.058	2.34
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.058	1.23
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)	0.058	3.88
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.058	0.27
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.058	8.05
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.058	7.92
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.058	0.41
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.058	3.07
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.058	1.65
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.058	0.00
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.058	0.03
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.057	0.00
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.057	0.39
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.057	0.00
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.057	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.057	0.29
18224	Crackers, rusk toast	14.2	0.5 oz	0.057	0.03
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.057	--
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.057	0.00
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.057	--
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.057	0.00
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.057	0.00
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.057	0.10
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.057	0.06
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.057	0.00
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.057	0.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.057	3.26
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.057	1.62
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	0.057	2.26
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.057	0.31
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.057	1.16
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.057	1.19
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	0.057	2.33
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.057	2.20
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.057	0.57
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.057	1.19
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.057	3.66
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.057	2.07
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.057	0.99
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.057	1.95
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.057	1.16
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.057	1.10
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.057	4.58

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.057	2.37
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.057	2.86
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.057	1.50
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.057	2.06
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	0.057	3.81
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.057	0.24
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.057	0.16
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.057	--
18172	Cookies, gingersnaps	28.35	1.0 oz	0.057	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.057	0.00
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.057	0.03
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.057	0.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.057	0.29
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.057	2.06
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")	0.056	0.00
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.056	0.03
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.056	0.29
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.056	0.68
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.056	0.31
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	0.056	2.64
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	0.056	2.57
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)	0.056	3.43
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	0.056	2.32
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.056	2.46
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056	0.90
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.056	1.87
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056	2.61
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.056	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.056	1.78
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	0.056	1.49
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.056	2.65
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.056	2.64
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.056	1.10
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.056	2.67
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.056	1.20
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)	0.056	3.55
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.056	2.61
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.056	1.34
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.056	2.45
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.056	2.58
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056	0.93
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.056	0.25
09083	Currants, european black, raw	112.0	1.0 cup	0.056	0.00
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.056	0.00
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.056	0.00
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.056	0.00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.056	0.08
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.056	0.00
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.056	0.23
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.056	0.20
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.056	0.20
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.056	0.35
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.056	0.74
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.056	0.75
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.055	3.21

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09446	Plantains, green, fried	118.0	1.0 cup	0.055	--
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.055	0.00
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.055	0.00
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.055	0.00
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.055	0.17
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.055	0.24
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.055	0.27
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.055	0.06
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.055	0.00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.055	0.62
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055	3.41
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.055	0.88
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.055	0.86
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055	3.16
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)	0.055	3.43
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.055	1.69
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.055	1.47
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	0.055	2.51
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.055	1.31
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.055	2.15
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	0.055	1.33
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.055	0.30
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.055	0.51
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.055	0.00
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.055	0.00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.055	0.00
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.055	0.00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055	0.20

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055	0.20
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055	0.20
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055	0.20
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.055	0.20
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.055	0.00
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.055	0.22
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.055	0.00
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)	0.055	0.22
18217	Crackers, matzo, plain	14.2	0.5 oz	0.055	0.00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.055	0.00
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)	0.055	0.30
09050	Blueberries, raw	148.0	1.0 cup	0.055	0.00
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.055	0.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.055	2.05
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.055	0.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.055	0.00
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.055	0.06
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.055	0.00
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.055	--
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.055	--
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.055	--
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.055	0.06
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.055	0.00
16055	Carob flour	103.0	1.0 cup	0.055	0.00
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.055	0.00
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.055	0.00
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.055	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.40
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.39
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	2.75

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.39
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	0.90
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.38
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	0.054	3.61
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.054	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	4.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.41
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.41
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.054	1.44
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.054	1.56
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054	0.90
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.76
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.76
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	2.46
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.39
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.39
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.054	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.39
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.40
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.054	0.29
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.054	0.00
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.054	0.00
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.054	0.00
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.054	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.054	0.80
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.054	0.05
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.054	1.00
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.054	0.01
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.054	0.00
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.054	0.00

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11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.054	0.00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.054	--
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.054	3.56
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.054	0.84
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.054	--
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.054	0.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.054	0.44
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.054	1.43
18245	Danish pastry, cheese	28.35	1.0 oz	0.054	0.06
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.054	0.02
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.054	0.00
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.054	0.22
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.054	0.05
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.054	0.00
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.054	0.00
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.054	0.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.054	0.28
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.054	0.00
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.054	0.55
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.054	0.20
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.054	0.20
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.054	2.09
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.56
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.054	1.05
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.054	1.64
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.75
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.75
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.054	1.56
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.43
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054	1.38
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	2.53

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23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.43
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.56
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054	1.30
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.054	0.29
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.39
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.56
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	2.69
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054	1.30
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.054	1.63
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.054	0.48
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.43
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.054	0.80
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054	0.89
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.054	1.63
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054	1.43
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.054	3.55
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054	1.56
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.054	0.20
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.054	0.00
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.054	2.89
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.053	1.70
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.053	0.56
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.053	1.70
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.053	0.00
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.053	0.00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.053	0.27
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.053	0.00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.053	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.053	0.00
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.053	0.05
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.053	0.00
11616	Dock, raw	133.0	1.0 cup, chopped	0.053	0.00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.053	0.07
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.053	0.00
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.053	0.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.053	0.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.053	0.00
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.053	0.00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.053	0.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.053	0.00
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.053	0.00
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.053	0.00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.053	0.14
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.053	0.18
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.053	0.00
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.053	0.00
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.053	0.00
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.053	3.00
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.053	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.053	1.27
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.053	1.18
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	0.053	1.70
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.053	3.48
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.053	2.46
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.053	1.74
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	0.053	1.67
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.053	1.18
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.053	0.43
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.053	1.74

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.053	1.29
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.053	0.00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.052	0.02
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.052	0.32
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.052	--
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.052	0.00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.052	0.00
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.052	0.05
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.052	0.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.052	0.43
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.052	0.45
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.052	0.00
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.052	0.02
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.052	--
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.052	0.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.052	0.00
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.052	0.00
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.052	0.00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.052	0.00
11564	Turnips, raw	130.0	1.0 cup, cubes	0.052	0.00
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.052	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.052	3.07
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0.052	0.00
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.052	0.82
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.052	0.52
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.052	0.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.052	2.23
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.052	0.86
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.052	1.89
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.052	0.25
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.052	3.45
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.052	1.25

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.052	1.38
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	0.052	2.29
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	0.052	3.49
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.052	3.47
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	0.052	1.76
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.052	0.94
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.052	0.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.052	0.44
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.052	0.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.052	0.00
11297	Parsley, fresh	60.0	1.0 cup chopped	0.052	0.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.052	0.70
18171	Cookies, fortune	28.35	1.0 oz	0.052	0.00
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.052	0.02
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.052	0.00
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.052	2.12
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.051	0.01
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.051	0.05
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.051	0.00
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.051	0.01
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.051	0.01
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.051	1.88
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.051	2.05
15022	Fish, cusk, raw	122.0	1.0 fillet	0.051	1.27
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.051	0.00
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.051	0.05
11965	Cauliflower, green, raw	64.0	1.0 cup	0.051	0.00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.051	0.00
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)	0.051	2.89
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.051	--
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.051	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.051	0.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.051	0.00
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.051	0.00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.051	0.00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.051	0.00
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.051	0.03
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.051	0.00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.051	0.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.051	0.06
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.051	0.00
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.051	2.55
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	0.051	1.60
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051	1.30
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.051	1.40
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.051	1.33
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.26
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.051	1.34
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.051	1.98
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.051	1.05
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.051	5.53
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.051	1.40
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.051	2.41
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.051	8.50
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.051	1.11
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051	2.04
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051	1.81
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051	2.41
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051	1.60
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.35
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.051	1.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.051	1.09
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.01

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23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.051	1.60
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.051	0.26
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.71
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	0.051	2.44
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051	2.02
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.051	1.64
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	0.051	2.46
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.55
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.051	5.53
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051	2.47
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.051	1.46
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	0.051	2.42
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.051	1.40
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051	2.50
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.051	1.27
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.051	0.02
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.65
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	0.051	2.45
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.051	0.85
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051	1.21
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.051	0.30
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.051	1.56
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051	0.99
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.051	1.74
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.051	1.30
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.051	1.76
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.051	2.47
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.051	0.99

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.051	1.40
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.051	1.44
18235	Crackers, whole-wheat	28.0	1.0 serving	0.051	0.00
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.051	0.34
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.051	3.22
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.051	0.02
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.051	0.00
09326	Watermelon, raw	154.0	1.0 cup, balls	0.051	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.051	0.04
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.051	0.04
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.051	0.22
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.051	0.33
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.051	0.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.051	0.00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.051	0.00
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.050	0.09
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.050	0.00
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.050	--
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.050	--
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.050	5.98
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.050	0.00
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.050	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.050	0.43
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.050	0.00
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.050	1.71
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.050	1.71
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.050	0.10
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.050	0.00
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.050	0.00
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.050	1.84
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.050	1.57
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.050	1.84
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050	2.69

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.050	1.45
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.050	0.20
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.050	3.38
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.050	2.32
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.050	3.36
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.050	0.84
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.050	1.81
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050	0.98
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.050	0.29
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.050	1.80
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.050	--
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.050	0.48
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.050	0.18
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.050	0.44
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.050	0.00
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.050	0.00
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.050	0.00
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.050	0.00
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.050	0.45
16122	Soy protein isolate	28.35	1.0 oz	0.050	0.00
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.050	0.00
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.050	--
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.050	0.17
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.050	2.34
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.050	2.38
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.050	0.00
21127	Fast foods, coleslaw	191.0	1.0 cup	0.050	0.02
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.050	0.00
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.050	0.00
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.050	0.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.050	0.88
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.050	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.050	0.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.050	0.50
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.050	0.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.050	0.00
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.050	0.99
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.049	0.00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.049	0.00
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.049	0.00
19524	Snacks, taro chips	28.35	1.0 oz	0.049	0.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.049	1.65
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.049	0.63
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.049	2.02
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.049	1.39
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.049	1.70
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.049	1.08
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.049	1.60
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.049	1.67
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.049	1.56
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.049	1.77
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)	0.049	3.26
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	0.049	1.60
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.049	1.67
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	0.049	1.67
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.049	0.15
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.049	0.24
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.049	0.53
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.049	0.00
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.049	0.00
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.049	16.97
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.049	0.00
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.049	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.049	0.00
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.049	0.00
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.049	0.00
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.049	0.00
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.049	2.42
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.049	1.87
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.049	0.55
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.049	0.40
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.049	0.12
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.049	1.15
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.049	1.15
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.049	--
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.049	0.88
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.049	0.03
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.049	0.03
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.049	0.00
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.049	0.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.049	0.00
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.049	0.00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.049	0.00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.049	0.49
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.049	0.00
09191	Nectarines, raw	143.0	1.0 cup slices	0.049	0.00
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.049	0.07
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.049	0.90
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.049	0.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.049	2.42
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.049	2.42
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.049	0.44
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.049	0.44
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.049	0.44
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.048	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048	3.12
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.048	3.41

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.048	0.66
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048	1.37
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.048	1.11
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.048	1.73
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	0.048	1.61
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048	3.16
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.048	8.82
07024	Frankfurter, chicken	85.0	3.0 oz	0.048	0.46
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048	3.16
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.048	30.60
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.048	1.41
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.048	0.23
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.048	2.09
09002	Acerola juice, raw	242.0	1.0 cup	0.048	0.00
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.048	0.00
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)	0.048	0.20
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.048	0.38
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.048	0.00
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.048	0.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.048	0.44
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.048	0.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.048	0.00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.048	0.47
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.048	0.24
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.048	1.73
16129	Tofu, fried	28.35	1.0 oz	0.048	0.00
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)	0.048	0.12
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.048	0.16
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.048	0.16
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.048	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.048	0.17
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.048	0.14
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.048	0.00
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.048	0.00
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.048	0.14
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.048	0.00
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.048	0.00
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.048	0.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.048	0.50
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.048	0.00
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.048	0.70
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.048	0.72
07033	Ham and cheese spread	15.0	1.0 tbsp	0.048	0.11
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.048	0.20
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.048	0.05
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.048	0.02
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.048	0.00
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	0.048	1.54
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048	3.12
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.048	0.24
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.048	1.40
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	0.048	1.51
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.048	2.25
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048	1.37
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048	1.38
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	0.048	1.51
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.048	1.40
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.048	1.40
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.048	1.62
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.048	1.05

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.048	1.51
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.048	1.18
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.048	1.83
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.048	0.00
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.048	0.00
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.048	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.047	2.50
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.047	3.28
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)	0.047	0.25
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.047	--
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.047	--
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.047	0.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.047	0.04
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.047	0.04
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.047	0.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.047	0.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.047	0.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.047	0.00
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.047	2.78
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.047	0.00
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.047	0.00
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)	0.047	0.12
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.047	0.37
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.047	0.02
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.047	0.44
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.047	0.20
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.047	0.00
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.047	0.00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.047	0.28
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.047	0.43
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.047	0.00
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.047	0.53

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.047	1.48
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	0.047	1.57
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.047	2.17
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.047	0.98
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.047	1.96
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.047	1.49
11986	Malabar spinach, cooked	44.0	1.0 cup	0.047	0.00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.047	0.00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.047	0.68
09021	Apricots, raw	155.0	1.0 cup, halves	0.046	0.00
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.046	--
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.046	0.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.046	0.19
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.046	0.06
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.046	0.78
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.046	2.52
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.046	2.53
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.046	2.55
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.046	0.42
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.046	0.15
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.046	1.13
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.046	0.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.046	0.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.046	0.03
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.046	0.00
09279	Plums, raw	165.0	1.0 cup, sliced	0.046	0.00
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.046	0.00
09176	Mangos, raw	165.0	1.0 cup pieces	0.046	0.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.046	0.33
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.046	0.00
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.046	0.41

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.046	0.08
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.046	0.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.046	0.00
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.046	0.02
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.046	0.00
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.046	0.68
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.046	1.66
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.046	0.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.046	1.13
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.046	2.42
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.046	1.33
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.046	1.10
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.046	2.48
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.046	1.98
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	0.046	1.54
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.046	1.71
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.046	0.47
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.046	3.13
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.046	0.20
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.046	0.71
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.046	0.81
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.046	0.18
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.046	0.15
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046	0.07
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.046	0.11
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.046	0.44
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.046	0.00
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.046	0.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.046	0.39
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.046	0.02
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.046	1.14
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.046	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.046	--
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.045	0.00
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.045	0.00
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.045	0.19
17146	Game meat, bear, raw	28.35	1.0 oz	0.045	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.045	0.01
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.045	0.82
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.045	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.045	1.62
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.045	0.07
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.045	0.17
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.045	0.19
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.045	0.10
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045	1.45
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045	2.89
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045	2.09
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.045	1.52
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045	2.96
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045	2.95
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.045	1.13
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.045	0.27
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.045	1.56
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.045	1.81
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045	3.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.045	1.45
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.045	2.98
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045	3.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.045	0.80
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.045	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.045	0.00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.045	--
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.045	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.045	--
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.045	0.36
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.045	0.00
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.045	--
09084	Currants, red and white, raw	112.0	1.0 cup	0.045	0.00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.045	0.35
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.045	0.00
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.045	0.00
18170	Cookies, fig bars	28.35	1.0 oz	0.045	0.03
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.045	0.35
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.045	0.11
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.045	0.11
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.045	0.11
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.045	0.27
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.045	0.00
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.045	0.10
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.045	0.09
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.045	--
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.044	0.00
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.044	0.27
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.044	0.00
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.044	0.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.044	0.94
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.044	1.39
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.044	1.08
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.044	1.42
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	0.044	1.44
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.044	0.79
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.044	1.44
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.044	1.15
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.044	1.27
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.044	0.36

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.044	--
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.044	0.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.044	0.13
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.044	0.13
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044	0.85
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044	0.85
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044	0.85
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044	0.85
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.044	0.62
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.044	0.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044	0.85
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.044	0.14
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.044	0.00
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.044	0.74
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.044	0.42
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.044	0.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.044	0.00
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.044	0.14
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.044	0.00
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.044	0.00
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.044	0.05
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.044	0.28
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.044	0.00
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.044	0.12
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.044	0.00
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.044	4.43
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.044	0.13
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.043	0.06
18952	Tostada shells, corn	12.3	1.0 piece	0.043	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.043	0.00
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.043	0.00
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.043	0.00
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.043	0.02
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.043	1.52
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.043	2.12
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.043	1.64
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.043	0.28
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.043	1.62
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.043	1.09
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.043	2.46
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.043	4.50
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.043	--
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.043	0.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.043	0.23
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.043	0.00
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.043	0.00
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.043	0.31
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.043	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.043	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.043	0.00
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.043	0.00
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.043	0.04
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.043	0.00
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.043	0.00
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.043	--
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.043	0.26
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.043	0.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.043	0.77
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.043	0.00
18355	Sweet rolls, cheese	28.35	1.0 oz	0.043	0.09
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.043	2.04
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.043	0.00
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.042	1.12
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042	2.89

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.042	0.94
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.042	1.24
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.042	1.05
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.042	1.05
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.042	1.39
11005	Arrowhead, raw	25.0	1.0 large	0.042	0.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042	1.26
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.042	7.06
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.042	2.23
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.042	1.39
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042	2.86
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.042	1.83
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042	2.84
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.042	5.36
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042	1.23
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.042	1.54
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.042	0.00
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.042	0.00
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.042	0.00
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.042	--
12059	Nuts, acorns, dried	28.35	1.0 oz	0.042	0.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.042	0.79
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.042	0.47
11080	Beets, raw	136.0	1.0 cup	0.042	0.00
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.042	0.43
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.042	0.43
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.042	0.00
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.042	0.00
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.042	0.00
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.042	0.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.042	0.98
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.042	1.05
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.042	0.15
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.042	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.042	1.08
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.042	0.08
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.042	1.14
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.042	1.08
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.042	0.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.042	0.45
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.042	0.00
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.042	0.00
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.042	0.00
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.042	0.00
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.042	0.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.042	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.042	1.29
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.042	0.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.042	0.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.042	0.00
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.042	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.042	1.43
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.042	15.42
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.042	1.67
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.042	1.62
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.042	2.39
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.042	1.37
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	0.042	1.39
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.042	--
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.042	0.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.042	0.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.042	0.00
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.042	0.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.041	0.00
21420	KFC, Coleslaw	112.0	1.0 package	0.041	0.03
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.041	0.28
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.041	0.00
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.041	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.041	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.041	0.00
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.041	0.00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.041	0.00
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.041	0.00
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	0.041	0.80
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.041	0.19
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.041	0.04
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.041	0.00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.041	0.00
09294	Prune juice, canned	256.0	1.0 cup	0.041	0.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.041	0.02
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.041	0.09
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.041	0.00
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.041	0.08
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.041	1.12
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.041	0.67
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.041	4.27
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.041	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.041	1.53
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.041	1.09
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.041	1.21
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.041	1.04
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.041	0.08
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.041	1.71
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.041	0.00
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.041	--
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.041	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.041	0.01
09190	Mulberries, raw	140.0	1.0 cup	0.041	0.00
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.041	1.44
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.040	0.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.040	0.00
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.040	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.040	0.00
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.040	0.36
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040	0.78
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.040	0.00
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.040	0.03
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.040	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.040	2.37
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.040	0.00
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)	0.040	0.42
11203	Cress, garden, raw	50.0	1.0 cup	0.040	0.00
22971	Potato salad with egg	125.0	0.5 cup	0.040	0.09
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.040	0.00
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.040	0.00
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.040	1.40
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.040	0.00
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.040	0.02
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.040	0.01
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.040	0.02
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.040	0.28
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.040	0.02
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.040	0.05
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.040	2.71
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.040	0.80
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.040	2.12
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.040	7.65
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.040	2.64
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.040	1.42
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.040	1.41
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.040	2.38
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.040	1.58
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040	0.10
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040	0.13

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040	0.10
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040	0.10
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.040	0.05
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.040	0.05
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.040	0.05
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.040	0.01
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.040	0.23
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.040	0.24
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.040	0.24
11190	Cornsalad, raw	56.0	1.0 cup	0.040	0.00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.040	0.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.040	0.00
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.040	0.02
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040	0.77
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.040	3.97
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	0.040	0.70
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040	0.75
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.040	0.46
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040	0.77
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.040	0.46
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040	0.78
01156	Cheese, goat, hard type	28.35	1.0 oz	0.040	0.03
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	0.040	0.77
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.040	0.10
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.040	0.32
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.040	0.00
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.040	3.19
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.040	0.57
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.040	1.71
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.040	1.50

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.040	1.50
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.040	--
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.039	0.00
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.039	0.07
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.039	0.09
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.039	0.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.039	0.00
09302	Raspberries, raw	123.0	1.0 cup	0.039	0.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.039	0.15
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.039	0.10
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.039	0.05
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.039	0.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.039	2.24
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.039	8.01
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.039	0.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.039	1.79
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.039	2.38
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.039	2.55
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.039	0.34
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.039	4.10
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.039	1.28
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.039	1.06
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.039	2.24
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.039	0.00
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.039	0.20
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.039	0.08
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.039	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.039	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.039	2.25
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.039	0.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.039	0.52
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.039	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.039	0.00
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.038	2.27
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.038	0.01
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.038	0.61
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.038	0.00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.038	0.14
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.038	--
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.038	0.32
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.038	0.96
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.038	0.14
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.038	0.32
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.038	0.00
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.038	0.00
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.038	0.00
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.038	1.45
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.038	2.30
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.038	0.05
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.038	1.20
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.038	0.87
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.038	0.34
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.038	0.40
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.038	1.78
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.038	0.26
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.038	2.38
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.038	0.23
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.038	0.00
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.038	0.00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.038	0.24
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.038	0.11
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.038	--
11086	Beet greens, raw	38.0	1.0 cup	0.038	0.00
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.038	3.79

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.038	0.00
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.038	0.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.038	0.00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.038	0.25
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.038	0.00
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.038	0.11
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.038	0.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.038	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.038	--
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.038	0.98
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.038	0.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.038	0.73
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.038	0.00
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	0.038	0.70
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.038	1.51
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.038	0.00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.038	--
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.038	0.72
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.038	0.72
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.038	0.14
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.038	0.00
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.038	0.42
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.037	1.33
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.037	0.00
21129	Fast foods, hush puppies	22.0	1.0 piece	0.037	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.037	2.12
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.037	2.44
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.037	2.18
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.037	2.38
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.037	0.00
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.037	0.00
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.037	0.60

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.037	0.00
11231	Jute, potherb, raw	28.0	1.0 cup	0.037	0.00
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.037	0.00
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.037	0.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.037	0.00
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.037	0.26
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.037	0.00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.037	0.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.037	--
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.037	0.00
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.037	1.33
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)	0.037	0.18
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.037	--
20002	Amaranth grain, cooked	246.0	1.0 cup	0.037	--
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.037	0.00
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.037	1.65
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037	0.60
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.037	0.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037	0.74
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	0.037	0.71
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037	0.63
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037	0.72
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.037	0.57
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037	3.46
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037	3.20
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.037	0.69
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037	0.71
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	0.037	0.77

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037	0.72
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037	0.72
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037	0.71
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.037	0.92
17170	Game meat, horse, raw	28.35	1.0 oz	0.037	0.85
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037	0.71
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.037	1.01
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.037	0.00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.037	0.05
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.037	--
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.037	0.00
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.037	0.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037	0.32
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.037	2.38
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.037	1.74
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.037	0.31
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.037	1.16
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.037	2.13
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.037	7.65
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037	2.37
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.037	2.32
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.037	0.15
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.037	1.42
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.037	0.32
19352	Syrups, malt	332.0	1.0 cup	0.037	0.00
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.036	0.46

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09316	Strawberries, raw	152.0	1.0 cup, halves	0.036	0.00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.036	0.03
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.036	0.09
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.036	0.17
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.036	0.02
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.036	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.036	1.76
19349	Syrups, corn, dark	328.0	1.0 cup	0.036	0.00
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.036	0.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.036	0.13
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.036	1.21
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.036	0.00
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.036	0.14
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.036	0.00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.036	3.00
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.036	0.00
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.036	0.00
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.036	0.91
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.036	5.30
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.036	0.14
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.036	0.14
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.036	0.13
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)	0.036	0.11
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.036	0.54
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.036	0.54
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.036	0.54
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.036	2.38
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.036	2.38
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.036	1.84
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.036	1.27
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.036	1.49
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.036	0.87

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.036	2.10
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.036	0.13
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.036	0.13
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.036	0.05
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.036	1.63
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.036	0.13
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.036	0.13
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.036	0.13
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.036	0.00
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.036	0.00
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.036	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.036	0.26
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.035	0.13
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.035	0.11
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.035	0.00
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.035	1.07
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.035	0.00
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.035	2.12
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.035	0.13
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.035	0.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.035	0.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.035	0.12
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.035	0.13
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.035	0.13
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.035	--
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.035	0.00
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.035	0.02
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.035	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.035	0.00
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	0.035	--
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.035	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.035	0.05
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.035	0.00
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.035	0.00
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.035	0.00
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.035	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.035	2.07
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.035	0.89
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.035	1.06
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.035	1.05
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.035	2.38
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.035	0.13
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.035	0.04
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.035	0.00
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.035	0.00
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.035	0.06
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.035	0.00
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.035	0.05
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.035	0.00
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.034	0.64
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.034	0.64
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.034	0.00
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.034	3.20
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.034	0.00
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.034	0.17
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.034	3.98
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.034	0.09
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.034	0.00
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.034	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.034	0.76
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.034	0.09
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.034	2.08
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.034	0.30
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.034	0.05
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.034	0.00
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.034	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.034	0.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.034	0.85
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.034	0.13
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.034	0.13
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.034	0.17
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034	0.70
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034	0.67
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034	0.85
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	0.034	0.89
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034	0.79
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034	0.80
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.034	--
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034	0.69
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034	0.85
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034	0.68
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.034	0.91
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034	0.59
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034	0.63
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034	0.85
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034	0.76
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.034	0.74
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.034	1.59
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.034	1.03
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.034	0.30
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.034	2.12
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.034	0.41
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.034	0.00
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.034	0.00
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.034	0.94

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.034	1.32
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.034	1.88
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.034	0.10
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.034	0.00
07050	Mortadella, beef, pork	28.35	1.0 oz	0.034	0.42
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.034	0.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.034	1.36
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.034	--
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.034	0.00
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.034	0.13
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.034	0.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.034	0.00
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.034	1.40
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.034	2.55
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.034	0.00
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.034	8.00
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.034	0.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.034	0.07
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.034	0.00
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.033	0.03
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.033	0.59
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.033	2.07
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.033	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.033	0.67
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.033	0.00
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.033	0.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.033	1.30
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.033	2.30
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.033	1.28
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.033	0.99
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.033	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.033	1.06
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.033	1.66
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.033	0.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.033	0.00
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.033	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.033	0.05
09077	Crabapples, raw	110.0	1.0 cup slices	0.033	0.00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.033	0.00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.033	0.12
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.033	0.12
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.033	0.27
11151	Chicory, witloof, raw	53.0	1.0 head	0.033	0.00
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.033	0.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.033	0.18
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.033	0.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.033	0.12
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.033	2.24
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.033	0.01
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.033	0.00
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.032	0.00
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.032	0.00
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.032	0.00
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.032	0.00
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.032	0.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.032	2.20
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.032	0.05
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.032	--
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.032	0.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.032	0.12
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.032	0.10
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.032	1.44
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.032	1.44
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.032	0.67
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.032	1.86
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.032	1.44
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.032	0.57
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.032	1.87

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.032	0.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.032	0.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.032	0.06
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.032	0.00
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.032	0.00
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.032	0.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.032	0.12
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.032	0.12
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.032	0.12
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.032	0.10
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.032	0.12
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.032	0.00
12058	Nuts, acorns, raw	28.35	1.0 oz	0.032	0.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.032	7.20
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.032	0.00
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.032	2.22
20134	Rice noodles, cooked	176.0	1.0 cup	0.032	0.00
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.032	0.27
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.032	0.04
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.032	0.30
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.032	0.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.032	0.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.032	0.00
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.032	0.20
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.031	0.12
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.031	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.031	1.40
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.031	2.12
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.031	1.16
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.031	0.10

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.031	0.12
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.031	0.00
07052	Pastrami, turkey	57.0	2.0 slices	0.031	0.14
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.031	0.00
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.031	--
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.031	0.05
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.031	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031	0.85
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031	0.72
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031	0.73
17168	Goat, raw	28.35	1.0 oz	0.031	0.32
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031	0.58
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031	0.73
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.031	0.85
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031	0.69
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031	0.70
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.031	0.86
17224	Lamb, ground, raw	28.35	1.0 oz	0.031	0.65
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031	0.74
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.031	0.00
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.031	4.50
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.031	0.24
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.031	0.60
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.031	0.40
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)	0.031	0.07
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.031	0.00
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.031	1.17
11591	Watercress, raw	34.0	1.0 cup, chopped	0.031	0.00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.031	0.01
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.031	14.88
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.031	4.44
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.031	1.44

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.031	1.57
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.031	--
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.031	0.49
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.031	0.17
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.030	0.33
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.030	0.00
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.030	3.20
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.030	0.00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030	0.74
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	0.030	0.74
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030	0.74
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.030	4.07
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.030	0.44
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.030	0.15
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.030	0.07
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.030	1.88
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.030	0.90
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.030	0.00
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.030	0.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.030	0.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.030	0.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.030	0.00
09043	Blackberry juice, canned	250.0	1.0 cup	0.030	0.00
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.030	0.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.030	0.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.030	0.44
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.030	0.33
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.030	3.93
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.030	0.12
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.030	0.00
18103	Coffeecake, cheese	28.35	1.0 oz	0.030	0.10
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.030	4.65

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.030	0.25
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.030	2.12
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.030	0.42
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.030	0.31
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.030	0.69
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.030	1.62
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.030	2.20
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.030	0.80
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.030	0.33
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.030	3.53
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.030	0.22
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.030	0.00
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.029	0.92
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.029	0.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.029	0.10
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.029	0.12
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.029	2.26
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.029	0.05
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.029	0.17
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.029	0.06
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.029	2.14
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.029	0.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.029	1.43
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.029	2.12
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.029	0.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.029	0.00
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.029	0.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.029	0.00
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.029	0.06
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.029	0.24
09042	Blackberries, raw	144.0	1.0 cup	0.029	0.00
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.029	0.00
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.029	0.02
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.029	0.82
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.029	0.82
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.029	0.02

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.029	0.00
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.028	0.88
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.028	0.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.028	0.00
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.028	0.80
09095	Figs, dried, stewed	259.0	1.0 cup	0.028	0.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.028	0.00
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.028	0.16
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028	0.98
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028	0.69
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.028	0.79
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028	0.66
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.028	2.03
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028	0.80
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.028	0.69
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.028	0.77
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028	0.59
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.028	0.08
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028	0.66
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.028	0.13
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028	0.80
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028	0.61
19147	Candies, peanut bar	28.35	1.0 oz	0.028	0.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.028	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.028	0.96
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028	0.94
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.028	0.00
09174	Loquats, raw	149.0	1.0 cup, cubed	0.028	0.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.028	0.14
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.028	0.16
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.028	0.00
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.028	0.09
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.028	0.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.028	0.00
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.028	0.18

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.028	0.77
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.028	4.71
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.028	1.62
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.028	0.54
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.028	0.00
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.028	0.00
18360	Taco shells, baked	12.9	1.0 shell	0.028	0.00
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.028	0.18
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.028	0.00
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.028	0.04
01020	Cheese, fontina	132.0	1.0 cup, diced	0.028	2.22
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.028	1.10
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.028	1.32
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.028	0.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.028	0.00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.028	0.19
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.028	--
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.027	0.53
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.027	0.02
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.027	0.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.027	0.00
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.027	0.00
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.027	--
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.027	0.35
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.027	0.01
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.027	0.01
90480	Syrup, Cane	21.0	1.0 serving	0.027	0.00
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.027	0.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027	0.10
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.027	0.04
19415	Snacks, potato sticks	28.35	1.0 oz	0.027	0.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027	0.54
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.027	4.68
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.027	0.04

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.027	2.54
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.027	1.41
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.027	2.12
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.027	0.33
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.027	2.02
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027	3.03
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.027	3.93
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.027	0.00
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.027	0.26
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.027	0.00
16158	Hummus, commercial	15.0	1.0 tbsp	0.027	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.027	0.00
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.027	--
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027	0.54
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.027	0.01
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.027	0.38
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.027	0.00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.027	0.20
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.027	0.20
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.027	0.10
07068	Salami, cooked, beef	26.0	1.0 slice	0.027	0.80
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.027	0.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.027	0.10
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.027	0.70
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.027	0.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.027	0.96
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.027	0.21
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.027	0.00
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.027	0.00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.027	0.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.027	0.16
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.027	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.027	0.20
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.026	0.00
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.026	1.21
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.026	1.10
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.026	1.82
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.026	0.00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.026	0.05
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026	0.52
15128	Fish, tuna salad	85.0	3.0 oz	0.026	1.02
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.026	0.32
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.026	2.06
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026	1.56
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.026	0.00
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.026	0.00
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.026	0.17
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.026	3.88
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.026	2.70
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.026	0.03
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.026	0.40
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.026	0.36
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.026	0.00
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.026	0.00
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.026	1.40
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.026	0.21
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.026	0.17
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026	0.37
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026	0.37
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026	0.45
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.026	1.76
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.026	0.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.026	0.13
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026	0.64
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.026	0.42
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.026	0.82

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026	0.37
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.026	0.06
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.026	--
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026	0.95
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.026	0.48
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.026	0.47
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.026	1.01
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026	0.45
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.026	2.17
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.026	0.48
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.026	0.17
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.026	1.36
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.026	0.00
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.026	17.00
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.026	1.49
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.026	2.25
15045	Fish, lingcod, raw	85.0	3.0 oz	0.026	3.06
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.025	0.00
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.025	0.00
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.025	0.00
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.025	0.00
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025	0.20
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025	0.00
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.025	0.00
01035	Cheese, provolone	132.0	1.0 cup, diced	0.025	1.93
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.025	1.93
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.025	0.00
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.025	0.00
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	0.025	1.65
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.025	0.18
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.025	0.42
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.025	0.03
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.025	0.00
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.025	0.12

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.025	1.14
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.025	0.00
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.025	0.06
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.025	0.00
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.025	--
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.025	0.00
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.025	0.00
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.025	0.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.025	0.36
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.025	0.45
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.025	0.88
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.025	1.45
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.025	0.00
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.025	0.00
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.025	0.27
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.025	0.00
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025	0.00
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.025	0.01
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.025	0.00
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.025	--
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.024	0.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.024	2.04
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024	0.00
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.024	0.46
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024	0.05
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.024	0.15
16130	Okara	122.0	1.0 cup	0.024	0.00
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.024	0.00
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.024	--
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.024	0.17
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.024	0.17
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.024	1.42
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.024	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.024	0.44
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.024	--
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.024	0.18
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.024	0.18
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.024	0.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.024	0.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.024	0.78
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.024	0.50
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.024	0.44
19400	Snacks, banana chips	28.35	1.0 oz	0.024	0.00
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.024	0.13
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.024	0.11
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.024	--
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.024	0.00
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.024	0.31
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.024	0.00
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.024	0.00
11154	Chicory roots, raw	60.0	1.0 root	0.024	0.00
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.024	0.19
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.024	0.36
02033	Spices, poppy seed	2.8	1.0 tsp	0.024	0.00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024	0.12
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.024	0.05
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.024	0.40
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024	0.40
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024	0.53
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.024	0.04
09192	Oheloberries, raw	140.0	1.0 cup	0.024	0.00
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.024	0.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.024	1.67
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.024	0.23
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.024	1.36

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.024	0.71
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.024	0.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024	0.52
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024	0.39
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.024	0.32
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.024	0.43
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)	0.023	0.09
11457	Spinach, raw	30.0	1.0 cup	0.023	0.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.023	0.00
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.023	0.21
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.023	--
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023	0.08
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.023	0.00
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.023	0.00
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.023	0.32
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.023	0.00
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.023	0.03
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.023	0.50
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023	0.48
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023	0.42
12071	Nuts, almond paste	28.35	1.0 oz	0.023	0.00
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.023	0.48
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.023	0.00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.023	0.00
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.023	0.00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.023	--
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.023	0.00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.023	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.023	1.26
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.023	0.12
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.023	0.86

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.023	0.48
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023	0.53
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.023	0.00
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.023	0.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.023	0.00
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.023	4.21
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.023	0.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.023	4.22
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023	0.11
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.023	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.023	0.00
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.023	0.00
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.023	0.00
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.023	0.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.023	0.88
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.023	0.39
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.023	0.38
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.023	0.36
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.023	0.30
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.023	0.76
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023	0.75
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023	0.78
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023	0.64
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023	0.76
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.023	0.40
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023	0.78
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	0.023	0.77
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.023	0.39
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.023	0.40
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023	0.81
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023	0.79
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023	0.80
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023	0.48

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.023	0.29
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.023	0.06
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.023	0.38
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023	0.48
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.023	0.02
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.023	0.76
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.023	0.01
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023	0.84
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.023	0.53
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.023	0.71
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.023	1.04
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.023	0.71
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.023	0.00
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.023	0.00
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.023	0.00
19419	Snacks, corn cakes	9.0	1.0 cake	0.022	0.00
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.022	0.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.022	0.00
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.022	0.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.022	0.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.022	0.00
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.022	--
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.022	0.00
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.022	0.00
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.022	0.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.022	0.52
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.022	0.39
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.022	0.47
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022	0.50
01144	Egg substitute, powder	9.9	0.35 oz	0.022	0.35
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.022	0.04
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.022	0.17
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.022	0.54
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.022	0.25
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.022	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.022	0.98
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.022	0.00
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.022	7.71
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.022	1.70
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.022	1.50
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.022	1.39
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.022	1.22
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.022	0.01
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.022	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.022	0.00
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.022	0.34
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.022	0.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.022	0.52
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022	0.60
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.022	0.51
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.022	0.21
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.022	0.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.022	0.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.022	0.00
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.022	2.19
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.022	0.00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.022	0.21
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.022	0.21
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022	0.27
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.022	0.46
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022	0.43
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022	0.59
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.022	0.80
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.021	0.12
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.021	0.09
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.021	0.00
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.021	0.41
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.021	0.04
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.021	0.06

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021	0.27
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.021	0.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.021	0.50
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.021	10.97
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.021	0.00
15054	Fish, monkfish, raw	85.0	3.0 oz	0.021	0.76
11143	Celery, raw	101.0	1.0 cup chopped	0.021	0.00
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.021	--
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.021	0.17
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.021	0.05
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.021	0.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.021	0.00
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	0.021	--
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.021	0.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021	0.26
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.021	0.00
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.021	2.20
09164	Litchis, raw	190.0	1.0 cup	0.021	0.00
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.021	0.00
09287	Prickly pears, raw	149.0	1.0 cup	0.021	0.00
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.021	0.02
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.021	0.07
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.021	0.17
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.021	--
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.021	0.66
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.021	0.86
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.021	0.00
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.021	0.18
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.021	0.26
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.021	--
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.020	0.46
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.020	0.84
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.020	0.05

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.020	0.00
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.020	0.14
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.020	0.06
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.020	0.73
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.020	0.50
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.020	0.73
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.020	0.10
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.020	15.84
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.020	0.20
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.020	1.57
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.020	1.36
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.020	0.17
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.020	--
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.020	0.45
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020	2.62
11427	Purslane, raw	43.0	1.0 cup	0.020	0.00
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.020	0.00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.020	0.07
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.020	0.07
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.020	0.73
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.020	0.87
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.020	0.57
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.020	0.43
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.020	0.03
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.020	0.00
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.020	0.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.020	0.00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.020	0.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.020	0.05
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.020	0.07
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.020	0.05

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.020	0.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.020	0.05
11213	Endive, raw	25.0	0.5 cup, chopped	0.020	0.00
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.020	0.44
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.020	0.00
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020	2.35
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.020	0.26
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.020	0.10
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.020	0.04
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.020	0.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.020	0.76
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.020	0.03
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.020	0.72
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.020	0.64
01159	Cheese, goat, soft type	28.35	1.0 oz	0.020	0.05
01006	Cheese, brie	28.35	1.0 oz	0.020	0.47
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.020	0.39
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.020	0.37
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.020	0.46
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.020	0.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.020	0.49
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020	0.47
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.020	--
01011	Cheese, colby	132.0	1.0 cup, diced	0.020	1.10
01025	Cheese, monterey	132.0	1.0 cup, diced	0.020	1.10
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.020	0.00
07951	Scrapple, pork	17.0	1.0 cubic inch	0.020	0.05
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.020	0.35
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.020	0.35
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.020	0.16
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.020	--
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.020	0.31
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.020	1.72

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.020	0.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020	0.31
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.020	0.94
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.020	3.74
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.020	3.74
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.020	1.58
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.020	0.59
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.020	1.57
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.020	1.18
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.020	0.59
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020	0.09
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.020	0.00
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.020	0.00
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.020	0.00
11161	Collards, raw	36.0	1.0 cup, chopped	0.019	0.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.019	0.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.019	0.31
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.019	0.41
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.019	0.31
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019	0.09
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.019	0.14
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.019	0.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.019	0.01
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.019	0.46
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.019	0.69
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.019	0.02
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.019	0.54
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.019	0.34
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.019	0.00
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.019	0.38
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.019	0.59

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.019	0.14
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.019	0.00
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.019	0.28
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.019	0.73
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.019	0.10
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.019	1.95
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.019	1.17
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.019	2.66
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.019	--
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.019	0.00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.018	0.02
01005	Cheese, brick	132.0	1.0 cup, diced	0.018	1.66
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.018	1.98
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.018	0.00
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.018	0.00
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.018	0.03
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.018	0.00
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.018	0.04
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.018	0.00
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.018	0.03
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.018	0.54
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.018	0.00
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.018	0.00
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.018	0.00
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.018	0.00
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.018	0.00
13350	Beef, cured, dried	28.0	10.0 slices	0.018	0.45
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.018	0.71
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.018	0.51
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.018	0.00
21416	POPEYES, Coleslaw	120.0	1.0 package	0.018	0.00
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.018	0.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.018	0.00
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.018	0.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.018	0.44

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.018	1.03
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.018	1.19
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.018	0.07
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.018	0.10
20133	Rice noodles, dry	57.0	2.0 oz	0.018	0.00
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.018	0.16
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.018	--
07960	Bologna, chicken, pork	28.0	1.0 serving	0.018	0.14
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.018	0.00
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.018	0.00
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.018	0.05
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.018	0.07
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.018	0.50
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.018	3.29
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.018	0.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.018	0.00
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.017	0.00
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.017	0.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017	0.34
18323	Pie, peach	28.35	1.0 oz	0.017	0.00
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.017	0.00
01041	Cheese, tilsit	28.35	1.0 oz	0.017	0.60
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.017	0.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017	0.34
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.017	0.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017	0.34
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.017	0.00
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.017	0.00
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.017	0.00
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.017	0.00
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.017	0.00
11522	Taro shoots, raw	43.0	0.5 cup slices	0.017	0.00
01030	Cheese, muenster	132.0	1.0 cup, diced	0.017	1.94
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.017	0.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.017	0.33

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
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	0.017	0.28
17150	Game meat, beaver, raw	28.35	1.0 oz	0.017	--
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.017	0.17
17172	Game meat, moose, raw	28.35	1.0 oz	0.017	--
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.017	0.00
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.017	1.26
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.017	0.48
01023	Cheese, gruyere	28.35	1.0 oz	0.017	0.45
05335	Chicken, feet, boiled	28.35	1.0 oz	0.017	0.13
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.017	3.74
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.017	0.82
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.017	0.51
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.017	0.00
15033	Fish, haddock, raw	85.0	3.0 oz	0.017	1.56
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.017	0.94
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.017	0.34
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.017	0.47
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.017	5.53
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.017	4.71
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.017	3.74
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.017	2.45
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.017	0.00
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.017	--
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")	0.017	0.10
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.017	0.00
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.017	0.00
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.017	0.34
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.017	--
09252	Pears, raw	140.0	1.0 cup, slices	0.017	0.00
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.017	0.00
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.017	1.79
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.017	0.00
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.017	--
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.017	0.00
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.017	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16112	Miso	17.0	1.0 tbsp	0.017	0.01
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.016	0.13
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.016	0.00
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.016	0.00
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.016	--
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.016	0.25
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016	0.07
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.016	0.15
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.016	0.00
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.016	0.06
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.016	0.06
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.016	0.16
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.016	0.46
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.016	0.30
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.016	1.07
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.016	0.00
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.016	0.42
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.016	0.06
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.016	0.06
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.016	0.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.016	0.06
11961	Hearts of palm, canned	146.0	1.0 cup	0.016	0.00
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)	0.016	0.04
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.016	9.60
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.016	0.00
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.016	--
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.016	0.36
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.016	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016	0.45
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.016	0.33
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.016	0.01
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.016	0.06

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.016	0.06
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.016	0.06
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.016	0.05
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.016	0.06
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.016	0.06
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.016	0.65
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.016	0.11
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.016	0.02
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.016	0.15
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.016	0.00
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.016	0.00
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.016	0.00
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.016	0.00
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.016	0.00
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.016	0.47
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.016	0.12
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.016	0.10
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.016	0.10
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.016	0.00
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.016	0.00
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.016	0.00
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.016	0.00
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.016	0.00
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.016	0.52
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.016	--
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.016	0.00
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016	0.11
07971	Bologna, meat and poultry	33.0	1.0 slice	0.016	0.16
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.015	0.00
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.015	0.00
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.015	0.73
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.015	0.00
09413	Pears, raw, red anjou	126.0	1.0 small	0.015	--
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.015	7.35

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.015	0.31
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.015	0.15
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.015	0.07
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.015	0.00
09229	Papaya nectar, canned	250.0	1.0 cup	0.015	0.00
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.015	0.00
11118	Cabbage, kimchi	150.0	1.0 cup	0.015	0.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.015	0.27
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.015	0.05
11954	Tomatillos, raw	34.0	1.0 medium	0.015	0.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.015	0.00
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.015	2.86
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.015	0.00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.015	0.05
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.015	0.05
06126	Gravy, turkey, dry	7.0	1.0 serving	0.015	0.04
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.015	0.14
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.015	0.00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.015	0.00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.015	0.23
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.015	0.02
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.015	0.02
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.015	0.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.015	0.00
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.015	--
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.015	0.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.015	0.10
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.015	0.35
01040	Cheese, swiss	132.0	1.0 cup, diced	0.015	4.04
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.014	0.30
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.014	0.50
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.014	0.02
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.014	0.00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.014	0.06
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.014	0.09

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.014	1.87
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.014	4.59
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.014	1.87
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.014	1.14
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.014	0.00
09423	Prune puree	36.0	2.0 tbsp	0.014	--
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.014	0.00
11147	Chard, swiss, raw	36.0	1.0 cup	0.014	0.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.014	0.08
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.014	0.00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.014	0.02
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.014	0.13
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.014	0.00
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.014	0.03
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.014	--
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.014	0.08
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.014	0.03
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.014	1.61
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.014	--
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.014	0.01
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.014	0.00
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.014	0.00
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.014	0.00
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.014	--
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.014	0.40
42161	Bologna, beef, low fat	28.0	1.0 slice	0.014	0.39
11429	Radishes, raw	116.0	1.0 cup slices	0.014	0.00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.014	0.01
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.014	0.00
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.014	0.00
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.014	0.16
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.014	0.00
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.014	0.03
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.014	0.00
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.014	0.00
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.014	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.014	0.07
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.014	0.00
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.014	0.06
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.014	0.00
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.014	0.06
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.014	--
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.014	1.11
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.014	0.26
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.014	0.35
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.014	2.78
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.014	0.00
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.014	0.00
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.013	--
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.013	--
02020	Spices, garlic powder	3.1	1.0 tsp	0.013	0.00
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.013	0.97
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.013	0.06
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.013	0.00
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.013	0.00
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.013	0.00
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.013	0.09
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.013	0.10
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.013	1.08
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.013	1.51
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.013	1.09
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.013	1.51
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.013	0.45
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.013	0.00
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.013	0.00
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.013	0.00
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.013	0.00
19353	Syrups, maple	20.0	1.0 tbsp	0.013	0.00
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.013	0.10
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.013	0.00
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.013	0.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.013	0.62

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15014	Fish, cisco, smoked	28.35	1.0 oz	0.013	1.21
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.013	0.52
01010	Cheese, cheshire	28.35	1.0 oz	0.013	0.24
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.013	0.03
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.013	0.41
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.013	--
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.013	0.00
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.013	0.01
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.013	0.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.013	0.03
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.013	0.65
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.013	9.59
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.013	1.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.013	0.00
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.013	0.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.013	0.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.013	0.08
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.013	0.47
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.013	0.00
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.013	0.14
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.013	0.09
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.013	0.00
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.013	0.04
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.012	0.00
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.012	0.00
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.012	0.00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.012	0.18
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.07
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.05
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.012	0.00
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.012	0.50
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.012	0.02
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.012	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.012	0.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.012	0.08
09421	Dates, medjool	24.0	1.0 date, pitted	0.012	--
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.012	0.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.012	0.62
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.012	0.03
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.012	0.01
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.012	0.00
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.012	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.012	1.30
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.012	0.36
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.012	0.09
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.012	0.09
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.012	0.09
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.012	0.06
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.012	0.09
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.012	0.00
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.012	0.00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.012	0.09
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.012	0.06
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.012	0.00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.012	0.01
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.012	0.00
06114	Gravy, au jus, canned	59.0	0.25 cup	0.012	0.06
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.012	0.00
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.012	0.22
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.012	0.02
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.012	0.14
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.012	0.00
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.012	0.00
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.011	1.22
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.011	1.22

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.011	0.00
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.011	1.36
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.011	0.00
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.011	0.00
18354	Strudel, apple	28.35	1.0 oz	0.011	0.06
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.011	0.47
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.011	0.18
01039	Cheese, roquefort	28.35	1.0 oz	0.011	0.18
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.011	0.43
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.011	0.69
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.011	0.00
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.011	1.97
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.011	0.07
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.011	0.01
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.011	0.06
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.011	0.55
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.011	1.66
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.011	0.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.011	0.55
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.011	0.00
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.011	0.00
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.011	0.00
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.011	0.03
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.011	0.12
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.011	0.34
15053	Fish, milkfish, raw	85.0	3.0 oz	0.011	2.89
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.011	--
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)	0.011	0.05
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.011	0.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.011	0.19
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.011	0.00
02026	Spices, onion powder	2.4	1.0 tsp	0.011	0.00
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.011	0.00
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.011	0.00
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.011	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.011	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.011	0.00
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.011	0.00
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.011	0.75
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.011	0.04
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.011	0.08
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.011	0.00
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.011	0.03
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.011	0.26
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.011	0.00
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.011	0.07
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.011	0.01
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.010	0.08
18106	Coffeecake, fruit	28.35	1.0 oz	0.010	0.01
01018	Cheese, edam	28.35	1.0 oz	0.010	0.44
01038	Cheese, romano	28.35	1.0 oz	0.010	0.32
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.010	0.02
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.010	0.06
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.010	0.06
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.010	0.00
11963	Nopales, raw	86.0	1.0 cup, sliced	0.010	0.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.010	0.17
07025	Frankfurter, turkey	28.35	1.0 oz	0.010	0.23
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.010	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.010	1.83
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)	0.010	0.06
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.010	0.00
27064	Wasabi	20.0	1.0 tablespoon	0.010	0.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.010	0.19
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.010	0.14
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.010	0.00
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.010	0.24
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.010	0.08
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.010	0.18
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.010	0.04

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.010	0.00
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.010	0.16
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.010	0.06
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.009	0.14
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.009	0.05
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.009	0.00
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.009	0.00
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.009	0.00
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.009	0.44
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.009	0.01
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.009	--
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.009	0.01
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.009	0.00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.009	0.02
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.009	0.05
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.009	0.06
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.009	0.00
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.009	0.00
07007	Bologna, beef	30.0	1.0 slice	0.009	0.36
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.009	--
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.009	0.95
19312	Pie fillings, apple, canned	74.0	0.125 can	0.009	0.00
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.009	0.00
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.009	--
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.009	0.00
01008	Cheese, caraway	28.35	1.0 oz	0.009	0.08
02016	Spices, dill seed	2.1	1.0 tsp	0.009	0.00
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.009	0.02
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.009	0.00
36030	DENNY'S, hash browns	124.0	1.0 serving	0.009	--
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)	0.009	0.03
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.009	0.15
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.009	--
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.009	1.70

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.009	0.72
01022	Cheese, gouda	28.35	1.0 oz	0.009	0.44
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.009	0.21
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.009	0.06
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.009	0.36
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.009	0.00
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.009	0.47
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.009	0.26
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.008	1.36
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.008	3.37
90560	Mollusks, snail, raw	85.0	3.0 oz	0.008	0.42
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.008	1.70
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.008	1.70
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.008	4.25
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.008	1.95
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.008	2.92
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.008	0.00
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.008	0.00
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.008	0.00
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.008	0.00
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.008	0.00
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.008	0.00
01004	Cheese, blue	28.35	1.0 oz	0.008	0.35
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.008	0.00
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.008	0.69
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.008	0.00
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.008	0.00
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.008	--
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.008	--
02005	Spices, caraway seed	2.1	1.0 tsp	0.008	0.00
11362	Potatoes, raw, skin	38.0	1.0 skin	0.008	0.00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.008	0.25
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.008	0.00
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.008	0.06
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.008	0.00
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.008	0.05

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
01007	Cheese, camembert	28.35	1.0 oz	0.008	0.37
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.008	0.34
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.008	0.03
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.008	0.00
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.008	0.12
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.008	0.05
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.008	0.08
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.008	--
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.008	0.00
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.008	0.17
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.008	0.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.008	0.00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.008	0.05
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.008	0.04
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.008	3.43
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.008	2.55
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.008	0.08
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.008	0.00
20015	Corn bran, crude	76.0	1.0 cup	0.008	0.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.008	0.29
02028	Spices, paprika	2.3	1.0 tsp	0.008	0.00
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.008	0.00
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.008	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.008	0.00
11003	Amaranth leaves, raw	28.0	1.0 cup	0.008	0.00
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.008	0.25
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.008	0.04
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.008	0.00
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.008	--
09436	Mango nectar, canned	251.0	1.0 cup	0.008	0.00
09437	Tamarind nectar, canned	251.0	1.0 cup	0.008	0.00
09434	Guanabana nectar, canned	251.0	1.0 cup	0.008	0.00
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.008	0.00
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.008	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.008	3.12
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.008	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.007	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.007	0.00
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.007	0.00
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.007	0.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.007	0.00
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.007	0.00
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	0.007	0.07
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.007	0.55
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.007	0.15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.007	0.00
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.007	0.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.007	--
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.007	--
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.007	0.00
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.007	0.04
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.007	0.00
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.007	0.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007	0.04
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.007	0.00
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.007	0.17
09216	Orange peel, raw	6.0	1.0 tbsp	0.007	0.00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.007	0.00
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.007	0.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.007	0.00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.007	0.00
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.007	0.00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.007	0.00
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.007	--
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.007	0.07
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.007	0.00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.007	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.04
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.007	0.00
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.007	0.00
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.007	0.04
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.007	0.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.007	0.45
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.007	0.03
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.007	0.03
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.007	0.06
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.007	0.99
02007	Spices, celery seed	2.0	1.0 tsp	0.007	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.007	0.99
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.007	0.04
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.007	1.05
02009	Spices, chili powder	2.7	1.0 tsp	0.007	0.00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.007	0.03
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.007	0.00
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.007	--
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.007	0.00
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.007	0.00
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.007	0.00
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.007	0.92
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.007	0.00
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.007	0.92
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.007	0.07
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.006	0.34
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.006	0.01
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.006	0.29
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.006	--
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.006	0.00
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.006	0.00
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.006	0.00
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.006	0.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.006	0.02
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.006	0.01

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.006	0.00
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.006	0.00
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.006	0.00
01031	Cheese, neufchatel	28.35	1.0 oz	0.006	0.09
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.006	0.00
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.006	0.00
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.006	0.00
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.006	0.32
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.006	0.06
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.006	0.03
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.006	0.00
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.006	0.00
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.006	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.04
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.006	0.02
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.006	0.06
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.006	0.00
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.006	0.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.006	0.00
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.006	0.00
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.006	0.01
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.006	0.14
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.006	0.00
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.006	0.00
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.006	0.00
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.006	0.00
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.006	0.05
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.006	0.25
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.006	0.00
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.006	2.98
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.006	0.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.006	0.03
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.006	0.06
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.006	0.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.006	0.05

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.006	0.03
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.006	0.03
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006	--
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.006	0.01
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.006	0.02
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.006	0.01
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.006	0.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.006	0.12
15109	Fish, surimi	28.35	1.0 oz	0.006	0.45
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.006	0.11
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.006	0.23
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.006	0.46
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.006	0.00
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.006	0.37
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.006	--
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.006	0.00
19081	Candies, sweet chocolate	28.35	1.0 oz	0.006	0.00
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.006	0.16
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.006	0.47
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.006	0.00
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.006	0.03
11974	Grape leaves, raw	14.0	1.0 cup	0.006	0.00
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.006	0.47
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.006	0.00
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.006	0.47
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.006	0.00
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.006	0.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.04
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.006	0.10
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.005	0.00
25059	Snacks, brown rice chips	9.0	1.0 cake	0.005	0.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.005	0.00
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.005	0.00
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.005	0.05
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.005	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.005	0.00
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.005	0.04
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.005	0.64
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.005	0.00
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.005	--
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.005	0.00
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.005	0.00
02022	Spices, mace, ground	1.7	1.0 tsp	0.005	0.00
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.005	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.005	0.00
02038	Spices, sage, ground	0.7	1.0 tsp	0.005	0.00
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.005	--
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.005	0.04
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.005	0.00
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.005	0.00
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.005	0.17
02039	Spices, savory, ground	1.4	1.0 tsp	0.005	0.00
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.005	0.00
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.005	0.03
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.005	0.00
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.005	0.23
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.005	0.00
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.005	0.11
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.005	0.00
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.005	0.00
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.005	0.07
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.005	--
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.005	0.00
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.005	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.005	0.00
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.005	0.00
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.005	0.02
20030	Hominy, canned, white	165.0	1.0 cup	0.005	0.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.02
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.005	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.005	0.00
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.005	0.00
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.005	0.02
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.005	0.01
01179	Sour cream, light	12.0	1.0 tablespoon	0.005	0.05
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.005	0.00
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.005	--
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.005	0.00
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.005	0.02
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.005	0.04
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.005	0.14
20330	Hominy, canned, yellow	160.0	1.0 cup	0.005	0.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.005	0.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.005	0.17
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.005	0.00
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.005	0.04
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.005	0.00
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.005	0.00
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.005	0.01
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.005	0.00
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.005	0.00
19137	Toppings, strawberry	42.0	2.0 tbsp	0.005	0.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.005	0.04
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.005	0.21
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.005	0.25
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.005	0.14
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.004	0.00
11960	Carrots, baby, raw	15.0	1.0 large	0.004	0.00
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.004	0.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.004	0.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.004	0.00
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.004	0.02
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.004	0.02
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.004	0.02
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.004	0.30
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.004	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11145	Celtuce, raw	8.0	1.0 leaf	0.004	0.00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.02
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.004	0.42
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.004	0.01
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.004	--
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.004	0.10
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.004	0.00
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.004	0.00
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.004	0.04
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.004	0.00
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.004	0.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.004	0.00
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.004	0.02
02013	Spices, coriander seed	1.8	1.0 tsp	0.004	0.00
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.004	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.004	0.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.004	0.43
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.004	0.43
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.004	0.00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.004	0.00
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.004	0.00
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.004	0.00
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.004	0.17
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.004	0.04
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.004	0.00
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.004	0.00
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.004	0.00
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.004	0.00
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.004	0.00
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.004	0.00
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.004	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.004	0.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.004	0.00
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.004	0.06
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.004	0.01

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.004	0.00
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.004	0.19
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.004	0.05
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.004	0.65
18021	Bread, boston brown, canned	28.35	1.0 oz	0.004	0.00
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.004	0.00
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.004	0.02
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.004	0.14
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.004	0.15
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.004	0.00
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.004	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.004	0.00
06150	Sauce, barbecue	17.0	1.0 tbsp	0.004	0.00
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.004	0.42
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.004	0.09
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.004	0.00
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.004	0.00
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.004	0.00
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.004	0.00
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.004	0.09
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.004	--
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.004	0.00
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.004	0.00
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.004	0.36
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.004	0.26
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.004	--
09156	Lemon peel, raw	6.0	1.0 tbsp	0.004	0.00
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.004	0.03
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.004	--
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.004	0.08
02015	Spices, curry powder	2.0	1.0 tsp	0.004	0.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.004	0.02
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.004	0.00
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.004	0.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003	0.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.003	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003	0.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.003	0.02
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.003	0.00
19070	Candies, butterscotch	28.35	1.0 oz	0.003	0.00
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.003	0.00
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.003	0.08
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.003	0.00
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.003	0.00
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.003	0.14
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.003	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.003	0.28
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.003	0.00
01017	Cheese, cream	14.5	1.0 tbsp	0.003	0.03
02011	Spices, cloves, ground	2.1	1.0 tsp	0.003	0.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.003	0.00
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.003	0.00
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.003	0.00
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.02
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.003	0.00
19297	Jams and preserves	20.0	1.0 tbsp	0.003	0.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.003	--
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.003	0.01
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.003	0.00
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.003	0.03
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.003	0.00
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.003	0.00
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.003	0.00
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.003	0.05
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.003	0.00
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.003	0.00
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.003	0.00
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.003	0.00
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.003	0.00
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.003	0.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.003	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.003	0.03
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.003	0.00
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.003	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.003	0.00
01225	Dulce de Leche	19.0	1.0 tbsp	0.003	0.06
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003	0.02
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.003	0.00
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.003	0.00
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003	0.00
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.003	0.03
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.003	--
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.003	0.04
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.003	--
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.003	0.00
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.003	0.00
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.003	0.04
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.003	0.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.003	--
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003	0.00
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.003	0.00
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.003	0.00
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.003	0.00
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.003	0.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.003	0.00
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.003	--
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.003	0.00
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.003	0.02
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.003	0.00
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.003	0.00
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.003	--
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.003	0.00
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.003	0.00
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.003	0.00
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.003	0.05
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.003	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.003	0.00
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.003	0.00
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.003	0.00
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.003	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.003	0.00
27066	Sauce, horseradish	5.6	1.0 tsp	0.003	0.01
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.003	0.00
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.003	0.00
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.003	0.01
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.003	0.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003	0.02
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.003	0.01
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.003	0.00
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.003	0.00
11975	Grape leaves, canned	4.0	1.0 leaf	0.003	0.00
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.003	0.02
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.003	0.00
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.003	0.00
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.003	0.00
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.003	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.003	0.00
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.003	0.00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.003	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.003	0.00
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.003	0.04
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.003	0.00
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.002	0.06
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.002	0.00
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.002	0.00
11447	Sesbania flower, raw	3.0	1.0 flower	0.002	0.00
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.002	0.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.002	0.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.002	0.00
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.002	0.00
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.002	0.03
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.002	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.002	0.00
11156	Chives, raw	3.0	1.0 tbsp chopped	0.002	0.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.002	0.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.01
02008	Spices, chervil, dried	0.6	1.0 tsp	0.002	0.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.002	0.00
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.002	0.02
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.002	0.03
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.002	0.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.002	0.00
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.002	0.00
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.002	0.00
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.002	0.00
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.002	0.00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.002	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.002	0.00
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.002	0.00
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.002	0.00
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.002	0.09
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.002	0.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.002	0.42
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.002	0.06
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002	0.02
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.002	0.06
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.002	0.00
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.002	0.02
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.002	0.07
11943	Pimento, canned	12.0	1.0 tbsp	0.002	0.00
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.002	0.00
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.002	0.08
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.002	0.00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.002	0.00
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.002	0.02
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.002	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.002	0.00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.002	--
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.002	0.00
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.002	0.00
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.002	--
02001	Spices, allspice, ground	1.9	1.0 tsp	0.002	0.00
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.002	0.19
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.002	0.00
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.002	0.00
11935	Catsup	17.0	1.0 tbsp	0.002	0.00
11949	Catsup, low sodium	17.0	1.0 tbsp	0.002	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002	0.00
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.002	0.00
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002	0.00
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002	0.00
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.002	0.07
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.002	0.00
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.002	0.00
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.002	0.00
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.002	0.00
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.002	0.00
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.002	0.00
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.002	0.00
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.002	0.00
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.002	0.06
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.002	0.00
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.002	0.04
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.002	0.00
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.002	0.02
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.002	0.00
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.002	0.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.002	0.03
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.002	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.002	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.002	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.002	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.002	0.00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.002	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.002	0.00
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.002	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.002	0.01
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.002	0.01
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.002	0.01
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002	0.00
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.002	0.00
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.002	0.02
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.002	0.03
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.002	--
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.002	0.02
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.002	0.00
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.002	0.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.002	0.00
02054	Capers, canned	8.6	1.0 tbsp, drained	0.002	0.00
19294	Fruit butters, apple	17.0	1.0 tbsp	0.002	0.00
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.002	0.00
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.002	--
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.002	0.21
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.002	0.00
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002	0.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.002	0.02
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.002	0.00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.002	0.04
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.002	0.00
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.002	0.02
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002	0.03
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.002	0.00
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.002	0.00
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.002	0.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.002	0.02

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.002	0.00
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.002	--
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.002	0.06
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.002	0.01
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.002	0.00
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.001	0.01
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.001	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.001	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.001	0.00
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.001	0.01
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001	0.01
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.001	0.00
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.001	0.00
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.001	0.00
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.001	0.00
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.001	0.11
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.001	0.03
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.001	0.00
02066	Spearmint, dried	0.5	1.0 tsp	0.001	0.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.001	0.01
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.001	0.00
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.001	0.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.001	0.01
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.001	0.01
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.001	0.01
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.001	0.02
19030	Syrup, fruit flavored	20.0	1.0 serving	0.001	0.00
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.001	0.02
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.001	0.00
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.001	0.01
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.001	--
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.001	0.01
01173	Egg, white, dried	28.0	1.0 oz	0.001	0.05
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.001	0.01
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.001	0.01

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.001	0.02
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.001	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.001	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.001	0.00
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001	0.02
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.001	0.00
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.001	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.001	0.00
01124	Egg, white, raw, fresh	33.0	1.0 large	0.001	0.03
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.001	0.00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.001	0.00
20003	Arrowroot flour	128.0	1.0 cup	0.001	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001	0.00
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.001	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.001	0.00
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.001	0.00
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.001	0.02
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.001	0.00
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.001	0.17
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.001	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.001	0.07
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.001	0.00
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.001	0.00
19107	Candies, hard	28.35	1.0 oz	0.001	0.00
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001	0.02
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.001	0.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.001	0.00
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.001	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.001	0.01
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.001	0.01
19303	Marmalade, orange	20.0	1.0 tbsp	0.001	0.00
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.001	0.00
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001	0.00
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001	0.01
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.001	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.001	0.01
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001	0.01
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.001	1.51
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.001	1.51
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.001	1.51
02029	Spices, parsley, dried	0.5	1.0 tsp	0.001	0.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.001	0.01
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.001	1.51
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.001	0.01
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.001	0.01
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.001	0.00
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.001	0.00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.001	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.001	0.00
11959	Arugula, raw	2.0	1.0 leaf	0.001	0.00
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.001	0.00
02044	Basil, fresh	2.5	5.0 leaves	0.001	0.00
02021	Spices, ginger, ground	1.8	1.0 tsp	0.001	0.00
02037	Spices, saffron	0.7	1.0 tsp	0.001	0.00
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.001	0.13
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.001	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.001	0.01
09173	Longans, dried	1.7	1.0 fruit	0.001	0.00
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.001	0.00
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.001	0.00
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.001	0.00
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001	0.00
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001	0.00
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.001	0.00
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.001	0.00
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.001	0.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001	0.00
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.001	0.00
11216	Ginger root, raw	2.0	1.0 tsp	0.000	0.00
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.000	0.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000	0.00
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.000	0.00
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000	0.00
02050	Vanilla extract	4.2	1.0 tsp	0.000	0.00
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000	0.00
19108	Candies, jellybeans	11.0	10.0 small	0.000	0.00
02055	Horseradish, prepared	5.0	1.0 tsp	0.000	0.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.000	0.00
02049	Thyme, fresh	0.8	1.0 tsp	0.000	0.00
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.000	0.00
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.000	0.00
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000	0.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000	0.00
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.000	0.00
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.000	0.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.000	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.000	0.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.000	0.00
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.000	0.00
19340	Sugars, maple	3.0	1.0 tsp	0.000	0.00
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000	0.00
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.000	--
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.000	0.00
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.000	0.00
02063	Rosemary, fresh	0.7	1.0 tsp	0.000	0.00
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000	0.01
09165	Litchis, dried	2.5	1.0 fruit	0.000	0.00
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000	0.01
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.000	0.00
02065	Spearmint, fresh	0.3	2.0 leaves	0.000	0.00
11984	Epazote, raw	0.8	1.0 tbsp	0.000	0.00
19300	Jellies	21.0	1.0 serving 1 tbsp	0.000	0.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000	0.00

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000	0.00
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000	0.00
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.000	0.00
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000	0.00
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000	--
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.000	0.00
02048	Vinegar, cider	14.9	1.0 tbsp	0.000	--
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000	--
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.000	--
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000	--
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000	--
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000	0.01
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000	--
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000	0.21
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000	--
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000	--
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000	--
43026	Syrups, sugar free	240.0	1.0 cup	0.000	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000	0.01
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.000	--
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000	--
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000	--
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.000	1.20
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000	--
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.000	--
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	0.000	12.00
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0.000	--
04588	Oil, oat	13.6	1.0 tbsp	0.000	--
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000	--
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0.000	--
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.000	--
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.000	0.59
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000	--
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000	--
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.000	--
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	0.000	--
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000	--
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.000	0.39
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000	--
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000	--
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.000	--
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.000	6.00
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000	--
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.000	3.00
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000	--
04528	Oil, walnut	13.6	1.0 tbsp	0.000	--
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000	--
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000	--
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.000	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000	0.01
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.000	--
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000	--
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.000	0.50
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.000	0.24
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000	--
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.000	--
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.000	0.90
04582	Oil, canola	14.0	1.0 tbsp	0.000	--
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.000	--
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000	--
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.000	0.06
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000	--
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000	--
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.000	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000	--
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000	--
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.000	--
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000	--
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.000	--
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.000	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000	--
04575	Fat, turkey	12.8	1.0 tbsp	0.000	--
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.000	--
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.000	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.000	0.04
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.000	--
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000	--
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000	--
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.000	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000	--
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.000	--
01069	Cream substitute, powdered	94.0	1.0 cup	0.000	--
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000	--
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000	--
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.000	--
43299	Soybean, curd cheese	225.0	1.0 cup	0.000	--
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000	--
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000	0.07
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000	--
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000	--
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.000	--
19163	Chewing gum	3.0	1.0 stick	0.000	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000	--
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	0.000	12.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.000	--
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.000	0.02
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000	--
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.000	0.60
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000	--
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.000	--
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000	--
04055	Oil, palm	13.6	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.000	--
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.000	--
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000	--
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000	--
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000	--
04590	Fish oil, herring	13.6	1.0 tbsp	0.000	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000	--
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.000	--
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.000	--
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000	--
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000	--
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.000	--
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.000	--
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000	--
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.000	--
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000	--
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000	--
20027	Cornstarch	128.0	1.0 cup	0.000	--
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000	--
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000	--
04529	Oil, almond	13.6	1.0 tablespoon	0.000	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000	--
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000	--
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure	Vitamin B-12(µg) Per Measure
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000	--
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.000	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000	--
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.000	--
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000	--
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.000	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000	--
04583	Oil, mustard	14.0	1.0 tbsp	0.000	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.000	--
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.000	--
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000	--
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.000	--