USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fiber, total dietary (g) ; Fatty acids, total monounsaturated (g) ; Carbohydrate, by difference (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: December 15, 2015 07:10 EST

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
20015	Corn bran, crude	79.00	0.24	85.64
42281	Gums, seed gums (includes locust bean, guar)	--	0.22	77.30
11988	Fungi, Cloud ears, dried	70.10	--	73.01
02015	Spices, curry powder	53.20	8.78	55.83
02010	Spices, cinnamon, ground	53.10	0.25	80.59
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	46.20	0.50	84.30
02039	Spices, savory, ground	45.70	--	68.73
20077	Wheat bran, crude	42.80	0.64	64.51
02036	Spices, rosemary, dried	42.60	3.01	64.06
02027	Spices, oregano, dried	42.50	0.72	68.92
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	42.50	0.50	81.00
02013	Spices, coriander seed	41.90	13.58	54.99
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	41.30	0.80	59.51
02023	Spices, marjoram, dried	40.30	0.94	60.56
02038	Spices, sage, ground	40.30	1.87	60.73
02018	Spices, fennel seed	39.80	9.91	52.29
16055	Carob flour	39.80	0.20	88.88
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	38.50	0.70	85.19
02005	Spices, caraway seed	38.00	7.12	49.90
02003	Spices, basil, dried	37.70	1.24	47.75
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	37.50	0.15	58.40
02042	Spices, thyme, dried	37.00	0.47	63.94
19165	Cocoa, dry powder, unsweetened	37.00	4.57	57.90
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	36.70	0.11	46.24
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	35.20	0.69	84.00
02028	Spices, paprika	34.90	1.70	53.99
02009	Spices, chili powder	34.80	3.21	49.70
12006	Seeds, chia seeds, dried	34.40	2.31	42.12

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
02011	Spices, cloves, ground	33.90	1.39	65.53
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	33.90	7.38	49.71
11625	Parsley, freeze-dried	32.70	--	42.38
02066	Spearmint, dried	29.80	0.21	52.04
19166	Cocoa, dry powder, unsweetened, processed with alkali	29.80	4.39	58.30
19859	Cocoa, dry powder, hi-fat or breakfast, plain	29.80	7.38	51.39
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	29.30	0.89	74.24
11962	Peppers, hot chile, sun-dried	28.70	0.47	69.86
02006	Spices, cardamom	28.00	0.87	68.47
12220	Seeds, flaxseed	27.30	7.53	28.88
02031	Spices, pepper, red or cayenne	27.20	2.75	56.63
18375	Leavening agents, yeast, baker's, active dry	26.90	4.31	41.22
11982	Peppers, pasilla, dried	26.80	--	51.13
02029	Spices, parsley, dried	26.70	0.76	50.64
02004	Spices, bay leaf	26.30	1.64	74.97
02032	Spices, pepper, white	26.20	0.79	68.61
11615	Chives, freeze-dried	26.20	0.49	64.29
16135	Winged beans, mature seeds, raw	25.90	6.01	41.71
16067	Hyacinth beans, mature seeds, raw	25.60	0.08	60.74
16085	Peas, green, split, mature seeds, raw	25.50	0.24	63.74
02030	Spices, pepper, black	25.30	0.74	63.95
16022	Beans, french, mature seeds, raw	25.20	0.14	64.11
16047	Beans, yellow, mature seeds, raw	25.10	0.23	60.70
16052	Broadbeans (fava beans), mature seeds, raw	25.00	0.30	58.29
16027	Beans, kidney, all types, mature seeds, raw	24.90	0.06	60.01
16030	Beans, kidney, california red, mature seeds, raw	24.90	0.02	59.80
16035	Beans, kidney, royal red, mature seeds, raw	24.90	0.04	58.33
16045	Beans, small white, mature seeds, raw	24.90	0.10	62.25
16019	Beans, cranberry (roman), mature seeds, raw	24.70	0.11	60.05
02019	Spices, fenugreek seed	24.60	--	58.35
35203	Rose Hips, wild (Northern Plains Indians)	24.10	--	38.22
11432	Radishes, oriental, dried	23.90	0.12	63.37
20063	Rye flour, dark	23.80	0.28	68.63
11683	Carrot, dehydrated	23.60	0.08	79.57
14236	Beverages, coffee substitute, cereal grain beverage, powder	23.30	0.36	78.42

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18226	Crackers, rye, wafers, plain	22.90	0.15	80.40
02043	Spices, turmeric, ground	22.70	0.45	67.14
25045	Formulated bar, high fiber, chewy, oats and chocolate	22.50	3.52	69.78
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	22.30	1.71	75.67
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	21.70	0.60	79.30
02001	Spices, allspice, ground	21.60	0.66	72.12
11978	Peppers, ancho, dried	21.60	0.49	51.42
11634	Peppers, sweet, green, freeze-dried	21.30	0.20	68.70
11931	Peppers, sweet, red, freeze-dried	21.30	0.20	68.70
02016	Spices, dill seed	21.10	9.41	55.17
20060	Rice bran, crude	21.00	7.55	49.69
18227	Crackers, rye, wafers, seasoned	20.90	3.27	73.80
02025	Spices, nutmeg, ground	20.80	3.22	49.29
16074	Lima beans, thin seeded (baby), mature seeds, raw	20.60	0.08	62.83
35183	Corn, dried, yellow (Northern Plains Indians)	20.50	3.75	66.27
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	20.30	1.42	65.78
02022	Spices, mace, ground	20.20	11.17	50.50
16024	Beans, great northern, mature seeds, raw	20.20	0.05	62.37
08393	Cereals ready-to-eat, KASHI GOLEAN	20.10	0.30	67.19
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	20.00	--	60.00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	20.00	--	33.62
02033	Spices, poppy seed	19.50	5.98	28.13
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	19.20	0.10	80.02
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	19.10	2.09	82.69
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	19.00	0.20	83.90
16071	Lima beans, large, mature seeds, raw	19.00	0.06	63.38
08608	Cereals ready-to-eat, KASHI Berry Blossom	18.90	0.89	83.09
16076	Lupins, mature seeds, raw	18.90	3.94	40.37
02073	PACE, Dry Taco Seasoning Mix	18.80	--	56.29
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	18.50	1.60	61.09
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	18.50	2.24	84.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	18.40	6.03	53.75
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	18.40	6.03	53.75
08029	Cereals ready-to-eat, POST Bran Flakes	18.30	0.30	80.50
16083	Mungo beans, mature seeds, raw	18.30	0.08	58.99

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	18.20	3.30	79.50
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	18.20	9.11	50.00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	18.10	10.51	73.92
19077	Baking chocolate, unsweetened, liquid	18.10	9.23	36.20
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	17.90	0.20	83.40
08610	Cereals ready-to-eat, KASHI Honey Sunshine	17.90	1.10	82.00
16110	Soybeans, mature seeds, roasted, salted	17.70	5.61	30.22
16410	Soybeans, mature seeds, roasted, no salt added	17.70	5.61	30.22
16106	Meat extender	17.50	0.65	34.71
16117	Soy flour, defatted	17.50	0.21	33.92
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	17.30	0.40	81.60
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	17.30	0.20	70.09
20004	Barley, hulled	17.30	0.30	73.48
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	16.90	0.44	79.77
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	16.90	18.13	26.04
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	16.90	18.13	26.04
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	16.80	3.50	62.59
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	16.60	0.90	75.27
19078	Baking chocolate, unsweetened, squares	16.60	16.07	28.42
18216	Crackers, crispbread, rye	16.50	0.16	82.20
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	16.40	4.80	65.70
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	16.30	5.20	63.50
12108	Nuts, coconut meat, dried (desiccated), not sweetened	16.30	2.74	23.65
16080	Mung beans, mature seeds, raw	16.30	0.16	62.62
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	16.20	--	64.29
28349	Cookies, oatmeal, reduced fat	16.10	3.33	64.62
16118	Soy flour, low-fat	16.00	1.46	30.63
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	15.80	3.90	66.69
16099	Peanut flour, defatted	15.80	0.22	34.70
16100	Peanut flour, low fat	15.80	10.87	31.27
11640	Shallots, freeze-dried	15.70	0.07	80.70
20005	Barley, pearled, raw	15.60	0.15	77.72
16014	Beans, black, mature seeds, raw	15.50	0.12	62.36
16016	Beans, black turtle, mature seeds, raw	15.50	0.08	63.25
16042	Beans, pinto, mature seeds, raw	15.50	0.23	62.55

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
20033	Oat bran, raw	15.40	2.38	66.22
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	15.30	4.40	71.60
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	15.30	0.78	83.68
16037	Beans, navy, mature seeds, raw	15.30	0.13	60.75
02026	Spices, onion powder	15.20	0.20	79.12
16032	Beans, kidney, red, mature seeds, raw	15.20	0.08	61.29
16049	Beans, white, mature seeds, raw	15.20	0.07	60.27
08084	Cereals ready-to-eat, wheat germ, toasted, plain	15.10	1.50	49.60
19806	Snacks, popcorn, air-popped (Unsalted)	15.10	1.10	77.90
20062	Rye grain	15.10	0.21	75.86
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	15.00	4.40	66.90
16101	Pigeon peas (red gram), mature seeds, raw	15.00	0.01	62.78
12005	Seeds, breadnut tree seeds, dried	14.90	0.21	79.39
28230	MURRAY, SUGAR FREE, Shortbread Bites	14.90	3.10	75.30
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	14.90	3.52	69.37
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	14.90	3.41	74.30
02035	Spices, pumpkin pie spice	14.80	1.10	69.28
28017	KASHI, TLC, Pita Crisps, Sea Salt	14.70	4.40	72.40
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	14.70	0.33	80.65
20070	Triticale flour, whole-grain	14.60	0.18	73.14
02002	Spices, anise seed	14.60	9.78	50.02
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	14.50	2.40	71.40
09264	Persimmons, japanese, dried	14.50	--	73.43
19034	Snacks, popcorn, air-popped	14.50	0.95	77.78
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	14.30	6.90	68.50
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	14.30	2.61	62.94
18050	Bread, reduced-calorie, oat bran, toasted	14.30	0.81	49.20
18084	Bread stuffing, cornbread, dry mix	14.30	1.66	76.70
18202	Cookies, sugar wafer, with creme filling, sugar free	14.30	12.14	66.26
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	14.20	19.50	46.50
25001	Snacks, popcorn, microwave, low fat	14.20	4.08	72.00
43572	Popcorn, microwave, low fat and sodium	14.20	4.08	73.39
02021	Spices, ginger, ground	14.10	0.48	71.62
02063	Rosemary, fresh	14.10	1.16	20.70
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	14.10	0.24	78.15

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
02049	Thyme, fresh	14.00	0.08	24.45
12024	Seeds, sesame seeds, whole, roasted and toasted	14.00	18.13	25.74
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	13.80	0.30	81.00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	13.70	0.35	78.90
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	13.70	1.79	78.69
12206	Nuts, almonds, honey roasted, unblanched	13.70	32.40	27.90
28039	KASHI, TLC, Happy Trail Mix Cookies	13.70	7.80	63.86
25000	Snacks, popcorn, microwave, 94% fat free	13.60	2.77	76.04
02017	Spices, dill weed, dried	13.60	--	55.82
02075	Seasoning mix, dry, taco, original	13.30	--	58.00
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	13.30	3.90	61.20
19031	Snacks, oriental mix, rice-based	13.20	9.86	51.62
20078	Wheat germ, crude	13.20	1.36	51.80
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	13.20	2.00	41.80
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	13.20	2.70	72.40
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	13.20	1.60	78.50
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	13.00	0.21	80.49
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	13.00	2.20	64.25
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	13.00	2.22	64.21
09110	Goji berries, dried	13.00	--	77.06
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	12.90	2.80	44.40
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	12.80	6.70	67.00
08142	Cereals, WHEATENA, dry	12.80	0.41	75.60
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	12.70	4.90	70.30
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	12.70	1.89	73.59
16001	Beans, adzuki, mature seeds, raw	12.70	0.05	62.90
16040	Beans, pink, mature seeds, raw	12.70	0.10	64.19
20075	Wheat, soft white	12.70	0.23	75.36
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	12.60	2.18	64.42
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	12.50	1.89	73.80
12061	Nuts, almonds	12.50	31.55	21.55
20012	Bulgur, dry	12.50	0.17	75.87
20073	Wheat, soft red winter	12.50	0.18	74.24
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	12.50	2.64	50.50
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	12.40	0.29	78.96

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	12.40	0.30	81.40
09009	Apples, dehydrated (low moisture), sulfured, uncooked	12.40	0.02	93.53
11955	Tomatoes, sun-dried	12.30	0.49	55.76
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	12.30	1.69	71.00
18979	KASHI, H2H Woven Wheat Cracker, Original	12.20	6.00	73.40
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	12.20	6.10	73.20
20071	Wheat, hard red spring	12.20	0.30	68.03
20072	Wheat, hard red winter	12.20	0.20	71.18
20074	Wheat, hard white	12.20	0.20	75.90
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	12.20	7.80	67.00
02024	Spices, mustard seed, ground	12.20	22.52	28.09
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	12.20	1.28	77.20
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	12.20	0.30	82.20
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	12.20	2.00	80.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	12.20	1.38	62.95
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	12.00	1.79	68.00
18049	Bread, reduced-calorie, oat bran	12.00	0.68	41.30
18053	Bread, reduced-calorie, rye	12.00	0.67	40.50
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	11.90	0.60	72.62
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	11.90	1.25	49.38
02007	Spices, celery seed	11.80	15.93	41.35
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	11.80	0.30	81.01
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	11.80	0.40	81.40
12023	Seeds, sesame seeds, whole, dried	11.80	18.76	23.45
18219	Crackers, matzo, whole-wheat	11.80	0.19	78.90
20064	Rye flour, medium	11.80	0.19	75.43
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	11.70	0.60	81.00
12099	Nuts, chestnuts, european, dried, unpeeled	11.70	1.54	77.31
12201	Seeds, sesame seed kernels, dried (decorticated)	11.60	23.92	11.73
11268	Mushrooms, shiitake, dried	11.50	0.32	75.37
12039	Seeds, sunflower seed kernels, toasted, without salt	11.50	10.84	20.59
12539	Seeds, sunflower seed kernels, toasted, with salt added	11.50	10.84	20.59
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	11.40	0.34	77.29
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	11.40	9.49	53.26
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	11.40	0.35	81.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	11.30	0.24	73.30
02008	Spices, chervil, dried	11.30	1.40	49.10
02034	Spices, poultry seasoning	11.30	1.21	65.59
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	11.30	1.60	74.80
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	11.20	0.20	79.00
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	11.20	6.50	78.19
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	11.20	5.35	44.29
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	11.20	5.35	44.29
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	11.20	3.78	70.90
20138	Wheat, KAMUT khorasan, uncooked	11.10	0.21	70.58
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	11.10	3.43	61.58
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	11.10	3.00	76.60
12037	Seeds, sunflower seed kernels, dry roasted, without salt	11.10	9.50	24.07
18055	Bread, reduced-calorie, wheat	11.10	0.52	42.47
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	11.00	5.70	81.59
11974	Grape leaves, raw	11.00	0.08	17.31
12121	Nuts, hazelnuts or filberts, blanched	11.00	48.19	17.00
16133	Yardlong beans, mature seeds, raw	11.00	0.11	61.91
20091	Pasta, gluten-free, corn, dry	11.00	0.54	79.26
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	11.00	--	54.30
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	11.00	3.10	75.60
18949	Crackers, whole-wheat, reduced fat	10.90	1.61	75.52
19904	Chocolate, dark, 70-85% cacao solids	10.90	12.78	45.90
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	10.90	15.41	57.97
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	10.90	0.80	81.81
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	10.90	0.80	81.40
12063	Nuts, almonds, dry roasted, without salt added	10.90	33.08	21.01
12563	Nuts, almonds, dry roasted, with salt added	10.90	33.08	21.01
02076	Seasoning mix, dry, chili, original	10.80	--	56.56
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	10.80	0.20	83.40
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	10.80	0.20	83.40
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	10.80	0.20	83.40
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	10.80	0.30	82.10
16144	Lentils, pink or red, raw	10.80	0.50	63.10
16157	Chickpea flour (besan)	10.80	1.50	57.82

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	10.80	2.10	75.40
20080	Wheat flour, whole-grain	10.70	0.28	71.97
20140	Spelt, uncooked	10.70	0.44	70.19
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	10.70	0.90	45.80
08074	Cereals ready-to-eat, RALSTON TASTEEOS	10.70	1.79	75.50
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	10.70	1.20	83.60
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	10.70	0.20	79.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	10.70	0.30	80.80
12149	Nuts, pine nuts, pinyon, dried	10.70	22.94	19.30
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	10.70	--	17.86
16060	Cowpeas, catjang, mature seeds, raw	10.70	0.17	59.64
16069	Lentils, raw	10.70	0.19	63.35
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	10.60	0.20	81.20
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	10.60	2.80	75.90
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	10.60	0.30	82.10
09156	Lemon peel, raw	10.60	0.01	16.00
09216	Orange peel, raw	10.60	0.04	25.00
11985	Fireweed, leaves, raw	10.60	--	19.22
12038	Seeds, sunflower seed kernels, oil roasted, without salt	10.60	8.06	22.89
12151	Nuts, pistachio nuts, raw	10.60	23.26	27.17
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	10.60	8.06	22.89
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	10.60	0.11	60.03
20038	Oats	10.60	2.18	66.27
20126	Spaghetti, spinach, dry	10.60	0.18	74.81
18429	Crackers, whole-wheat, low salt	10.50	5.88	68.60
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	10.50	--	52.47
02014	Spices, cumin seed	10.50	14.04	44.24
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	10.50	0.20	76.20
12065	Nuts, almonds, oil roasted, without salt added	10.50	34.79	17.68
12565	Nuts, almonds, oil roasted, with salt added	10.50	34.79	17.68
12665	Nuts, almonds, oil roasted, lightly salted	10.50	34.79	17.68
16038	Beans, navy, mature seeds, cooked, boiled, without salt	10.50	0.14	26.05
16338	Beans, navy, mature seeds, cooked, boiled, with salt	10.50	0.05	26.05
02012	Spices, coriander leaf, dried	10.40	2.23	52.10
09231	Passion-fruit, (granadilla), purple, raw	10.40	0.09	23.38

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	10.40	0.03	74.65
16046	Beans, small white, mature seeds, cooked, boiled, without salt	10.40	0.06	25.81
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	10.40	0.09	25.28
16346	Beans, small white, mature seeds, cooked, boiled, with salt	10.40	0.06	25.81
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	10.40	0.09	25.28
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	10.40	--	50.22
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	10.40	2.80	75.60
20009	Buckwheat groats, roasted, dry	10.30	0.83	74.95
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	10.30	0.20	84.70
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	10.30	2.80	81.20
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	10.30	0.20	79.40
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	10.30	2.09	81.50
12152	Nuts, pistachio nuts, dry roasted, without salt added	10.30	24.53	28.28
12195	Nuts, almond butter, plain, without salt added	10.30	32.44	18.82
12652	Nuts, pistachio nuts, dry roasted, with salt added	10.30	24.53	27.55
12695	Nuts, almond butter, plain, with salt added	10.30	32.44	18.82
18235	Crackers, whole-wheat	10.30	3.25	69.55
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	10.20	1.50	82.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	10.20	6.60	73.65
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	10.20	1.04	58.11
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	10.20	1.58	74.90
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	10.20	0.36	80.37
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	10.20	0.20	84.60
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	10.20	1.90	82.80
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	10.20	0.20	84.80
28345	Crackers, gluten-free, multi-seeded and multigrain	10.20	7.00	66.30
43212	Bacon bits, meatless	10.20	6.22	28.60
20130	Barley flour or meal	10.10	0.20	74.52
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	10.10	0.28	73.10
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	10.10	1.15	74.42
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	10.10	0.40	83.30
08120	Cereals, oats, regular and quick, not fortified, dry	10.10	1.98	67.70
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	10.10	0.10	87.30
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	10.10	2.00	19.80
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	10.10	7.50	17.80

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08122	Cereals, oats, instant, fortified, plain, dry	10.00	2.32	69.52
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	10.00	0.00	80.91
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	10.00	8.17	57.20
20008	Buckwheat	10.00	1.04	71.50
20011	Buckwheat flour, whole-groat	10.00	0.95	70.59
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	10.00	21.14	55.16
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	10.00	0.37	57.26
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	10.00	7.93	62.78
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	10.00	8.29	58.10
19040	Snacks, popcorn, cheese-flavor	9.90	9.70	51.60
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	9.90	0.31	74.80
08580	Incaparina, dry mix (corn and soy flours), unprepared	9.90	--	60.53
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	9.90	6.39	74.73
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	9.90	2.80	76.10
09041	Bananas, dehydrated, or banana powder	9.90	0.15	88.28
11975	Grape leaves, canned	9.90	0.08	11.71
12062	Nuts, almonds, blanched	9.90	33.42	18.67
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	9.90	1.38	51.85
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	9.80	1.98	67.00
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	9.80	1.60	84.00
09094	Figs, dried, uncooked	9.80	0.16	63.87
11237	Kanpyo, (dried gourd strips)	9.80	0.10	65.03
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	9.80	2.00	74.30
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	9.80	2.20	73.80
28295	Tortillas, ready-to-bake or -fry, whole wheat	9.80	3.06	45.89
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	9.80	0.70	47.70
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	9.80	0.70	46.50
35233	Hazelnuts, beaked (Northern Plains Indians)	9.80	--	22.98
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	9.70	--	53.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	9.70	2.09	46.13
28325	Crackers, toast thins, low sodium	9.70	3.28	67.66
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	9.70	5.80	73.00
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	9.70	1.95	76.20
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	9.70	1.96	72.17
12120	Nuts, hazelnuts or filberts	9.70	45.65	16.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16116	Soy flour, full-fat, roasted	9.70	4.83	30.38
18057	Bread, reduced-calorie, white	9.70	1.08	44.30
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	9.60	0.27	83.80
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	9.60	2.55	80.57
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	9.60	2.00	83.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	9.60	0.40	82.69
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	9.60	0.10	86.59
12142	Nuts, pecans	9.60	40.80	13.86
16115	Soy flour, full-fat, raw	9.60	4.56	31.92
18977	KASHI, TLC, Toasted Asiago Crackers	9.60	5.90	66.40
28286	Bread, paratha, whole wheat, commercially prepared, frozen	9.60	3.84	45.35
08144	Cereals, whole wheat hot natural cereal, dry	9.50	0.28	75.20
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	9.50	0.20	83.30
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	9.50	0.80	69.80
12144	Nuts, pecans, oil roasted, without salt added	9.50	40.97	13.01
12644	Nuts, pecans, oil roasted, with salt added	9.50	40.97	13.01
16091	Peanuts, spanish, raw	9.50	22.32	15.83
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	9.40	2.38	73.23
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	9.40	0.31	76.39
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	9.40	5.87	74.67
08402	Cereals, QUAKER, Quick Oats, Dry	9.40	1.98	68.18
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	9.40	1.98	68.18
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	9.40	3.09	83.20
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	9.40	2.90	76.40
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	9.40	46.61	17.60
12143	Nuts, pecans, dry roasted, without salt added	9.40	43.96	13.55
12643	Nuts, pecans, dry roasted, with salt added	9.40	43.96	13.55
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	9.40	0.50	51.40
16023	Beans, french, mature seeds, cooked, boiled, without salt	9.40	0.05	24.02
16089	Peanuts, all types, oil-roasted, with salt	9.40	26.00	15.26
16323	Beans, french, mature seeds, cooked, boiled, with salt	9.40	0.05	24.02
16389	Peanuts, all types, oil-roasted, without salt	9.40	25.98	15.26
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	9.40	9.78	54.59
18980	KASHI, Original Waffle	9.30	3.50	35.40
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	9.30	1.90	74.80

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	9.30	3.80	74.30
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	9.30	0.60	88.20
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	9.30	0.60	88.00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	9.30	3.79	63.29
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	9.30	4.80	62.09
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	9.30	0.69	86.50
12129	Nuts, ginkgo nuts, canned	9.30	0.60	22.10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	9.30	20.30	21.19
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	9.30	21.31	17.89
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	9.30	18.13	26.19
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	9.30	0.01	22.41
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	9.30	0.01	21.85
16108	Soybeans, mature seeds, raw	9.30	4.40	30.16
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	9.30	0.01	22.41
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	9.30	0.01	21.85
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	9.20	1.20	81.19
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	9.20	4.69	61.90
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	9.20	0.20	84.19
11284	Onions, dehydrated flakes	9.20	0.06	83.28
18967	Bread, white wheat	9.20	0.39	43.91
20124	Pasta, whole-wheat, dry	9.20	0.36	73.37
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	9.20	1.80	73.70
35234	Piki bread, made from blue cornmeal (Hopi)	9.20	1.78	72.22
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	9.10	--	60.37
43218	Cereals ready-to-eat, ALPEN	9.10	1.33	75.70
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	9.10	0.30	74.70
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	9.10	0.30	76.80
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	9.10	1.20	79.09
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	9.10	2.69	80.10
14063	Beverages, chocolate powder, no sugar added	9.10	2.12	63.64
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	9.10	2.10	14.00
02020	Spices, garlic powder	9.00	0.12	72.73
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	9.00	3.29	83.00
12104	Nuts, coconut meat, raw	9.00	1.42	15.23
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	9.00	9.50	15.31

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	9.00	9.50	24.07
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	9.00	31.40	25.35
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	9.00	0.13	26.22
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	9.00	0.11	26.22
18975	KASHI, TLC, Original 7-Grain Crackers	9.00	5.50	63.20
18978	KASHI, Blueberry Waffle	9.00	3.40	34.60
08037	Cereals ready-to-eat, granola, homemade	8.90	10.95	53.88
16092	Peanuts, spanish, oil-roasted, with salt	8.90	22.07	17.45
16094	Peanuts, valencia, oil-roasted, with salt	8.90	23.06	16.30
16096	Peanuts, virginia, oil-roasted, with salt	8.90	25.22	19.86
16392	Peanuts, spanish, oil-roasted, without salt	8.90	22.07	17.45
16394	Peanuts, valencia, oil-roasted, without salt	8.90	23.06	16.30
16396	Peanuts, virginia, oil-roasted, without salt	8.90	25.22	19.86
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	8.80	0.99	82.82
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	8.80	2.19	69.45
16088	Peanuts, all types, cooked, boiled, with salt	8.80	10.92	21.26
25012	Snacks, sweet potato chips, unsalted	8.80	9.16	56.82
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	8.80	11.50	67.26
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	8.70	5.80	64.60
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	8.70	--	62.99
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	8.70	1.20	81.40
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	8.70	1.60	78.09
09011	Apples, dried, sulfured, uncooked	8.70	0.01	65.89
16015	Beans, black, mature seeds, cooked, boiled, without salt	8.70	0.05	23.71
16093	Peanuts, valencia, raw	8.70	21.41	20.91
16315	Beans, black, mature seeds, cooked, boiled, with salt	8.70	0.05	23.71
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	8.60	1.65	75.41
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	8.60	0.10	86.30
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	8.60	0.50	85.00
11386	Potatoes, scalloped, dry mix, unprepared	8.60	0.10	73.93
12036	Seeds, sunflower seed kernels, dried	8.60	18.53	20.00
12131	Nuts, macadamia nuts, raw	8.60	58.88	13.82
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	8.60	0.04	24.46
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	8.60	0.04	24.46
19310	Pectin, unsweetened, dry mix	8.60	0.01	90.40

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	8.60	2.20	75.40
20031	Millet, raw	8.50	0.77	72.85
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	8.50	5.20	66.60
43241	Cereals ready-to-eat, FAMILIA	8.50	3.20	73.80
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	8.50	0.30	87.09
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	8.50	1.30	83.09
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	8.50	1.36	72.58
14353	Beverages, tea, instant, decaffeinated, unsweetened	8.50	0.00	58.66
14366	Beverages, tea, instant, unsweetened, powder	8.50	0.00	58.66
16087	Peanuts, all types, raw	8.50	24.43	16.13
16095	Peanuts, virginia, raw	8.50	25.58	16.54
18295	Pancakes, buckwheat, dry mix, incomplete	8.50	0.58	71.30
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	8.40	0.20	89.70
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	8.40	4.02	66.10
16090	Peanuts, all types, dry-roasted, with salt	8.40	26.18	21.26
16390	Peanuts, all types, dry-roasted, without salt	8.40	26.18	21.26
19401	Snacks, cornnuts, barbecue-flavor	8.40	7.36	71.70
20315	Corn flour, whole-grain, blue (harina de maiz morado)	8.40	--	73.89
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	8.30	1.64	76.74
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	8.30	1.59	77.77
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	8.30	0.30	60.60
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	8.30	1.60	78.04
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	8.30	2.30	71.57
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	8.30	1.00	83.00
11426	Pumpkin pie mix, canned	8.30	0.02	26.39
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	8.30	0.03	24.35
16086	Peas, split, mature seeds, cooked, boiled, without salt	8.30	0.08	21.10
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	8.30	0.03	24.35
16386	Peas, split, mature seeds, cooked, boiled, with salt	8.30	0.08	20.51
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	8.20	3.10	78.09
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	8.20	1.58	74.52
09246	Peaches, dried, sulfured, uncooked	8.20	0.28	61.33
18388	Muffins, wheat bran, toaster-type with raisins, toasted	8.20	2.22	55.50
36045	ON THE BORDER, refried beans	8.20	1.65	17.52
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	8.10	9.81	45.06

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	8.10	12.56	64.70
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	8.10	1.49	79.79
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	8.10	0.10	85.30
12097	Nuts, chestnuts, european, raw, unpeeled	8.10	0.78	45.54
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	8.10	27.62	22.51
16111	Soybeans, mature seeds, dry roasted	8.10	4.78	28.98
18036	Bread, multi-grain, toasted (includes whole-grain)	8.10	0.83	47.11
18374	Leavening agents, yeast, baker's, compressed	8.10	1.05	18.10
02064	Peppermint, fresh	8.00	0.03	14.89
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	8.00	1.49	76.08
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	8.00	0.30	84.90
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	8.00	0.58	78.60
09087	Dates, deglet noor	8.00	0.04	75.03
12132	Nuts, macadamia nuts, dry roasted, without salt added	8.00	59.28	13.38
12632	Nuts, macadamia nuts, dry roasted, with salt added	8.00	59.28	12.83
14168	Beverages, Carob-flavor beverage mix, powder	8.00	0.06	93.30
16097	Peanut butter, chunk style, with salt	8.00	23.12	21.57
16397	Peanut butter, chunk style, without salt	8.00	23.12	21.57
18221	Crackers, melba toast, rye (includes pumpernickel)	8.00	0.91	77.30
19903	Chocolate, dark, 60-69% cacao solids	8.00	11.52	52.42
20065	Rye flour, light	8.00	0.16	76.68
20142	Teff, uncooked	8.00	0.59	73.13
35200	Prairie Turnips, raw (Northern Plains Indians)	8.00	--	35.67
36418	Restaurant, Mexican, refried beans	8.00	1.83	16.79
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	8.00	0.70	78.00
25062	Snack, Mixed Berry Bar	7.90	2.90	58.84
28324	Pancakes, whole wheat, dry mix, incomplete	7.90	0.06	74.11
11364	Potatoes, baked, skin, without salt	7.90	0.00	46.06
11830	Potatoes, baked, skin only, with salt	7.90	0.00	46.06
16070	Lentils, mature seeds, cooked, boiled, without salt	7.90	0.06	20.13
16370	Lentils, mature seeds, cooked, boiled, with salt	7.90	0.06	19.54
03186	Babyfood, cereal, mixed, with bananas, dry	7.80	1.22	77.10
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	7.80	3.01	74.10
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	7.80	2.50	81.80
11990	Wasabi, root, raw	7.80	--	23.54

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16149	Peanut spread, reduced sugar	7.80	27.00	14.23
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	7.80	7.10	17.00
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	7.80	--	62.06
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	7.80	12.70	65.49
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	7.70	1.03	81.30
19154	Candies, sesame crunch	7.70	12.57	50.30
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	7.70	--	82.70
19400	Snacks, banana chips	7.70	1.95	58.40
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	7.70	2.56	63.42
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	7.70	0.91	46.10
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	7.70	2.50	74.90
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	7.70	3.74	69.47
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	7.70	0.03	23.31
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	7.70	0.03	23.31
06969	Potato soup, instant, dry mix	7.60	1.18	76.14
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	7.60	1.60	80.50
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.60	0.58	27.42
16081	Mung beans, mature seeds, cooked, boiled, without salt	7.60	0.05	19.15
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	7.60	0.58	27.42
16381	Mung beans, mature seeds, cooked, boiled, with salt	7.60	0.05	19.15
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	7.60	3.70	12.60
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	7.60	2.80	12.60
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	7.60	3.70	12.60
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	7.60	--	59.40
18448	Taco shells, baked, without added salt	7.50	8.93	62.40
19268	Candies, dark chocolate coated coffee beans	7.50	0.00	59.95
19437	Snacks, potato chips, fat free, salted	7.50	0.02	83.76
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	7.50	--	11.95
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	7.50	5.70	66.72
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	7.50	7.00	67.18
28390	PEPPERIDGE FARM, Light Style Wheat Bread	7.50	0.40	45.60
35202	Raspberries, wild (Northern Plains Indians)	7.50	--	13.85
03185	Babyfood, cereal, mixed, dry fortified	7.50	1.21	73.40
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	7.50	1.30	80.80
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	7.50	1.70	79.80

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	7.50	2.29	79.50
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	7.50	0.20	83.00
09163	Blueberries, dried, sweetened	7.50	0.40	80.00
09259	Pears, dried, sulfured, uncooked	7.50	0.13	69.70
09449	Nance, frozen, unsweetened	7.50	--	16.97
11973	Beans, fava, in pod, raw	7.50	0.10	17.63
12078	Nuts, brazilnuts, dried, unblanched	7.50	23.88	11.74
14196	Beverages, Cocoa mix, no sugar added, powder	7.50	0.98	71.93
18076	Bread, whole-wheat, commercially prepared, toasted	7.50	1.97	51.16
18348	Rolls, dinner, whole-wheat	7.50	1.20	51.10
01243	Fat free ice cream, no sugar added, flavors other than chocolate	7.40	0.00	27.94
02041	Spices, tarragon, dried	7.40	0.47	50.22
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	7.40	2.20	80.10
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	7.40	0.50	89.30
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	7.40	1.10	80.30
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	7.40	4.40	77.40
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	7.40	0.40	89.60
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	7.40	5.24	68.61
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	7.40	0.04	22.80
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	7.40	0.04	22.80
18222	Crackers, melba toast, wheat	7.40	0.54	76.40
25051	Snacks, CLIF BAR, mixed flavors	7.40	1.09	65.44
28397	Bread, multi-grain (includes whole-grain)	7.40	0.76	43.34
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	7.30	0.30	56.00
20014	Corn grain, yellow	7.30	1.25	74.26
20016	Corn flour, whole-grain, yellow	7.30	1.02	76.85
20020	Cornmeal, whole-grain, yellow	7.30	0.95	76.89
20316	Corn flour, whole-grain, white	7.30	1.02	76.85
20320	Cornmeal, whole-grain, white	7.30	0.95	76.89
03189	Babyfood, cereal, oatmeal, dry fortified	7.30	1.97	73.47
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	7.30	2.79	79.90
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	7.30	1.89	82.00
09032	Apricots, dried, sulfured, uncooked	7.30	0.07	62.64
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	7.30	0.01	24.77
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	7.30	0.01	24.77

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18267	English muffins, whole-wheat, toasted	7.30	0.56	44.10
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	7.20	1.45	76.91
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	7.20	1.43	76.67
16128	Tofu, dried-frozen (koyadofu)	7.20	6.70	10.03
19524	Snacks, taro chips	7.20	4.43	68.10
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	7.20	9.80	59.97
35201	Prairie Turnips, boiled (Northern Plains Indians)	7.20	--	29.99
18994	BEAR NAKED, Fruit & Nut Cookies	7.10	8.50	61.60
20025	Cornmeal, yellow, self-rising, degermed, enriched	7.10	0.43	74.79
20131	Barley malt flour	7.10	0.25	78.30
20325	Cornmeal, white, self-rising, degermed, enriched	7.10	0.43	74.79
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	7.10	3.10	66.40
28327	Crackers, water biscuits	7.10	4.04	72.81
01223	Protein supplement, milk based, Muscle Milk, powder	7.10	12.10	18.50
01242	Ice cream sandwich, vanilla, light, no sugar added	7.10	0.94	42.86
03211	Babyfood, cereal, high protein, with apple and orange, dry	7.10	1.23	57.60
08002	Cereals ready-to-eat, POST, ALPHA-BITS	7.10	1.50	80.30
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	7.10	1.10	79.69
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	7.10	1.00	82.80
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	7.10	5.70	66.73
09291	Plums, dried (prunes), uncooked	7.10	0.05	63.88
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	7.10	0.01	85.51
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	7.10	27.60	19.02
12157	Nuts, walnuts, dry roasted, with salt added	7.10	8.37	17.86
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	7.10	28.57	25.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	7.10	1.00	22.10
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	7.10	1.50	24.00
18045	Bread, pumpernickel, toasted	7.10	1.02	52.20
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	7.00	2.50	80.90
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	7.00	1.60	80.70
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	7.00	1.96	70.53
09088	Elderberries, raw	7.00	0.08	18.40
09448	Nance, canned, syrup, drained	7.00	--	22.79
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	7.00	28.49	21.05
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	7.00	28.49	21.05

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	7.00	28.49	21.05
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	7.00	0.02	21.09
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	7.00	0.03	20.88
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	7.00	0.02	21.09
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	7.00	0.03	20.88
18993	BEAR NAKED, Double Chocolate Cookies	7.00	8.40	66.90
19902	Chocolate, dark, 45- 59% cacao solids	7.00	9.54	61.17
20035	Quinoa, uncooked	7.00	1.61	64.16
19009	Snacks, KRAFT, CORNNUTS, plain	6.90	9.46	71.86
22928	Burrito, beef and bean, microwaved	6.90	5.04	38.95
35205	Stinging Nettles, blanched (Northern Plains Indians)	6.90	--	7.49
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	6.90	1.90	72.41
16008	Beans, baked, canned, with franks	6.90	2.83	15.39
16018	Beans, black turtle, mature seeds, canned	6.90	0.02	16.55
16316	Beans, black, mature seeds, canned, low sodium	6.90	0.02	16.55
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	6.90	7.90	16.90
18232	Crackers, wheat, regular	6.90	3.47	70.73
02065	Spearmint, fresh	6.80	0.02	8.41
06002	Soup, black bean, canned, condensed	6.80	0.48	15.42
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	6.80	4.92	77.99
09038	Avocados, raw, California	6.80	9.80	8.64
09085	Currants, zante, dried	6.80	0.05	74.08
09299	Raisins, seeded	6.80	0.02	78.47
12154	Nuts, walnuts, black, dried	6.80	15.44	9.58
19423	Snacks, potato chips, fat-free, made with olestra	6.80	0.18	65.00
20111	Noodles, egg, spinach, enriched, dry	6.80	1.43	70.32
18966	Crackers, saltines, whole wheat (includes multi-grain)	6.70	2.79	68.25
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	6.70	--	65.96
20001	Amaranth grain, uncooked	6.70	1.68	65.25
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	6.70	0.90	70.28
20067	Sorghum grain	6.70	1.13	72.09
20323	Cornmeal, white, self-rising, bolted, plain, enriched	6.70	0.90	70.28
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	6.70	3.92	50.30
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	6.70	1.73	75.70
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	6.70	1.67	81.75

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	6.70	2.40	82.69
09037	Avocados, raw, all commercial varieties	6.70	9.80	8.53
09421	Dates, medjool	6.70	--	74.97
12155	Nuts, walnuts, english	6.70	8.93	13.71
14067	Beverages, Protein powder soy based	6.70	1.06	28.89
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	6.70	0.00	23.25
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	6.70	0.00	23.25
18078	Bread, whole-wheat, prepared from recipe, toasted	6.70	1.27	56.40
18266	English muffins, whole-wheat	6.70	0.51	40.40
18360	Taco shells, baked	6.70	6.94	63.49
01244	Milk dessert bar, frozen, made from lowfat milk	6.60	0.46	33.09
03181	Babyfood, cereal, barley, dry fortified	6.60	1.45	69.40
06094	Soup, onion, dry, mix	6.60	0.07	65.07
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	6.60	1.48	77.74
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	6.60	0.01	81.17
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	6.60	0.15	77.70
20648	Sorghum flour, whole-grain	6.60	0.94	76.64
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	6.60	0.60	48.40
42291	Peanut butter, reduced sodium	6.60	23.58	21.83
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	6.50	6.72	69.50
19164	Candies, SPECIAL DARK Chocolate Bar	6.50	5.14	60.49
20132	Oat flour, partially debranned	6.50	2.87	65.70
42285	Babyfood, cereal, brown rice, dry, instant	6.50	1.08	85.98
43406	Yeast extract spread	6.50	0.00	20.42
09149	Kumquats, raw	6.50	0.15	15.90
09302	Raspberries, raw	6.50	0.06	11.94
09518	Raspberries, frozen, unsweetened	6.50	--	11.94
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	6.50	15.73	14.71
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	6.50	15.73	14.71
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	6.50	0.04	20.76
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	6.50	0.04	20.76
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	6.50	6.72	69.50
18044	Bread, pumpernickel	6.50	0.93	47.50
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	6.40	1.69	73.68
09260	Pears, dried, sulfured, stewed, without added sugar	6.40	0.06	33.81

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09334	Feijoa, raw	6.40	0.06	15.21
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	6.40	0.06	23.76
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	6.40	0.06	23.50
12130	Nuts, hickorynuts, dried	6.40	32.61	18.25
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	6.40	34.53	22.42
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	6.40	0.04	22.80
16084	Mungo beans, mature seeds, cooked, boiled, without salt	6.40	0.03	18.34
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	6.40	0.04	22.80
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	6.40	0.49	22.53
16384	Mungo beans, mature seeds, cooked, boiled, with salt	6.40	0.03	18.34
18061	Bread, rye, toasted	6.40	1.44	53.10
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	6.40	1.38	65.22
20017	Corn flour, masa, enriched, white	6.40	1.00	76.59
20019	Corn flour, masa, unenriched, white	6.40	1.00	76.59
20317	Corn flour, yellow, masa, enriched	6.40	1.00	76.59
28303	Crackers, cheese, whole grain	6.40	8.02	57.29
18424	Crackers, melba toast, plain, without salt	6.30	0.78	76.60
18971	Bread, potato	6.30	0.00	47.07
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	6.30	0.75	73.43
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	6.30	0.75	73.43
35196	Lambsquarters, raw (Northern Plains Indians)	6.30	--	6.96
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	6.30	0.78	19.53
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	6.30	1.37	79.02
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	6.30	0.20	85.20
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	6.30	1.05	79.84
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	6.30	1.40	78.56
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	6.30	1.35	78.86
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	6.30	1.11	79.62
16021	Beans, cranberry (roman), mature seeds, canned	6.30	0.02	15.12
16050	Beans, white, mature seeds, cooked, boiled, without salt	6.30	0.03	25.09
16350	Beans, white, mature seeds, cooked, boiled, with salt	6.30	0.03	25.09
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	6.30	0.48	22.87
18220	Crackers, melba toast, plain	6.30	0.78	76.60
18363	Tortillas, ready-to-bake or -fry, corn	6.30	0.69	44.64
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	6.20	1.60	83.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09428	Rowal, raw	6.20	--	23.90
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	6.20	--	23.08
18352	Rolls, hamburger or hotdog, reduced-calorie	6.20	0.52	42.10
19132	Candies, milk chocolate, with almonds	6.20	11.96	53.40
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	6.20	1.80	78.00
20088	Wild rice, raw	6.20	0.16	74.90
28322	Bagels, multigrain	6.20	0.31	47.47
42272	Snacks, granola bar, with coconut, chocolate coated	6.20	4.97	55.20
19823	Potato chips, without salt, reduced fat	6.10	4.80	67.80
27064	Wasabi	6.10	4.41	46.13
28313	Rolls, hamburger or hot dog, whole wheat	6.10	0.72	44.93
43134	Vegetarian fillets	6.10	4.38	9.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	6.10	1.15	78.20
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	6.10	1.20	84.69
08648	Cereals ready-to-eat, KASHI Simply Maize	6.10	1.00	83.30
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	6.10	2.25	77.26
16399	Peanut butter with omega-3, creamy	6.10	36.61	17.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	6.10	2.20	22.00
18042	Bread, pita, whole-wheat	6.10	0.25	55.89
06123	Gravy, onion, dry, mix	6.00	0.90	67.64
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	6.00	2.09	75.42
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	6.00	0.56	79.00
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	6.00	2.70	82.00
11039	Lima beans, immature seeds, frozen, baby, unprepared	6.00	0.03	25.14
12014	Seeds, pumpkin and squash seed kernels, dried	6.00	16.24	10.71
12158	Seeds, breadfruit seeds, roasted	6.00	0.34	40.10
16109	Soybeans, mature cooked, boiled, without salt	6.00	1.98	8.36
16158	Hummus, commercial	6.00	4.04	14.29
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	6.00	0.05	20.80
16409	Soybeans, mature seeds, cooked, boiled, with salt	6.00	1.98	8.36
18075	Bread, whole-wheat, commercially prepared	6.00	0.62	42.71
18077	Bread, whole-wheat, prepared from recipe	6.00	1.16	51.40
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	6.00	--	30.07
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	6.00	1.50	29.50
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	6.00	1.70	19.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
22979	KASHI Black Bean Mango, frozen, unprepared	6.00	2.00	18.00
35206	Plums, wild (Northern Plains Indians)	6.00	--	21.95
19080	Candies, semisweet chocolate	5.90	9.97	63.90
19422	Snacks, potato chips, reduced fat	5.90	4.80	66.90
19701	Candies, semisweet chocolate, made with butter	5.90	9.93	63.40
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	5.90	1.70	29.70
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	5.90	2.50	59.58
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	5.90	0.57	43.20
06004	Soup, bean with pork, canned, condensed	5.90	1.62	16.97
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	5.90	1.79	84.19
11413	Potato flour	5.90	0.01	83.10
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	5.80	1.70	83.90
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	5.80	1.19	75.68
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	5.80	2.50	82.80
09261	Pears, dried, sulfured, stewed, with added sugar	5.80	0.06	37.14
11956	Tomatoes, sun-dried, packed in oil, drained	5.80	8.66	23.33
18060	Bread, rye	5.80	1.31	48.30
18952	Tostada shells, corn	5.80	7.22	64.43
18974	KASHI, TLC, Honey Sesame Crackers	5.80	5.00	72.20
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	5.80	4.46	75.69
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	5.80	--	30.18
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	5.80	2.99	31.49
19279	Candies, milk chocolate coated coffee beans	5.70	13.74	55.25
25017	Formulated bar, POWER BAR, chocolate	5.70	1.05	69.63
25036	Snacks, granola bites, mixed flavors	5.70	3.19	66.27
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	5.70	10.90	55.80
28229	MURRAY, SUGAR FREE, Shortbread Cookies	5.70	3.90	71.60
28302	Cookies, graham crackers, plain or honey, lowfat	5.70	1.72	77.96
28317	Bread, wheat, sprouted, toasted	5.70	0.00	36.82
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	5.70	3.70	35.58
43566	Snacks, tortilla chips, light (baked with less oil)	5.70	6.34	73.40
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	5.70	1.21	76.33
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	5.70	1.70	83.70
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	5.70	0.01	11.95
11048	Beans, pinto, immature seeds, frozen, unprepared	5.70	0.04	32.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11304	Peas, green, raw	5.70	0.04	14.45
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	5.70	0.01	11.39
12040	Seeds, sunflower seed butter, without salt	5.70	39.02	23.32
12540	Seeds, sunflower seed butter, with salt added	5.70	39.02	23.32
16156	Peanut butter, chunky, vitamin and mineral fortified	5.70	24.37	17.69
16167	USDA Commodity, Peanut Butter, smooth	5.70	20.73	23.98
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	5.70	2.40	10.20
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	5.70	2.40	10.20
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	5.60	1.60	85.10
09039	Avocados, raw, Florida	5.60	5.51	7.82
16155	Peanut butter, smooth, vitamin and mineral fortified	5.60	24.83	18.75
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	5.60	1.10	74.40
19406	Snacks, granola bars, soft, uncoated, nut and raisin	5.60	4.22	63.60
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	5.60	0.90	8.30
28231	MURRAY, SUGAR FREE, Vanilla Wafer	5.60	3.70	74.00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	5.60	11.29	60.50
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	5.50	1.20	73.70
19081	Candies, sweet chocolate	5.50	11.22	60.40
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	5.50	4.72	51.15
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	5.50	4.72	51.15
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	5.50	4.00	79.60
43449	Beans, baked, canned, no salt added	5.50	0.04	20.49
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	5.50	5.00	76.19
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	5.50	0.02	19.83
11305	Peas, green, cooked, boiled, drained, without salt	5.50	0.02	15.63
11369	Potatoes, microwaved, cooked in skin, skin, without salt	5.50	0.00	29.63
11811	Peas, green, cooked, boiled, drained, with salt	5.50	0.02	15.63
11836	Potatoes, microwaved, cooked, in skin, skin with salt	5.50	0.00	29.63
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	5.50	33.14	22.27
12160	Seeds, cottonseed kernels, roasted (glandless)	5.50	6.92	21.90
12169	Seeds, sesame butter, paste	5.50	19.21	24.05
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	5.50	33.14	22.27
16005	Beans, baked, home prepared	5.50	2.13	21.63
16009	Beans, baked, canned, with pork	5.50	0.67	19.99
16121	Soy protein concentrate, produced by alcohol extraction	5.50	0.08	25.41

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16145	Beans, kidney, red, mature seeds, canned, drained solids	5.50	0.03	21.49
16146	Beans, pinto, canned, drained solids	5.50	0.15	20.22
16420	Soy protein concentrate, produced by acid wash	5.50	0.08	25.41
18025	Bread, cracked-wheat	5.50	1.90	49.50
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	5.40	0.10	86.80
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	5.40	2.50	83.30
09139	Guavas, common, raw	5.40	0.09	14.32
09140	Guavas, strawberry, raw	5.40	0.06	17.36
09314	Sapote, mamey, raw	5.40	0.10	32.10
11007	Artichokes, (globe or french), raw	5.40	0.00	10.51
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	5.40	0.02	23.64
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	5.40	0.04	30.87
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	5.40	0.04	30.87
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	5.40	0.08	19.65
16112	Miso	5.40	1.12	25.37
16113	Natto	5.40	2.43	12.68
16201	Campbell's Pork and Beans	5.40	--	19.23
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	5.40	0.08	19.65
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	5.40	0.32	73.60
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	5.40	2.04	72.70
19053	Snacks, rice cakes, brown rice, sesame seed	5.40	1.10	81.50
19056	Snacks, tortilla chips, plain, white corn, salted	5.40	5.66	67.78
19125	Chocolate-flavored hazelnut spread	5.40	0.00	62.16
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	5.40	--	30.51
43441	Rolls, pumpernickel	5.40	0.61	51.87
19015	Snacks, granola bars, hard, plain	5.30	4.38	64.40
19063	Snacks, tortilla chips, taco-flavor	5.30	14.29	63.10
19433	Tortilla chips, low fat, baked without fat	5.30	1.66	80.00
19833	Snacks, tortilla chips, low fat, unsalted	5.30	1.66	80.10
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	5.30	15.09	62.40
28316	Bread, wheat, sprouted	5.30	0.00	33.88
28386	PEPPERIDGE FARM, Pumpernickel Bread	5.30	0.60	46.90
35198	Prickly pears, raw (Northern Plains Indians)	5.30	--	10.17
43364	Snacks, tortilla chips, unsalted, white corn	5.30	9.52	65.32
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	5.30	2.10	84.40

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09042	Blackberries, raw	5.30	0.05	9.61
09057	Boysenberries, frozen, unsweetened	5.30	0.02	12.19
09079	Cranberries, dried, sweetened	5.30	0.30	82.80
09167	Loganberries, frozen	5.30	0.03	13.02
09313	Sapodilla, raw	5.30	0.52	19.96
09427	Abiyuch, raw	5.30	--	17.60
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	5.30	0.02	19.32
11505	Sweet potato leaves, raw	5.30	0.02	8.82
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	5.30	0.02	23.64
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	5.30	0.02	19.32
16041	Beans, pink, mature seeds, cooked, boiled, without salt	5.30	0.04	27.91
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	5.30	0.15	14.83
16341	Beans, pink, mature seeds, cooked, boiled, with salt	5.30	0.04	27.91
18384	Bread, rice bran, toasted	5.30	1.80	47.30
03190	Babyfood, cereal, oatmeal, with bananas, dry	5.20	1.43	73.40
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	5.20	2.70	82.00
11212	Edamame, frozen, prepared	5.20	1.28	8.91
12001	Seeds, breadfruit seeds, raw	5.20	0.71	29.24
12041	Seeds, sunflower seed flour, partially defatted	5.20	0.25	35.83
12140	Nuts, formulated, wheat-based, unflavored, with salt added	5.20	23.54	23.68
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	5.20	25.72	20.79
16150	Peanut butter, smooth, reduced fat	5.20	16.16	35.65
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	5.20	1.20	23.70
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	5.20	14.58	66.40
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	5.20	0.65	46.60
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	5.20	9.48	56.20
19039	Snacks, popcorn, caramel-coated, without peanuts	5.20	2.88	79.10
19043	Snacks, potato chips, sour-cream-and-onion-flavor	5.20	6.12	51.50
19421	Snacks, potato chips, cheese-flavor	5.20	7.72	57.70
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	5.20	2.20	36.90
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	5.20	1.20	9.10
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	5.20	--	51.68
35197	Lambsquarters, steamed (Northern Plains Indians)	5.20	--	7.47
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	5.10	1.61	61.23
19057	Snacks, tortilla chips, nacho cheese	5.10	9.09	60.81

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
19220	Desserts, rennin, chocolate, dry mix	5.10	1.08	91.50
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	5.10	2.43	60.21
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	5.10	9.90	58.60
28309	Cookies, coconut macaroon	5.10	1.61	61.22
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	5.10	1.35	50.47
28368	SCHAR, Gluten-Free, Classic White Rolls	5.10	1.35	50.47
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	5.10	1.40	84.50
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	5.10	0.40	75.39
09322	Tamarinds, raw	5.10	0.18	62.50
11344	Pigeonpeas, immature seeds, raw	5.10	0.01	23.88
11519	Taro, cooked, without salt	5.10	0.01	34.60
11878	Taro, cooked, with salt	5.10	0.01	34.60
12167	Nuts, chestnuts, european, roasted	5.10	0.76	52.96
16039	Beans, navy, mature seeds, canned	5.10	0.04	20.45
16535	WORTHINGTON Stripples, frozen, unprepared	5.10	6.20	14.30
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	5.10	6.20	14.30
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	5.10	1.70	18.20
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	5.10	1.90	9.20
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	5.10	3.60	25.20
18242	Croutons, plain	5.10	3.06	73.50
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	5.00	1.59	80.89
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	5.00	0.40	88.50
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	5.00	0.60	90.10
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	5.00	2.29	84.50
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	5.00	2.10	79.40
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	5.00	0.10	83.50
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	5.00	3.92	78.33
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	5.00	1.66	84.94
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	5.00	0.10	79.90
09048	Blackberries, frozen, unsweetened	5.00	0.04	15.67
11191	Cowpeas (blackeyes), immature seeds, raw	5.00	0.03	18.83
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	5.00	0.03	20.32
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	5.00	0.06	25.13
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	5.00	0.03	19.73
14368	Beverages, tea, instant, lemon, unsweetened	5.00	0.01	78.52

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16098	Peanut butter, smooth style, with salt	5.00	25.94	22.31
16398	Peanut butter, smooth style, without salt	5.00	25.94	22.31
16579	GARDENBURGER Original, frozen, unprepared	5.00	0.50	22.10
18243	Croutons, seasoned	5.00	9.50	63.50
18265	English muffins, wheat, toasted	5.00	0.30	48.70
18400	Crackers, matzo, egg and onion	5.00	0.99	77.10
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	5.00	13.03	44.90
19065	Candies, ALMOND JOY Candy Bar	5.00	5.26	59.51
19086	Candies, confectioner's coating, peanut butter	5.00	12.83	46.88
20028	Couscous, dry	5.00	0.09	77.43
21313	McDONALD'S, Hot Mustard Sauce	5.00	1.72	29.08
28350	Cookies, chocolate cream covered biscuit sticks	5.00	2.06	51.08
27065	Dip, bean, original flavor	4.90	0.86	15.89
27068	Dip, FRITO'S, bean, original flavor	4.90	0.86	15.89
28306	Bread, chapati or roti, plain, commercially prepared	4.90	1.89	46.36
28308	Crackers, standard snack-type, with whole wheat	4.90	4.54	68.37
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	4.90	5.44	49.09
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	4.90	5.44	49.09
36413	Restaurant, Latino, black bean soup	4.90	1.04	14.79
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	4.90	1.42	82.77
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	4.90	6.69	78.59
09059	Breadfruit, raw	4.90	0.03	27.12
09353	Blueberries, wild, canned, heavy syrup, drained	4.90	--	28.32
11031	Lima beans, immature seeds, raw	4.90	0.05	20.17
11254	Lotus root, raw	4.90	0.02	17.23
11298	Parsnips, raw	4.90	0.11	17.99
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	4.90	0.07	11.36
11490	Squash, winter, hubbard, baked, without salt	4.90	0.05	10.81
11603	Yambean (jicama), raw	4.90	0.00	8.82
11868	Squash, winter, hubbard, baked, with salt	4.90	0.05	10.81
16026	Beans, great northern, mature seeds, canned	4.90	0.02	21.02
16147	Veggie burgers or soyburgers, unprepared	4.90	1.78	14.27
16326	Beans, great northern, mature seeds, canned, low sodium	4.90	0.02	21.02
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	4.90	2.70	21.80
18038	Bread, oat bran, toasted	4.90	1.75	43.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18059	Bread, rice bran	4.90	1.65	43.50
18346	Rolls, dinner, rye	4.90	1.24	53.10
18376	Bread crumbs, dry, grated, seasoned	4.90	1.17	68.49
06122	Gravy, mushroom, dry, powder	4.80	1.31	64.66
08314	Cereals, QUAKER, hominy grits, white, quick, dry	4.80	0.29	79.60
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	4.80	--	80.95
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	4.80	0.02	19.45
11211	Edamame, frozen, unprepared	4.80	--	7.61
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	4.80	0.02	19.45
12003	Seeds, breadfruit seeds, boiled	4.80	0.29	32.00
12071	Nuts, almond paste	4.80	18.01	47.81
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	4.80	0.95	71.40
14317	Beverages, malted drink mix, chocolate, powder	4.80	1.17	86.94
16051	Beans, white, mature seeds, canned	4.80	0.02	21.20
16073	Lima beans, large, mature seeds, canned	4.80	0.02	14.91
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	4.80	3.20	22.60
19016	Snacks, granola bars, hard, almond	4.80	7.74	62.00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	4.80	8.95	71.60
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	4.80	18.00	52.90
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	4.80	18.00	52.90
19811	Snacks, potato chips, plain, unsalted	4.80	9.84	52.90
19898	Ice creams, regular, low carbohydrate, vanilla	4.80	3.17	22.23
19899	Ice creams, regular, low carbohydrate, chocolate	4.80	3.21	26.80
20092	Pasta, gluten-free, corn, cooked	4.80	0.19	27.91
28101	KEEBLER, Cinnamon Toast Grahams	4.80	2.90	73.90
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	4.80	6.70	63.60
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	4.80	1.95	46.21
42283	Snacks, potato chips, white, restructured, baked	4.80	9.91	71.40
19126	Candies, milk chocolate coated peanuts	4.70	12.92	49.70
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	4.70	--	43.64
25028	Tortilla chips, yellow, plain, salted	4.70	8.58	67.38
25040	Snacks, vegetable chips, made from garden vegetables	4.70	14.57	60.43
28319	Bagels, whole grain white	4.70	0.00	54.52
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	4.70	0.60	45.00
28388	PEPPERIDGE FARM, Deli Swirl Bread	4.70	0.60	44.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	4.70	0.60	85.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	4.70	2.90	81.60
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	4.70	--	75.60
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	4.70	0.94	74.83
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	4.70	3.52	79.91
12084	Nuts, butternuts, dried	4.70	10.42	12.05
12698	Seeds, sesame butter, tahini, type of kernels unspecified	4.70	20.02	21.50
16171	Refried beans, canned, vegetarian	4.70	0.21	13.50
16172	Refried beans, canned, fat-free	4.70	0.04	13.50
16173	Frijoles rojos volteados (Refried beans, red, canned)	4.70	1.68	15.47
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	4.70	1.40	24.60
18021	Bread, boston brown, canned	4.70	0.21	43.30
18048	Bread, raisin, enriched, toasted	4.70	2.49	56.90
18065	Bread, wheat, toasted	4.70	1.02	55.77
06006	Soup, bean with frankfurters, canned, condensed	4.60	2.08	16.75
06007	Soup, bean with ham, canned, chunky, ready-to-serve	4.60	1.58	11.16
06731	Soup, bean with bacon, condensed, single brand	4.60	0.75	18.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	4.60	0.32	79.09
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	4.60	0.41	75.86
09165	Litchis, dried	4.60	0.33	70.70
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	4.60	0.02	9.18
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	4.60	0.02	9.18
16044	Beans, pinto, mature seeds, canned, solids and liquids	4.60	0.11	15.18
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	4.60	0.11	15.18
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	4.60	0.90	9.90
18170	Cookies, fig bars	4.60	3.00	70.90
18264	English muffins, wheat	4.60	0.28	44.80
18283	Muffins, oat bran	4.60	1.70	48.30
19020	Snacks, granola bars, soft, uncoated, plain	4.60	3.82	67.30
20090	Rice flour, brown	4.60	1.01	76.48
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	4.60	0.17	31.51
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	4.60	--	57.87
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	4.60	1.53	75.47
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	4.60	2.90	63.50
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	4.60	8.80	57.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
43132	Meatballs, meatless	4.60	2.19	8.00
43137	Vegetarian meatloaf or patties	4.60	2.19	8.00
18428	Crackers, wheat, low salt	4.50	11.45	64.90
19117	Candies, halavah, plain	4.50	8.19	60.49
19188	Puddings, chocolate, dry mix, regular	4.50	0.70	89.30
20013	Bulgur, cooked	4.50	0.03	18.58
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	4.50	--	30.87
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	4.50	1.50	13.70
28264	KEEBLER, Oatmeal Cookies	4.50	4.90	67.70
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	4.50	4.90	67.70
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	4.50	5.60	65.90
28393	PEPPERIDGE FARM, White Hoagie Roll	4.50	1.90	50.70
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	4.50	0.01	5.62
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	4.50	--	5.14
09205	Oranges, raw, with peel	4.50	0.06	15.50
11312	Peas, green, frozen, unprepared	4.50	0.03	13.62
11313	Peas, green, frozen, cooked, boiled, drained, without salt	4.50	0.02	14.26
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	4.50	0.16	24.38
11814	Peas, green, frozen, cooked, boiled, drained, with salt	4.50	0.02	14.26
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	4.50	1.35	40.91
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	4.50	1.51	47.67
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	4.50	0.00	90.28
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	4.50	0.20	7.30
18037	Bread, oat bran	4.50	1.59	39.80
18079	Bread crumbs, dry, grated, plain	4.50	1.02	71.98
08157	Cereals ready-to-eat, wheat, puffed, fortified	4.40	--	79.60
08305	Cereals ready-to-eat, Post, Waffle Crisp	4.40	1.70	83.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	4.40	3.14	74.68
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	4.40	0.18	71.79
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	4.40	0.18	72.63
09053	Blueberries, wild, frozen	4.40	0.02	13.85
09306	Raspberries, frozen, red, sweetened	4.40	0.02	26.16
09321	Sugar-apples, (sweetsop), raw	4.40	0.11	23.64
11483	Squash, winter, acorn, cooked, baked, without salt	4.40	0.01	14.58
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	4.40	0.01	13.09

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11864	Squash, winter, acorn, cooked, baked, with salt	4.40	0.01	14.58
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	4.40	0.01	13.09
16010	Beans, baked, canned, with pork and sweet sauce	4.40	0.22	21.57
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	4.40	0.44	13.49
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	4.40	0.44	13.49
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	4.40	2.60	8.50
18234	Crackers, wheat, sandwich, with peanut butter filling	4.40	11.77	53.80
19017	Snacks, granola bars, hard, chocolate chip	4.40	2.63	72.10
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	4.40	--	46.85
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	4.40	6.37	74.29
28032	GIRL SCOUTS, Samoas Cookies	4.40	2.80	64.10
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	4.40	6.30	65.30
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	4.40	2.80	64.10
43447	Snacks, corn-based, extruded, chips, unsalted	4.40	9.04	57.40
18414	Bread, raisin, unenriched	4.30	2.29	52.30
19021	Snacks, granola bars, soft, uncoated, peanut butter	4.30	6.59	64.40
19248	Candies, HERSHEY'S, ALMOND JOY BITES	4.30	8.85	57.54
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	4.30	--	45.32
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	4.30	--	42.75
20105	Macaroni, vegetable, enriched, dry	4.30	0.12	74.88
20106	Macaroni, vegetable, enriched, cooked	4.30	0.01	26.61
20116	Noodles, japanese, somen, dry	4.30	0.10	74.10
20139	Wheat, KAMUT khorasan, cooked	4.30	0.08	27.60
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	4.30	2.12	31.24
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	4.30	2.89	28.30
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	4.30	2.93	52.49
25038	Snacks, granola bars, soft, almond, confectioners coating	4.30	9.49	60.13
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	4.30	7.20	58.20
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	4.30	0.71	49.16
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	4.30	2.01	45.78
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	4.30	1.10	84.70
43031	Candies, chocolate covered, caramel with nuts	4.30	9.44	60.67
43410	Chicken, meatless, breaded, fried	4.30	3.23	8.51
06958	Gravy, instant beef, dry	4.30	3.66	61.10
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	4.30	2.29	74.18

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	4.30	1.70	85.50
09084	Currants, red and white, raw	4.30	0.03	13.80
09107	Gooseberries, raw	4.30	0.05	10.18
16029	Beans, kidney, all types, mature seeds, canned	4.30	0.38	14.50
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	4.30	0.15	14.83
16507	LOMA LINDA Redi-Burger, canned, unprepared	4.30	0.60	8.20
16508	LOMA LINDA Tender Bits, canned, unprepared	4.30	1.10	8.30
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	4.30	1.00	10.20
18040	Bread, oatmeal, toasted	4.30	1.72	52.70
18047	Bread, raisin, enriched	4.30	2.29	52.30
08092	Cereals, QUAKER, corn grits, instant, plain, dry	4.20	0.40	78.42
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	4.20	2.88	72.96
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	4.20	0.15	73.19
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	4.20	2.09	85.40
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	4.20	2.09	85.40
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	4.20	2.26	71.08
09095	Figs, dried, stewed	4.20	0.07	27.57
11088	Broadbeans, immature seeds, raw	4.20	0.02	11.70
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	4.20	0.01	19.49
11450	Soybeans, green, raw	4.20	1.28	11.05
11451	Soybeans, green, cooked, boiled, drained, without salt	4.20	1.21	11.05
11621	Drumstick pods, cooked, boiled, drained, without salt	4.20	0.10	8.18
11787	Drumstick pods, cooked, boiled, drained, with salt	4.20	--	8.18
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	4.20	0.01	19.49
11853	Soybeans, green, cooked, boiled, drained, with salt	4.20	1.21	11.05
16202	PACE, Traditional Refried Beans	4.20	--	10.83
16204	PACE, Spicy Jalapeno Refried Beans	4.20	--	11.67
16500	LOMA LINDA Little Links, canned, unprepared	4.20	3.50	5.50
18196	Cookies, brownies, dry mix, sugar free	4.20	5.23	80.40
18940	Muffin, blueberry, commercially prepared, low-fat	4.20	0.86	50.05
19022	Snacks, granola bars, soft, uncoated, raisin	4.20	2.84	66.40
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	4.20	8.36	62.20
19051	Snacks, rice cracker brown rice, plain	4.20	1.03	81.50
19816	Snacks, rice cakes, brown rice, plain, unsalted	4.20	1.03	81.50
21061	Fast foods, burrito, with beans and cheese	4.20	1.26	31.23

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21264	TACO BELL, Bean Burrito	4.20	1.26	31.23
22917	Burrito, beef and bean, frozen	4.20	3.79	30.84
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	4.20	2.94	79.17
25059	Snacks, brown rice chips	4.20	1.03	81.50
25064	Snacks, potato chips, lightly salted	4.20	14.94	53.54
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	4.20	0.71	47.31
28318	Bread, french or vienna, whole wheat	4.20	0.18	49.10
42204	Rice cake, cracker (include hain mini rice cakes)	4.20	1.58	81.10
43112	Beans, chili, barbecue, ranch style, cooked	4.20	0.08	16.90
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	4.20	2.83	81.19
18968	Bagels, wheat	4.10	0.29	48.89
19147	Candies, peanut bar	4.10	16.72	47.40
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	4.10	2.75	27.35
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	4.10	2.12	28.84
21503	KASHI Pizza, Mediterranean, frozen, unprepared	4.10	2.60	31.00
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	4.10	1.80	36.50
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	4.10	1.90	8.80
25046	Snacks, bagel chips, plain	4.10	6.05	66.36
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	4.10	4.30	67.60
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	4.10	3.90	64.70
28109	KEEBLER, Iced Oatmeal Cookies	4.10	4.40	69.50
28205	MOTHER'S, Macaroon Cookies	4.10	5.40	55.70
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	4.10	4.40	69.50
36007	T.G.I. FRIDAY'S, french fries	4.10	3.36	36.90
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	4.10	3.75	6.03
09034	Apricots, dried, sulfured, stewed, with added sugar	4.10	0.06	29.26
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	4.10	0.03	8.32
11384	Potatoes, au gratin, dry mix, unprepared	4.10	1.06	74.31
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	4.10	0.17	19.95
11518	Taro, raw	4.10	0.02	26.46
11546	Tomato products, canned, paste, without salt added	4.10	0.07	18.91
11601	Yam, raw	4.10	0.01	27.88
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	4.10	0.03	8.32
11813	Peas, green, canned, no salt added, drained solids	4.10	0.03	12.58
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	4.10	0.17	19.95

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16006	Beans, baked, canned, plain or vegetarian	4.10	0.10	21.14
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	4.10	1.10	4.90
18199	Cookies, chocolate sandwich, with creme filling, special dietary	4.10	9.21	68.00
18345	Rolls, dinner, oat bran	4.10	1.49	40.20
02046	Mustard, prepared, yellow	4.00	2.18	5.83
03209	Babyfood, crackers, vegetable	4.00	15.78	66.85
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	4.00	0.42	13.66
09286	Pomegranates, raw	4.00	0.09	18.70
09297	Raisins, golden seedless	4.00	0.02	79.52
11152	Chicory greens, raw	4.00	0.01	4.70
11161	Collards, raw	4.00	0.03	5.42
11162	Collards, cooked, boiled, drained, without salt	4.00	0.03	5.65
11501	Succotash, (corn and limas), frozen, unprepared	4.00	0.17	19.94
11583	Vegetables, mixed, frozen, unprepared	4.00	0.03	13.47
11768	Collards, cooked, boiled, drained, with salt	4.00	0.03	5.65
11808	Parsnips, cooked, boiled, drained, with salt	4.00	0.11	17.01
12012	Seeds, hemp seed, hulled	4.00	5.40	8.67
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	4.00	--	75.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	4.00	3.17	79.05
16011	Beans, baked, canned, with pork and tomato sauce	4.00	0.28	18.69
16137	Hummus, home prepared	4.00	4.86	20.12
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	4.00	1.80	6.80
18039	Bread, oatmeal	4.00	1.58	48.50
18064	Bread, wheat	4.00	0.61	48.68
18066	Bread, wheat bran	4.00	1.62	47.80
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	4.00	0.80	39.00
19003	Snacks, corn-based, extruded, chips, plain	4.00	9.13	56.90
19058	Snacks, tortilla chips, ranch-flavor	4.00	7.05	62.74
19124	Baking chocolate, mexican, squares	4.00	5.04	77.41
19322	Puddings, coconut cream, dry mix, instant	4.00	0.00	83.50
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	4.00	2.92	70.80
19416	Snacks, rice cakes, brown rice, rye	4.00	1.31	79.90
21247	WENDY'S, french fries	4.00	3.20	39.73
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	4.00	1.84	31.31
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	4.00	2.89	30.58

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	4.00	0.00	19.05
28137	KEEBLER, TOASTEDS, Wheat Crackers	4.00	5.00	66.10
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	4.00	4.45	56.89
19007	Snacks, corn-based, extruded, onion-flavor	3.90	13.36	65.10
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	3.90	12.63	52.80
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	3.90	--	25.98
20022	Cornmeal, degermed, enriched, yellow	3.90	0.39	79.45
20066	Semolina, enriched	3.90	0.12	72.83
20125	Pasta, whole-wheat, cooked	3.90	0.18	30.07
20141	Spelt, cooked	3.90	--	26.44
20322	Cornmeal, degermed, enriched, white	3.90	0.39	79.45
20422	Cornmeal, degermed, unenriched, yellow	3.90	0.39	79.45
20466	Semolina, unenriched	3.90	0.12	72.83
20522	Cornmeal, degermed, unenriched, white	3.90	0.39	79.45
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	3.90	4.41	19.85
21238	McDONALD'S, french fries	3.90	7.38	42.58
21260	TACO BELL, Original Taco with beef, cheese and lettuce	3.90	4.41	19.85
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	3.90	2.30	24.60
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	3.90	2.24	32.24
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	3.90	1.90	43.60
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	3.90	2.10	37.60
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	3.90	0.80	71.30
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	3.90	6.10	66.50
36002	APPLEBEE'S, french fries	3.90	3.31	39.50
36014	Restaurant, family style, french fries	3.90	3.36	37.20
43114	Vermicelli, made from soy	3.90	0.01	82.32
43130	Frankfurter, meatless	3.90	2.54	7.70
02037	Spices, saffron	3.90	0.43	65.37
03122	Babyfood, peas, dices, toddler	3.90	0.07	10.30
06049	Soup, pea, green, canned, condensed	3.90	0.76	20.18
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	3.90	0.50	86.67
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	3.90	1.79	86.19
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	3.90	0.31	79.91
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	3.90	3.00	83.30
09129	Grapes, muscadine, raw	3.90	--	13.93

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11009	Artichokes, (globe or french), frozen, unprepared	3.90	0.01	7.75
11489	Squash, winter, hubbard, raw	3.90	0.04	8.70
11602	Yam, cooked, boiled, drained, or baked, without salt	3.90	0.00	27.48
11897	Yam, cooked, boiled, drained, or baked, with salt	3.90	0.00	26.99
16129	Tofu, fried	3.90	4.46	8.86
16429	Tofu, fried, prepared with calcium sulfate	3.90	4.46	8.86
06959	Gravy, instant turkey, dry	3.80	5.25	57.56
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	3.80	0.20	76.50
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	3.80	2.08	87.20
09288	Prunes, canned, heavy syrup pack, solids and liquids	3.80	0.13	27.80
09293	Plums, dried (prunes), stewed, with added sugar	3.80	0.14	32.88
09422	Durian, raw or frozen	3.80	--	27.09
11098	Brussels sprouts, raw	3.80	0.02	8.95
11100	Brussels sprouts, frozen, unprepared	3.80	0.03	7.86
11239	Mushrooms, Chanterelle, raw	3.80	--	6.86
11579	Vegetables, mixed, canned, solids and liquids	3.80	0.02	7.13
11984	Epazote, raw	3.80	--	7.44
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	3.80	0.00	85.90
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	3.80	0.04	21.09
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	3.80	0.04	21.09
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	3.80	0.80	36.00
16591	WORTHINGTON Leanies, frozen, unprepared	3.80	6.20	6.10
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	3.80	1.70	11.70
18347	Rolls, dinner, wheat	3.80	3.11	46.00
18351	Rolls, hamburger or hotdog, mixed-grain	3.80	2.84	44.60
18960	Crackers, snack, GOYA CRACKERS	3.80	4.70	64.35
19038	Snacks, popcorn, caramel-coated, with peanuts	3.80	2.73	80.70
19042	Snacks, potato chips, barbecue-flavor	3.80	13.22	55.92
19052	Snacks, rice cakes, brown rice, buckwheat	3.80	1.11	80.10
19071	Candies, carob, unsweetened	3.80	0.48	56.29
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	3.80	--	44.89
19143	Candies, MR. GOODBAR Chocolate Bar	3.80	8.20	54.34
19404	Snacks, granola bars, soft, uncoated, chocolate chip	3.80	6.97	70.20
20006	Barley, pearled, cooked	3.80	0.06	28.22
21138	Fast foods, potato, french fried in vegetable oil	3.80	5.97	41.44

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	3.80	1.70	29.27
21415	POPEYES, biscuit	3.80	5.69	40.95
21501	KASHI Pizza, Margherita, frozen, unprepared	3.80	2.90	25.70
25037	Snacks, pita chips, salted	3.80	10.84	68.26
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	3.80	4.58	72.27
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	3.80	2.20	44.10
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	3.80	6.60	65.70
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	3.80	2.90	63.30
42139	Granola bar, soft, milk chocolate coated, peanut butter	3.80	6.56	54.10
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	3.70	8.09	60.48
19142	Candies, MOUNDS Candy Bar	3.70	0.39	58.59
20113	Noodles, chinese, chow mein	3.70	8.93	72.80
21064	Fast foods, burrito, with beans, cheese, and beef	3.70	1.80	23.37
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	3.70	6.66	21.39
21265	TACO BELL, BURRITO SUPREME with beef	3.70	1.80	23.37
21269	TACO BELL, Nachos Supreme	3.70	6.66	21.39
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	3.70	3.10	24.50
25050	Snacks, yucca (cassava) chips, salted	3.70	7.44	69.23
28031	GIRL SCOUTS, Do-si-dos Cookies	3.70	6.50	66.00
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	3.70	5.50	61.50
28066	KEEBLER, CLUB, Minis Multigrain Crackers	3.70	4.80	67.40
28253	SUNSHINE, CHEEZ-IT, Snack Mix	3.70	3.80	66.70
09298	Raisins, seedless	3.70	0.05	79.18
11086	Beet greens, raw	3.70	0.03	4.33
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.70	0.00	4.80
11520	Taro leaves, raw	3.70	0.06	6.70
11563	Tree fern, cooked, without salt	3.70	0.00	10.98
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	3.70	0.00	4.80
11928	Tree fern, cooked, with salt	3.70	--	10.78
11977	Peppers, serrano, raw	3.70	0.02	6.70
12147	Nuts, pine nuts, dried	3.70	18.76	13.08
14192	Beverages, Cocoa mix, powder	3.70	1.32	83.73
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	3.70	--	75.00
16054	Broadbeans (fava beans), mature seeds, canned	3.70	0.04	12.41
16103	Refried beans, canned, traditional style (includes USDA commodity)	3.70	0.60	13.55

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16403	Refried beans, canned, traditional, reduced sodium	3.70	0.60	13.55
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	3.70	2.00	6.80
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	3.70	2.10	20.50
18110	Cake, fruitcake, commercially prepared	3.70	4.20	61.60
18344	Rolls, dinner, egg	3.70	2.93	52.00
09078	Cranberries, raw	3.60	0.02	11.97
09143	Guava sauce, cooked	3.60	0.01	9.48
09263	Persimmons, japanese, raw	3.60	0.04	18.59
09287	Prickly pears, raw	3.60	0.08	9.57
09340	Pears, asian, raw	3.60	0.05	10.65
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	3.60	0.02	13.33
11163	Collards, frozen, chopped, unprepared	3.60	0.03	6.46
11233	Kale, raw	3.60	0.05	8.75
11241	Kohlrabi, raw	3.60	0.01	6.20
11267	Mushrooms, shiitake, stir-fried	3.60	0.00	7.68
11299	Parsnips, cooked, boiled, drained, without salt	3.60	0.11	17.01
11667	Seaweed, spirulina, dried	3.60	0.68	23.90
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	3.60	0.02	13.33
12156	Nuts, walnuts, glazed	3.60	5.36	47.59
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	3.60	0.06	20.32
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	3.60	0.06	20.32
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	3.60	1.30	9.90
18007	Bagels, oat bran	3.60	0.25	53.30
18225	Crackers, rye, sandwich-type with cheese filling	3.60	12.24	60.80
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	3.60	3.81	66.50
19150	Candies, REESE'S Peanut Butter Cups	3.60	13.10	55.36
19184	Puddings, chocolate, dry mix, instant	3.60	0.49	87.90
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	3.60	14.38	51.72
19403	Snacks, crisped rice bar, almond	3.60	7.50	64.60
19434	Cheese puffs and twists, corn based, baked, low fat	3.60	3.50	72.35
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	3.60	--	12.88
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	3.60	8.10	63.90
20036	Rice, brown, long-grain, raw	3.60	1.05	76.25
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	3.60	3.30	69.10
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	3.60	5.00	67.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	3.60	3.10	72.80
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	3.60	--	55.10
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	3.60	--	55.10
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	3.60	6.57	33.99
43128	Chicken, meatless	3.60	2.36	3.64
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	3.50	1.15	42.71
19216	Candies, praline, prepared-from-recipe	3.50	14.68	59.59
19274	Snacks, fruit leather, pieces, with vitamin C	3.50	1.72	85.20
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	3.50	1.02	78.68
20647	Millet flour	3.50	0.92	75.12
22126	LOMA LINDA Big Franks, canned, unprepared	3.50	3.10	5.80
25025	Snacks, soy chips or crisps, salted	3.50	1.66	53.15
25027	Snacks, plantain chips, salted	3.50	5.63	63.84
25060	Snack, Pretzel, hard chocolate coated	3.50	3.29	70.07
28033	GIRL SCOUTS, Tagalongs Cookies	3.50	8.40	52.20
28067	KEEBLER, CLUB, Multigrain Crackers	3.50	5.00	65.90
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	3.50	2.20	69.40
28290	Cookie, with peanut butter filling, chocolate-coated	3.50	8.40	52.90
28292	Crackers, multigrain	3.50	5.00	67.60
28315	Bread, cinnamon	3.50	0.00	44.38
28320	English muffins, whole grain white	3.50	0.00	50.17
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	3.50	7.36	52.83
28351	Cookies, Marie biscuit	3.50	2.69	70.54
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	3.50	9.22	64.70
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	3.50	11.11	65.11
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	3.50	7.36	52.83
36607	CRACKER BARREL, steak fries	3.50	3.16	30.87
36610	DENNY'S, french fries	3.50	3.41	35.20
09446	Plantains, green, fried	3.50	4.35	49.17
11207	Dandelion greens, raw	3.50	0.01	9.20
11326	Peas and onions, frozen, unprepared	3.50	0.03	13.51
11569	Turnip greens, cooked, boiled, drained, without salt	3.50	0.02	4.36
11891	Turnip greens, cooked, boiled, drained, with salt	3.50	0.02	4.36
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	3.50	1.30	7.40
16532	WORTHINGTON Prosage Roll, frozen, unprepared	3.50	4.50	6.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	3.50	0.38	44.17
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	3.50	1.75	49.38
03206	Babyfood, cookie, baby, fruit	3.40	4.86	73.70
06402	Soup, black bean, canned, prepared with equal volume water	3.40	0.24	7.71
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	3.40	0.64	83.85
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	3.40	1.00	87.00
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	3.40	0.50	89.66
09046	Blackberries, canned, heavy syrup, solids and liquids	3.40	0.01	23.10
11050	Beans, shellie, canned, solids and liquids	3.40	0.01	6.19
11062	Beans, snap, green, frozen, all styles, microwaved	3.40	0.01	6.98
11063	Beans, snap, green, microwaved	3.40	--	6.41
11322	Peas and carrots, frozen, unprepared	3.40	0.04	11.15
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	3.40	0.03	4.98
11722	Beans, snap, yellow, raw	3.40	0.00	7.13
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	3.40	0.03	4.98
11976	Pepper, banana, raw	3.40	0.03	5.35
16510	WORTHINGTON Chili, canned, unprepared	3.40	0.90	10.90
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	3.40	0.10	4.60
18157	Cookies, chocolate wafers	3.40	4.86	72.70
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	3.40	2.51	77.66
18215	Crackers, cheese, sandwich-type with peanut butter filling	3.40	13.00	56.74
18223	Crackers, milk	3.40	5.48	71.73
18279	Muffins, corn, commercially prepared	3.40	2.10	51.00
18402	Pie crust, standard-type, prepared from recipe, unbaked	3.40	13.50	42.30
18617	NABISCO, NABISCO GRAHAMS Crackers	3.40	3.60	76.20
18950	Crackers, wheat, reduced fat	3.40	3.30	71.52
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	3.40	7.77	63.80
19047	Snacks, pretzels, hard, plain, salted	3.40	0.73	80.39
19120	Candies, milk chocolate	3.40	7.19	59.40
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	3.40	7.14	50.60
19415	Snacks, potato sticks	3.40	6.16	53.30
20003	Arrowroot flour	3.40	0.00	88.15
20040	Rice, brown, medium-grain, raw	3.40	0.97	76.17
22918	Burrito, bean and cheese, frozen	3.40	1.30	34.01
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	3.40	4.00	70.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	3.40	6.60	67.00
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	3.40	4.50	68.40
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	3.40	5.20	70.00
28301	Cookies, peanut butter, commercially prepared, sugar free	3.40	7.74	50.52
28311	Cookies, sugar wafer, chocolate-covered	3.40	4.87	65.99
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	3.40	--	25.52
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	3.40	0.23	58.12
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	3.40	0.89	24.40
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	3.30	3.77	55.60
18965	Crackers, cheese, reduced fat	3.30	2.12	68.19
19134	Candies, milk chocolate, with rice cereal	3.30	8.64	59.67
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	3.30	10.82	55.38
19910	Candies, crispy bar with peanut butter filling	3.30	10.82	55.53
20109	Noodles, egg, dry, enriched	3.30	1.25	71.27
20409	Noodles, egg, dry, unenriched	3.30	1.25	71.27
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	3.30	0.66	31.11
21248	WENDY'S, Frosty Dairy Dessert	3.30	0.69	23.62
22904	Chili con carne with beans, canned entree	3.30	1.41	13.10
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	3.30	0.75	74.64
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	3.30	8.10	63.80
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	3.30	2.60	61.40
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	3.30	6.80	57.60
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	3.30	6.50	67.00
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	3.30	2.20	69.80
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	3.30	4.90	70.00
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	3.30	5.40	68.30
28255	KEEBLER, ZESTA, Export Sodas Crackers	3.30	3.60	74.00
28263	KEEBLER, Grahams, Cinnamon Crisp	3.30	2.90	76.30
31014	PACE, Jalapenos Nacho Sliced Peppers	3.30	--	3.33
31015	PACE, Diced Green Chilies	3.30	--	6.67
35237	Tamales, masa and pork filling (Hopi)	3.30	1.65	18.28
43046	Candies, nougat, with almonds	3.30	0.00	92.39
43135	Sandwich spread, meatless	3.30	2.19	9.00
02055	Horseradish, prepared	3.30	0.13	11.29
04635	Salad dressing, thousand island dressing, fat-free	3.30	0.34	29.27

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	3.30	--	12.24
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.30	0.07	84.10
08106	Cereals, CREAM OF WHEAT, instant, dry	3.30	0.19	75.50
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	3.30	0.89	86.75
09195	Olives, pickled, canned or bottled, green	3.30	11.31	3.84
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	3.30	0.01	23.36
09315	Soursop, raw	3.30	0.09	16.84
09423	Prune puree	3.30	--	65.10
11091	Broccoli, cooked, boiled, drained, without salt	3.30	0.04	7.18
11104	Burdock root, raw	3.30	0.04	17.34
11130	Carrots, frozen, unprepared	3.30	0.01	7.90
11131	Carrots, frozen, cooked, boiled, drained, without salt	3.30	0.03	7.73
11197	Cowpeas, young pods with seeds, raw	3.30	0.03	9.50
11224	Hyacinth-beans, immature seeds, raw	3.30	0.10	9.19
11272	Mustard greens, frozen, unprepared	3.30	0.12	3.41
11297	Parsley, fresh	3.30	0.30	6.33
11306	Peas, green, canned, regular pack, solids and liquids	3.30	0.04	10.60
11366	Potatoes, boiled, cooked in skin, skin, without salt	3.30	0.00	17.21
11437	Salsify, (vegetable oyster), raw	3.30	--	18.60
11508	Sweet potato, cooked, baked in skin, flesh, without salt	3.30	0.00	20.71
11672	Potato pancakes	3.30	3.73	27.81
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	3.30	0.01	7.88
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	3.30	0.01	7.88
11742	Broccoli, cooked, boiled, drained, with salt	3.30	0.04	7.18
11760	Carrots, frozen, cooked, boiled, drained, with salt	3.30	0.04	7.73
11812	Peas, green, canned, no salt added, solids and liquids	3.30	0.03	9.75
11816	Peas and carrots, canned, no salt added, solids and liquids	3.30	0.02	8.48
11832	Potatoes, boiled, cooked in skin, skin, with salt	3.30	0.00	17.20
11875	Sweet potato, cooked, baked in skin, flesh, with salt	3.30	0.00	20.71
11967	Cauliflower, green, cooked, no salt added	3.30	0.03	6.28
11968	Cauliflower, green, cooked, with salt	3.30	0.03	6.28
12086	Nuts, cashew nuts, oil roasted, without salt added	3.30	25.92	29.87
12087	Nuts, cashew nuts, raw	3.30	23.80	30.19
12586	Nuts, cashew nuts, oil roasted, with salt added	3.30	25.92	30.16
16059	Chili with beans, canned	3.30	1.60	13.24

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	3.30	0.05	13.63
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	3.30	0.66	16.53
16203	PACE, Salsa Refried Beans	3.30	--	11.67
16524	WORTHINGTON Veja-Links, canned, unprepared	3.30	2.00	4.10
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	3.30	13.56	56.24
18383	Bread, protein, (includes gluten), toasted	3.30	0.20	48.10
02054	Capers, canned	3.20	0.06	4.89
06128	Soup, chicken noodle, dry, mix	3.20	2.27	62.32
06149	Soup, chicken mushroom, canned, condensed	3.20	2.12	11.95
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	3.20	--	10.40
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	3.20	--	10.40
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	3.20	1.21	8.87
06957	Gravy, brown instant, dry	3.20	5.49	59.78
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	3.20	0.60	86.63
09193	Olives, ripe, canned (small-extra large)	3.20	7.89	6.26
09328	Maraschino cherries, canned, drained	3.20	0.05	41.97
09447	Plantains, yellow, fried, Latino restaurant	3.20	2.32	40.77
11053	Beans, snap, green, cooked, boiled, drained, without salt	3.20	0.01	7.88
11270	Mustard greens, raw	3.20	0.09	4.67
11278	Okra, raw	3.20	0.02	7.45
11370	Potatoes, hash brown, home-prepared	3.20	5.30	35.11
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	3.20	7.30	28.51
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	3.20	3.33	34.03
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	3.20	11.34	39.68
11486	Squash, winter, butternut, cooked, baked, without salt	3.20	0.01	10.49
11568	Turnip greens, raw	3.20	0.02	7.13
11620	Drumstick pods, raw	3.20	0.10	8.53
11677	Shallots, raw	3.20	0.01	16.80
11723	Beans, snap, green, cooked, boiled, drained, with salt	3.20	0.01	7.88
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	3.20	3.33	34.03
11866	Squash, winter, butternut, cooked, baked, with salt	3.20	0.01	10.49
11958	Pickle relish, hamburger	3.20	0.27	34.48
11965	Cauliflower, green, raw	3.20	0.03	6.09
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	3.20	1.60	10.40
18033	Bread, italian	3.20	0.81	50.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18081	Bread stuffing, bread, dry mix	3.20	1.49	76.20
18127	Cake, snack cakes, creme-filled, chocolate with frosting	3.20	8.52	60.31
18349	Rolls, french	3.20	1.96	50.20
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	3.20	3.17	70.23
19045	Snacks, potato chips, made from dried potatoes, reduced fat	3.20	4.55	64.76
20120	Pasta, dry, enriched	3.20	0.17	74.67
20420	Pasta, dry, unenriched	3.20	0.17	74.67
21078	Fast foods, nachos, with cheese	3.20	14.02	34.91
21144	CHICK-FIL-A, hash browns	3.20	10.70	30.51
21268	TACO BELL, Nachos	3.20	14.02	34.91
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	3.20	0.66	70.12
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	3.20	3.50	64.96
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	3.20	3.70	65.50
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	3.20	3.70	65.40
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	3.20	1.90	73.70
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	3.20	9.00	60.60
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	3.20	8.20	60.20
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	3.20	2.30	71.20
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	3.20	4.70	65.70
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	3.20	8.40	59.00
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	3.20	8.20	60.20
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	3.20	8.40	59.00
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	3.20	2.40	75.10
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	3.20	1.10	52.90
35015	Blackberries, wild, raw (Alaska Native)	3.20	--	9.84
36411	Restaurant, Latino, tamale, corn	3.20	2.44	26.68
19098	Candies, 5TH AVENUE Candy Bar	3.10	10.60	62.68
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	3.10	12.32	54.15
19238	Candies, REESE'S BITES	3.10	7.06	55.18
19411	Snacks, potato chips, plain, salted	3.10	18.96	53.83
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	3.10	1.40	17.70
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	3.10	5.30	69.40
27030	PACE, Triple Pepper Salsa	3.10	--	9.38
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	3.10	7.20	63.00
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	3.10	7.70	66.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	3.10	2.50	70.10
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	3.10	3.30	77.70
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	3.10	3.50	65.30
28331	Crackers, flavored, fish-shaped	3.10	10.34	65.67
28348	Rolls, dinner, sweet	3.10	1.85	53.58
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	3.10	0.87	49.90
32018	Spanish rice mix, dry mix, unprepared	3.10	0.34	76.45
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	3.10	1.41	21.74
35147	Tamales (Navajo)	3.10	2.74	18.12
36022	APPLEBEE'S, crunchy onion rings	3.10	4.41	40.17
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	3.10	1.93	66.70
43143	Cabbage, japanese style, fresh, pickled	3.10	0.01	5.67
43144	Cabbage, mustard, salted	3.10	0.01	5.63
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	3.10	0.02	7.31
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	3.10	0.39	21.88
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	3.10	0.78	23.44
06597	PACE, Chipotle Chunky Salsa	3.10	--	6.25
06598	PACE, Cilantro Chunky Salsa	3.10	--	6.25
06601	PACE, Lime & Garlic Chunky Salsa	3.10	--	9.38
06602	PACE, Organic Picante Sauce	3.10	--	6.25
06603	PACE, Picante Sauce	3.10	--	6.25
06605	PACE, Thick & Chunky Salsa	3.10	--	6.25
06623	SMART SOUP, Moroccan Chick Pea	3.10	--	9.70
09252	Pears, raw	3.10	0.08	15.23
09292	Plums, dried (prunes), stewed, without added sugar	3.10	0.08	28.08
09412	Pears, raw, bartlett	3.10	--	15.01
09414	Pears, raw, bosc	3.10	--	16.10
09415	Pears, raw, green anjou	3.10	--	15.79
11114	Cabbage, savoy, raw	3.10	0.01	6.10
11151	Chicory, witloof, raw	3.10	0.00	4.00
11213	Endive, raw	3.10	0.00	3.35
11255	Lotus root, cooked, boiled, drained, without salt	3.10	0.01	16.02
11302	Peas, edible-podded, frozen, unprepared	3.10	0.03	7.20
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	3.10	0.04	9.02
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	3.10	0.04	10.12

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11438	Salsify, cooked, boiled, drained, without salt	3.10	0.00	15.36
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	3.10	0.02	4.85
11796	Lotus root, cooked, boiled, drained, with salt	3.10	0.01	16.02
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	3.10	0.04	8.43
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	3.10	0.04	10.12
11852	Salsify, cooked, boiled, drained, with salt	3.10	--	15.36
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	3.10	0.02	4.74
11957	Fennel, bulb, raw	3.10	0.07	7.30
14066	Beverages, Protein powder whey based	3.10	0.16	6.25
16528	WORTHINGTON Dinner Roast, frozen, unprepared	3.10	5.40	6.90
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	3.10	1.90	24.10
18030	Bread, french or vienna, toasted (includes sourdough)	3.10	0.39	61.93
18233	Crackers, wheat, sandwich, with cheese filling	3.10	10.35	58.20
06101	Soup, cream of vegetable, dry, powder	3.00	10.73	52.10
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	3.00	0.89	21.20
06982	Soup, ramen noodle, beef flavor, dry	3.00	6.19	60.34
09062	Cherimoya, raw	3.00	0.06	17.71
09148	Kiwifruit, green, raw	3.00	0.05	14.66
09175	Mammy-apple, (mamey), raw	3.00	0.20	12.50
09413	Pears, raw, red anjou	3.00	--	14.94
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	3.00	0.01	6.45
11092	Broccoli, frozen, chopped, unprepared	3.00	0.02	4.78
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	3.00	0.01	5.35
11094	Broccoli, frozen, spears, unprepared	3.00	0.02	5.35
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	3.00	0.01	5.36
11125	Carrots, cooked, boiled, drained, without salt	3.00	0.01	8.22
11157	Chrysanthemum, garland, raw	3.00	--	3.02
11209	Eggplant, raw	3.00	0.02	5.88
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	3.00	2.34	23.98
11497	Succotash, (corn and limas), canned, with cream style corn	3.00	0.10	17.61
11507	Sweet potato, raw, unprepared	3.00	0.00	20.12
11581	Vegetables, mixed, canned, drained solids	3.00	0.02	9.26
11588	Waterchestnuts, chinese, (matai), raw	3.00	0.00	23.94
11647	Sweet potato, canned, syrup pack, drained solids	3.00	0.01	25.36
11698	Chrysanthemum leaves, raw	3.00	--	3.01

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	3.00	0.01	6.45
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	3.00	0.01	6.45
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	3.00	0.01	6.45
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	3.00	0.01	5.35
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	3.00	0.01	5.35
11757	Carrots, cooked, boiled, drained, with salt	3.00	0.01	8.22
12007	Seeds, cottonseed flour, partially defatted (glandless)	3.00	1.13	40.54
12085	Nuts, cashew nuts, dry roasted, without salt added	3.00	27.32	32.69
12585	Nuts, cashew nuts, dry roasted, with salt added	3.00	27.32	32.69
12588	Nuts, cashew butter, plain, with salt added	3.00	26.71	30.30
16509	LOMA LINDA Linketts, canned, unprepared	3.00	2.90	4.40
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	3.00	1.40	22.90
18043	Bread, protein (includes gluten)	3.00	0.18	43.80
18080	Bread sticks, plain	3.00	3.57	68.40
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	3.00	5.42	67.49
18217	Crackers, matzo, plain	3.00	0.13	83.70
18261	English muffins, mixed-grain, toasted (includes granola)	3.00	0.90	50.30
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	3.00	1.06	55.04
18271	Ice cream cones, cake or wafer-type	3.00	1.84	79.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	3.00	6.42	71.50
19151	Candies, REESE'S PIECES Candy	3.00	4.46	59.86
19414	Snacks, rice cakes, brown rice, multigrain	3.00	1.16	80.10
21063	Fast foods, burrito, with beans and beef	3.00	3.26	19.52
21270	TACO BELL, Taco Salad	3.00	3.97	15.10
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	3.00	2.74	26.47
21505	Pizza, cheese topping, thin crust, frozen, cooked	3.00	3.03	28.80
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	3.00	0.70	13.40
22986	KASHI Mayan Harvest Bake, frozen, unprepared	3.00	0.60	21.00
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	3.00	1.10	15.10
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	3.00	1.60	41.40
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	3.00	4.30	64.20
28197	MOTHER'S, Coconut Cocadas Cookies	3.00	4.10	65.10
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	3.00	4.70	65.50
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	3.00	4.30	71.20
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	3.00	4.88	76.94

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	3.00	0.88	50.70
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	3.00	14.32	56.00
43529	Babyfood, rice and apples, dry	3.00	0.62	86.89
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	2.90	2.25	74.34
18537	ARCHWAY Home Style Cookies, Oatmeal	2.90	5.66	68.17
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	2.90	--	83.58
19036	Snacks, popcorn, cakes	2.90	0.92	80.10
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	2.90	8.94	61.60
19410	Snack, potato chips, made from dried potatoes, plain	2.90	6.14	55.38
19413	Snacks, rice cakes, brown rice, corn	2.90	1.14	81.20
19420	Snacks, granola bars, hard, peanut butter	2.90	7.00	62.30
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	2.90	0.43	14.20
21129	Fast foods, hush puppies	2.90	7.81	40.21
21249	BURGER KING, french fries	2.90	3.27	38.70
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	2.90	3.24	20.23
21486	Fast foods, taco with beef, cheese and lettuce, soft	2.90	3.24	20.23
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	2.90	2.41	28.08
22969	Chili with beans, microwavable bowls	2.90	1.60	10.88
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	2.90	0.90	15.70
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	2.90	1.90	15.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	2.90	9.08	61.14
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	2.90	7.20	62.70
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	2.90	1.70	75.00
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	2.90	5.80	64.40
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	2.90	7.10	61.20
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	2.90	4.66	76.17
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	2.90	--	40.24
28354	ANDREA'S, Gluten Free Soft Dinner Roll	2.90	--	40.24
32006	Taquitos, frozen, chicken and cheese, oven-heated	2.90	4.84	33.63
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	2.90	3.41	22.39
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	2.90	4.64	71.22
06404	Soup, bean with pork, canned, prepared with equal volume water	2.90	0.79	8.31
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	2.90	--	11.02
06583	Soup, ramen noodle, any flavor, dry	2.90	6.16	60.26
06620	SMART SOUP, French Lentil	2.90	--	9.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06983	Soup, ramen noodle, chicken flavor, dry	2.90	6.14	60.23
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	2.90	0.05	77.20
09089	Figs, raw	2.90	0.07	19.18
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	2.90	--	16.67
11087	Beet greens, cooked, boiled, drained, without salt	2.90	0.04	5.46
11208	Dandelion greens, cooked, boiled, drained, without salt	2.90	0.01	6.40
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	2.90	0.06	14.34
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	2.90	2.39	18.28
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	2.90	8.66	30.15
11424	Pumpkin, canned, without salt	2.90	0.04	8.09
11439	Sauerkraut, canned, solids and liquids	2.90	0.01	4.28
11463	Spinach, frozen, chopped or leaf, unprepared	2.90	0.00	4.21
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	2.90	0.03	6.46
11593	Waxgourd, (chinese preserving melon), raw	2.90	0.04	3.00
11616	Dock, raw	2.90	--	3.20
11736	Beet greens, cooked, boiled, drained, with salt	2.90	0.04	5.46
11782	Dandelion greens, cooked, boiled, drained, with salt	2.90	--	6.40
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	2.90	0.06	13.75
11846	Pumpkin, canned, with salt	2.90	0.04	8.09
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	2.90	0.03	6.46
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	2.90	0.18	20.73
11960	Carrots, baby, raw	2.90	0.01	8.24
18070	Bread, white, commercially prepared, toasted	2.90	0.80	54.50
18085	Bread stuffing, cornbread, dry mix, prepared	2.90	3.86	21.90
18117	Cake, pudding-type, marble, dry mix	2.90	4.75	79.50
18166	Cookies, chocolate sandwich, with creme filling, regular	2.90	9.28	71.00
18200	Cookies, oatmeal, commercially prepared, special dietary	2.90	7.55	69.90
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	2.90	1.27	73.65
03132	Babyfood, fruit, pears, strained	2.80	0.04	10.80
03133	Babyfood, fruit, pears, junior	2.80	0.02	11.60
06175	Sauce, hoisin, ready-to-serve	2.80	0.96	44.08
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	2.80	0.40	84.30
08177	Cereals, MALT-O-MEAL, chocolate, dry	2.80	0.18	79.55
09006	Apples, raw, without skin, cooked, microwave	2.80	0.02	14.41
09060	Carambola, (starfruit), raw	2.80	0.03	6.73

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09150	Lemons, raw, without peel	2.80	0.01	9.32
09159	Limes, raw	2.80	0.02	10.54
09502	Apples, raw, granny smith, with skin	2.80	--	13.61
11024	Balsam-pear (bitter gourd), pods, raw	2.80	--	3.70
11080	Beets, raw	2.80	0.03	9.56
11097	Broccoli raab, cooked	2.80	0.03	3.12
11115	Cabbage, savoy, cooked, boiled, drained, without salt	2.80	0.01	5.41
11124	Carrots, raw	2.80	0.01	9.58
11150	Chayote, fruit, cooked, boiled, drained, without salt	2.80	0.00	5.09
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	2.80	0.02	7.10
11165	Coriander (cilantro) leaves, raw	2.80	0.28	3.67
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	2.80	0.23	23.50
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	2.80	0.22	22.33
11214	Escarole, cooked, boiled, drained, no salt added	2.80	0.00	3.07
11240	Mushrooms, morel, raw	2.80	0.05	5.10
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	2.80	0.11	3.11
11274	Mustard spinach, (tendergreen), raw	2.80	0.14	3.90
11301	Peas, edible-podded, boiled, drained, without salt	2.80	0.02	7.05
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	2.80	4.06	31.66
11644	Squash, winter, all varieties, cooked, baked, without salt	2.80	0.03	8.85
11730	Beans, snap, yellow, frozen, all styles, unprepared	2.80	0.01	7.58
11753	Cabbage, savoy, cooked, boiled, drained, with salt	2.80	0.01	5.41
11766	Chayote, fruit, cooked, boiled, drained, with salt	2.80	0.01	4.50
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	2.80	--	7.10
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	2.80	0.22	22.33
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	2.80	0.11	3.11
11809	Peas, edible-podded, cooked, boiled, drained, with salt	2.80	0.02	6.46
11863	Squash, winter, all varieties, cooked, baked, with salt	2.80	0.03	8.85
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	2.80	0.23	23.50
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	2.80	0.22	22.33
11979	Peppers, jalapeno, raw	2.80	0.03	6.50
16077	Lupins, mature seeds, cooked, boiled, without salt	2.80	1.18	9.88
16107	Sausage, meatless	2.80	4.50	8.09
16377	Lupins, mature seeds, cooked, boiled, with salt	2.80	1.18	9.29
16511	WORTHINGTON Choplets, canned, unprepared	2.80	0.10	4.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16518	WORTHINGTON Saucettes, canned, unprepared	2.80	--	5.60
16529	WORTHINGTON FriPats, frozen, unprepared	2.80	2.20	8.00
16531	WORTHINGTON Prosage Links, frozen, unprepared	2.80	1.80	5.00
16534	WORTHINGTON Stakelets, frozen, unprepared	2.80	3.50	9.60
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2.80	2.31	49.05
18156	Cookies, fudge, cake-type (includes trolley cakes)	2.80	1.81	78.30
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	2.80	10.38	58.40
18178	Cookies, oatmeal, commercially prepared, regular	2.80	10.02	68.70
18183	Cookies, oatmeal, refrigerated dough, baked	2.80	11.73	65.70
18218	Crackers, matzo, egg	2.80	0.61	78.60
18228	Crackers, saltines (includes oyster, soda, soup)	2.80	1.99	74.05
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	2.80	0.48	52.65
18260	English muffins, mixed-grain (includes granola)	2.80	0.83	46.30
18270	Hush puppies, prepared from recipe	2.80	3.26	46.00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	2.80	1.74	29.40
18541	ARCHWAY Home Style Cookies, Peanut Butter	2.80	10.21	58.48
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	2.80	6.54	53.40
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	2.80	5.18	71.19
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	2.80	--	67.56
19348	Syrups, chocolate, fudge-type	2.80	3.86	62.90
19418	Snacks, sesame sticks, wheat-based, salted	2.80	10.91	46.50
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	2.80	1.36	79.20
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	2.80	1.36	79.20
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	2.80	1.36	79.20
20052	Rice, white, short-grain, enriched, uncooked	2.80	0.16	79.15
20054	Rice, white, glutinous, unenriched, uncooked	2.80	0.20	81.68
20137	Quinoa, cooked	2.80	0.53	21.30
20143	Teff, cooked	2.80	--	19.86
21319	McDONALD'S, Hash Brown	2.80	8.06	28.56
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	2.80	4.35	28.67
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	2.80	3.96	28.05
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	2.80	--	57.27
28027	FAMOUS AMOS, Chocolate Chip Cookies	2.80	5.80	67.70
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	2.80	4.90	65.10
28136	KEEBLER, TOASTEDS, Sesame Crackers	2.80	5.20	62.60

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	2.80	5.40	71.60
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	2.80	6.00	63.20
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	2.80	5.56	63.49
32007	Taquitos, frozen, beef and cheese, oven-heated	2.80	5.13	33.46
32010	Pasta mix, Italian lasagna, unprepared	2.80	0.42	73.77
36021	APPLEBEE'S, coleslaw	2.80	1.40	13.17
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	2.70	0.30	46.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	2.70	0.30	46.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	2.70	0.30	46.00
18457	Crackers, saltines, fat-free, low-sodium	2.70	0.14	82.30
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	2.70	4.85	69.27
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	2.70	14.48	64.48
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	2.70	6.00	66.30
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	2.70	6.00	67.20
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	2.70	--	68.40
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	2.70	--	68.40
20010	Buckwheat groats, roasted, cooked	2.70	0.19	19.94
20081	Wheat flour, white, all-purpose, enriched, bleached	2.70	0.09	76.31
20082	Wheat flour, white, all-purpose, self-rising, enriched	2.70	0.09	74.22
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	2.70	0.09	76.31
20481	Wheat flour, white, all-purpose, unenriched	2.70	0.09	76.31
20581	Wheat flour, white, all-purpose, enriched, unbleached	2.70	0.09	76.31
21026	Fast foods, potatoes, hash browns, round pieces or patty	2.70	7.83	28.88
21130	Fast foods, onion rings, breaded and fried	2.70	6.88	43.58
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	2.70	2.29	27.10
21316	McDONALD'S, Tangy Honey Mustard Sauce	2.70	1.33	28.81
21509	BURGER KING, Onion Rings	2.70	6.88	43.58
22912	Spaghetti, with meatballs in tomato sauce, canned	2.70	1.63	11.45
22996	KASHI Three Cheese Penne, frozen, unprepared	2.70	1.00	16.80
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	2.70	4.28	65.34
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	2.70	0.68	70.95
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	2.70	1.60	43.70
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	2.70	6.30	59.20
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	2.70	6.30	60.00
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	2.70	4.20	71.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	2.70	2.40	70.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	2.70	2.40	70.10
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	2.70	2.30	70.20
28203	MOTHER'S, Iced Oatmeal Cookies	2.70	4.20	71.00
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	2.70	4.00	72.80
28208	MOTHER'S, Peanut Butter Gauchos Cookies	2.70	8.50	65.70
28274	MURRAY, Honey Graham	2.70	5.50	75.70
32008	Pasta mix, classic cheeseburger macaroni, unprepared	2.70	0.29	71.51
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	2.70	0.30	16.30
36030	DENNY'S, hash browns	2.70	2.04	26.59
36039	Restaurant, family style, hash browns	2.70	2.04	26.59
43483	Millet, puffed	2.70	0.72	80.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	2.70	0.07	18.50
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	2.70	0.07	18.70
03139	Babyfood, prunes, without vitamin c, strained	2.70	0.13	23.52
06621	SMART SOUP, Greek Minestrone	2.70	--	8.40
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	2.70	2.64	78.65
08143	Cereals, WHEATENA, cooked with water	2.70	0.07	11.80
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	2.70	0.32	89.91
08506	Cereals ready-to-eat, RALSTON Corn Flakes	2.70	0.11	88.01
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	2.70	0.80	82.40
09054	Blueberries, frozen, unsweetened	2.70	0.09	12.17
09247	Peaches, dried, sulfured, stewed, without added sugar	2.70	0.09	19.69
09357	Apricots, canned, heavy syrup, drained	2.70	0.04	21.31
09374	Pears, canned, heavy syrup, drained	2.70	0.04	19.08
11052	Beans, snap, green, raw	2.70	0.01	6.97
11096	Broccoli raab, raw	2.70	0.03	2.85
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	2.70	0.02	3.75
11419	Pumpkin leaves, cooked, boiled, drained, without salt	2.70	0.03	3.39
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	2.70	0.02	3.16
11848	Pumpkin leaves, cooked, boiled, drained, with salt	2.70	0.03	3.39
11900	Corn, sweet, white, raw	2.70	0.35	19.02
11901	Corn, sweet, white, cooked, boiled, drained, without salt	2.70	0.37	21.71
11902	Corn, sweet, white, cooked, boiled, drained, with salt	2.70	0.37	21.71
11950	Mushrooms, enoki, raw	2.70	0.00	7.81

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11993	Mushrooms, maitake, raw	2.70	0.03	6.97
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	2.70	0.50	6.20
18069	Bread, white, commercially prepared (includes soft bread crumbs)	2.70	0.60	49.42
18168	Cookies, chocolate sandwich, with extra creme filling	2.70	16.08	68.20
18179	Cookies, oatmeal, commercially prepared, soft-type	2.70	7.99	65.70
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	2.70	2.76	41.40
03158	Babyfood, fruit, pears and pineapple, strained	2.60	0.02	10.90
03159	Babyfood, fruit, pears and pineapple, junior	2.60	0.03	11.40
03290	Babyfood, carrots and beef, strained	2.60	1.06	5.70
06622	SMART SOUP, Indian Bean Masala	2.60	--	10.50
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	2.60	0.63	85.93
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	2.60	0.33	88.89
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	2.60	0.22	89.72
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	2.60	0.13	85.79
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	2.60	0.63	85.92
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	2.60	0.59	87.10
09010	Apples, dehydrated (low moisture), sulfured, stewed	2.60	0.00	19.91
09033	Apricots, dried, sulfured, stewed, without added sugar	2.60	0.03	22.15
09040	Bananas, raw	2.60	0.03	22.84
09056	Boysenberries, canned, heavy syrup	2.60	0.01	22.31
09352	Blueberries, canned, light syrup, drained	2.60	0.06	22.66
11060	Beans, snap, green, frozen, all styles, unprepared	2.60	0.01	7.54
11090	Broccoli, raw	2.60	0.01	6.64
11099	Brussels sprouts, cooked, boiled, drained, without salt	2.60	0.04	7.10
11113	Cabbage, red, cooked, boiled, drained, without salt	2.60	0.01	6.94
11182	Corn, yellow, whole kernel, frozen, microwaved	2.60	0.29	25.87
11291	Onions, spring or scallions (includes tops and bulb), raw	2.60	0.03	7.34
11300	Peas, edible-podded, raw	2.60	0.02	7.55
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	2.60	--	26.15
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2.60	2.21	26.98
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	2.60	0.01	8.79
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	2.60	0.10	13.98
11632	Peppers, jalapeno, canned, solids and liquids	2.60	0.05	4.74
11745	Brussels sprouts, cooked, boiled, drained, with salt	2.60	0.04	7.10
11752	Cabbage, red, cooked, boiled, drained, with salt	2.60	0.01	6.94

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	2.60	3.24	28.71
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	2.60	0.01	8.79
14181	Beverages, chocolate syrup	2.60	0.29	65.10
16104	Bacon, meatless	2.60	7.10	5.31
16506	LOMA LINDA Vege-Burger, canned, unprepared	2.60	0.20	3.70
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	2.60	5.60	5.90
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	2.60	1.00	32.60
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	2.60	2.10	15.90
18032	Bread, irish soda, prepared from recipe	2.60	2.00	56.00
18236	Cracker meal	2.60	0.15	80.90
18239	Croissants, butter	2.60	5.52	45.80
18241	Croissants, cheese	2.60	6.51	47.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	2.60	0.85	48.10
18319	Pie, fried pies, fruit	2.60	7.45	42.60
18322	Pie, mince, prepared from recipe	2.60	4.65	48.00
18444	Pie, fried pies, cherry	2.60	7.45	42.60
18445	Pie, fried pies, lemon	2.60	7.45	42.60
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	2.60	5.94	69.44
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	2.60	--	46.35
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	2.60	0.85	50.84
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	2.60	5.29	48.39
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	2.60	--	64.67
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	2.60	4.71	72.31
20034	Oat bran, cooked	2.60	0.29	11.44
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	2.60	4.34	32.11
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	2.60	5.94	25.35
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	2.60	5.60	25.30
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	2.60	3.61	31.17
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	2.60	0.74	13.00
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	2.60	--	64.69
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	2.60	6.90	64.00
28073	KEEBLER, Danish Wedding Cookies	2.60	3.80	68.30
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	2.60	7.00	59.90
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	2.60	5.70	66.80
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	2.60	2.20	69.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	2.60	5.90	61.90
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	2.60	3.10	67.90
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	2.60	2.10	76.10
28300	Cookies, oatmeal sandwich, with creme filling	2.60	4.53	55.62
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	2.60	--	23.44
31033	Ginger root, pickled, canned, with artificial sweetener	2.60	0.02	4.83
31034	Peppers, hot pickled, canned	2.60	0.02	4.56
32017	Pasta mix, Italian four cheese lasagna, unprepared	2.60	0.55	70.26
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	2.60	0.70	17.00
36001	APPLEBEE'S, Double Crunch Shrimp	2.60	4.24	25.96
36036	Restaurant, family style, onion rings	2.60	4.22	40.72
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	2.60	0.69	23.74
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	2.60	3.96	23.02
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	2.60	1.51	37.14
36601	Restaurant, Chinese, egg rolls, assorted	2.60	3.04	27.29
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	2.60	0.25	88.50
44158	Pie fillings, blueberry, canned	2.60	0.00	44.38
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	2.50	11.67	66.80
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	2.50	--	73.10
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	2.50	2.45	43.33
18963	Garlic bread, frozen	2.50	4.67	41.72
18976	KASHI, TLC, Country Cheddar Crackers	2.50	7.50	68.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	2.50	3.74	61.21
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	2.50	3.90	67.93
19119	Candies, NESTLE, CHUNKY Bar	2.50	--	60.00
19138	Candies, truffles, prepared-from-recipe	2.50	12.64	44.88
19148	Candies, peanut brittle, prepared-from-recipe	2.50	8.06	71.24
19227	Frostings, coconut-nut, ready-to-eat	2.50	10.79	52.70
19436	Popcorn, sugar syrup/caramel, fat-free	2.50	0.26	90.06
19858	Candies, sugar-coated almonds	2.50	12.08	68.26
19917	Candies, M&M MARS Pretzel Chocolate Candies	2.50	3.30	72.94
20030	Hominy, canned, white	2.50	0.23	14.26
20330	Hominy, canned, yellow	2.50	0.23	14.26
21142	Fast food, biscuit	2.50	2.49	42.82
21225	Pizza, cheese topping, rising crust, frozen, cooked	2.50	2.20	32.91

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	2.50	3.75	28.18
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	2.50	3.65	26.69
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	2.50	3.51	31.20
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	2.50	5.52	27.00
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	2.50	--	39.51
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	2.50	0.41	19.00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	2.50	--	47.24
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	2.50	4.60	67.40
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	2.50	4.90	71.30
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	2.50	6.00	66.50
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	2.50	6.00	61.00
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	2.50	5.20	63.70
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	2.50	3.00	72.00
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	2.50	5.20	73.50
28283	KEEBLER, ZESTA, Saltines, Original	2.50	2.20	76.10
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	2.50	3.79	74.69
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	2.50	6.14	76.03
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	2.50	6.14	76.03
42279	Babyfood, peas and brown rice	2.50	0.18	11.49
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	2.50	0.04	53.42
43146	Eggplant, pickled	2.50	0.06	9.77
03217	Zwieback	2.50	4.24	74.20
06026	Soup, chili beef, canned, condensed	2.50	1.01	18.86
07911	Liverwurst spread	2.50	12.29	5.89
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	2.50	0.64	85.51
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	2.50	3.11	79.68
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	2.50	1.36	85.14
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	2.50	1.60	88.18
09044	Cherries, tart, dried, sweetened	2.50	0.18	80.45
09194	Olives, ripe, canned (jumbo-super colossal)	2.50	5.07	5.61
09201	Oranges, raw, California, valencias	2.50	0.06	11.89
11109	Cabbage, raw	2.50	0.02	5.80
11156	Chives, raw	2.50	0.10	4.35
11210	Eggplant, cooked, boiled, drained, without salt	2.50	0.02	8.73
11238	Mushrooms, shiitake, raw	2.50	--	6.79

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11258	Mountain yam, hawaii, raw	2.50	0.00	16.30
11279	Okra, cooked, boiled, drained, without salt	2.50	0.03	4.51
11362	Potatoes, raw, skin	2.50	0.00	12.44
11510	Sweet potato, cooked, boiled, without skin	2.50	0.00	17.72
11574	Turnip greens, frozen, unprepared	2.50	0.02	3.67
11590	Waterchestnuts, chinese, canned, solids and liquids	2.50	0.00	12.30
11605	Beets, harvard, canned, solids and liquids	2.50	0.01	18.18
11645	Sweet potato, canned, syrup pack, solids and liquids	2.50	0.01	20.93
11783	Eggplant, cooked, boiled, drained, with salt	2.50	0.02	8.14
11803	Okra, cooked, boiled, drained, with salt	2.50	0.03	4.51
11876	Sweet potato, cooked, boiled, without skin, with salt	2.50	0.00	17.72
11969	Broccoli, chinese, cooked	2.50	0.05	3.81
11989	Mushrooms, straw, canned, drained solids	2.50	0.01	4.64
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	2.50	2.00	8.90
18006	Bagels, cinnamon-raisin, toasted	2.50	0.19	59.30
18028	Bread, egg, toasted	2.50	2.99	52.60
18106	Coffeecake, fruit	2.50	5.56	51.50
18182	Cookies, oatmeal, refrigerated dough	2.50	10.53	59.10
18240	Croissants, apple	2.50	2.39	37.10
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	2.50	12.17	48.62
06039	Soup, minestrone, canned, chunky, ready-to-serve	2.40	0.38	8.64
06124	Gravy, pork, dry, powder	2.40	3.88	63.57
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	2.40	0.40	11.90
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	2.40	0.28	9.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	2.40	--	10.40
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	2.40	--	17.60
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	2.40	--	10.40
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	2.40	--	10.40
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	2.40	--	9.60
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	2.40	0.81	7.26
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	2.40	2.82	7.26
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	2.40	1.21	8.06
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	2.40	0.00	13.49
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	2.40	0.00	16.67
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	2.40	--	10.20

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	2.40	--	10.20
06972	Sauce, tomato chili sauce, bottled, with salt	2.40	0.04	19.79
06990	HEALTHY REQUEST, Minestrone Soup, condensed	2.40	0.00	11.90
06992	HEALTHY REQUEST, Vegetable Soup, condensed	2.40	0.00	15.87
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	2.40	--	10.40
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	2.40	4.30	82.40
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	2.40	2.80	83.30
09003	Apples, raw, with skin	2.40	0.01	13.81
09005	Apples, raw, without skin, cooked, boiled	2.40	0.01	13.64
09050	Blueberries, raw	2.40	0.05	14.49
09109	Gooseberries, canned, light syrup pack, solids and liquids	2.40	0.02	18.75
09200	Oranges, raw, all commercial varieties	2.40	0.02	11.75
09203	Oranges, raw, Florida	2.40	0.04	11.54
09248	Peaches, dried, sulfured, stewed, with added sugar	2.40	0.08	26.60
09501	Apples, raw, golden delicious, with skin	2.40	--	13.60
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	2.40	0.37	20.98
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	2.40	0.20	19.30
11264	Mushrooms, canned, drained solids	2.40	0.00	5.09
11354	Potatoes, white, flesh and skin, raw	2.40	0.00	15.71
11458	Spinach, cooked, boiled, drained, without salt	2.40	0.01	3.75
11461	Spinach, canned, regular pack, drained solids	2.40	0.01	3.40
11576	Turnip greens and turnips, frozen, unprepared	2.40	0.01	3.39
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	2.40	0.37	20.98
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	2.40	0.13	18.71
11854	Spinach, cooked, boiled, drained, with salt	2.40	0.01	3.75
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	2.40	0.13	19.56
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	2.40	0.13	19.56
11961	Hearts of palm, canned	2.40	0.10	4.62
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	2.40	1.80	4.30
18280	Muffins, corn, dry mix, prepared	2.40	5.25	49.10
18356	Sweet rolls, cinnamon, commercially prepared with raisins	2.40	4.80	50.90
18403	Waffles, plain, frozen, ready -to-heat, toasted	2.40	4.91	49.29
18434	Crackers, cheese, low sodium	2.40	11.85	58.20
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	2.40	4.86	44.16
18935	Waffle, plain, frozen, ready-to-heat, microwave	2.40	5.20	45.41

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18961	Crackers, cream, GAMESA SABROSAS	2.40	10.62	64.55
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	2.40	14.47	64.88
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	2.40	3.80	49.27
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	2.40	5.39	70.90
19153	Candies, NESTLE, AFTER EIGHT Mints	2.40	--	79.53
19163	Chewing gum	2.40	0.08	96.70
19240	Frostings, chocolate, creamy, dry mix	2.40	--	92.00
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	2.40	--	59.78
19866	Candies, soft fruit and nut squares	2.40	1.30	73.81
20061	Rice flour, white, unenriched	2.40	0.44	80.13
20083	Wheat flour, white, bread, enriched	2.40	0.14	72.53
20129	Wheat flours, bread, unenriched	2.40	0.14	72.53
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	2.40	0.27	65.65
21259	BURGER KING, Original Chicken Sandwich	2.40	3.70	26.22
21266	TACO BELL, BURRITO SUPREME with chicken	2.40	2.56	20.51
21267	TACO BELL, BURRITO SUPREME with steak	2.40	2.82	20.32
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	2.40	2.43	33.48
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	2.40	3.62	31.89
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	2.40	3.05	33.42
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	2.40	3.26	34.22
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	2.40	1.85	31.78
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	2.40	3.37	31.84
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	2.40	5.44	28.70
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	2.40	2.78	44.48
21525	PIZZA HUT, breadstick, parmesan garlic	2.40	2.78	44.48
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	2.40	--	36.64
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	2.40	--	34.44
22954	Egg rolls, chicken, refrigerated, heated	2.40	1.33	28.54
22955	Egg rolls, vegetable, frozen, prepared	2.40	1.81	31.77
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	2.40	1.90	13.00
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	2.40	--	73.01
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	2.40	--	12.70
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	2.40	--	9.52
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	2.40	4.00	69.90
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	2.40	5.80	68.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	2.40	5.20	65.00
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	2.40	8.00	65.00
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	2.40	--	68.30
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	2.40	2.10	72.20
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	2.40	8.90	59.20
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	2.40	7.20	57.40
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	2.40	6.00	57.60
28280	SUNSHINE, CHEEZ-IT, Original Crackers	2.40	7.20	57.40
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	2.40	10.99	65.81
31029	Potatoes, french fried, wedge cut, frozen, unprepared	2.40	--	22.22
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	2.40	--	24.31
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	2.40	0.18	49.94
36031	DENNY'S, onion rings	2.40	4.61	41.05
36412	Restaurant, Latino, tamale, pork	2.40	3.24	15.75
43060	Chewing gum, sugarless	2.40	0.09	94.80
43311	Potatoes, canned, drained solids, no salt added	2.40	0.00	13.60
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	2.30	0.13	53.40
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	2.30	0.13	53.40
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	2.30	0.13	53.40
18416	Bread, white, commercially prepared, low sodium, no salt	2.30	1.61	49.60
18621	NABISCO, NABISCO RITZ Crackers	2.30	6.28	63.51
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	2.30	16.46	52.47
18955	Bread, pan dulce, sweet yeast bread	2.30	3.50	56.38
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	2.30	1.50	38.30
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	2.30	7.88	61.51
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	2.30	--	61.07
19367	Toppings, nuts in syrup	2.30	4.97	58.08
20112	Noodles, egg, spinach, enriched, cooked	2.30	0.49	24.25
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	2.30	4.34	28.78
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	2.30	6.00	26.26
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	2.30	3.80	26.01
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	2.30	2.61	33.33
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	2.30	3.85	31.98
21387	BURGER KING, Hash Brown Rounds	2.30	5.47	29.37
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	2.30	2.77	31.15

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	2.30	3.37	27.93
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	2.30	3.94	30.36
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	2.30	4.05	30.62
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	2.30	5.62	29.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	2.30	4.73	29.39
21610	School Lunch, chicken patty, whole grain breaded	2.30	4.40	12.50
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	2.30	0.20	11.20
22902	Pizza, meat topping, thick crust, frozen, cooked	2.30	3.36	30.76
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	2.30	1.00	14.90
22989	KASHI, Red Curry Chicken, Frozen Entree	2.30	0.90	15.60
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	2.30	0.77	10.00
28035	GIRL SCOUTS, Thin Mints Cookies	2.30	2.60	67.30
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	2.30	6.40	60.80
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	2.30	2.10	73.20
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	2.30	0.60	68.80
28132	KEEBLER, Toasted Coconut Cookies	2.30	5.20	69.90
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	2.30	3.80	70.40
28209	MOTHER'S, Taffy Sandwich Cookies	2.30	5.20	69.90
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	2.30	6.20	60.50
28294	Cookie, chocolate, with icing or coating	2.30	2.60	67.87
28321	Rolls, hamburger, whole grain white, calcium-fortified	2.30	0.56	46.50
31031	Potatoes, french fried, cross cut, frozen, unprepared	2.30	--	22.95
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	2.30	0.02	7.06
42186	Frozen yogurts, chocolate	2.30	0.96	21.60
42284	Babyfood, baked product, finger snacks cereal fortified	2.30	3.13	76.68
42316	Babyfood, carrots, toddler	2.30	0.01	5.23
03215	Babyfood, pretzels	2.30	0.24	82.20
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	2.30	0.97	71.43
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	2.30	--	10.00
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	2.30	0.38	10.00
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	2.30	--	13.85
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	2.30	--	10.00
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	2.30	--	10.00
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	2.30	--	13.08
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	2.30	--	10.00

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06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	2.30	--	10.00
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	2.30	--	10.00
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	2.30	--	10.00
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	2.30	--	13.85
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	2.30	1.32	6.80
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	2.30	--	10.00
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	2.30	--	10.00
07972	Meatballs, frozen, Italian style	2.30	9.19	8.06
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	2.30	0.70	85.03
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	2.30	0.55	87.30
09277	Plantains, raw	2.30	0.03	31.89
09278	Plantains, cooked	2.30	0.02	31.15
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	2.30	0.05	21.07
09500	Apples, raw, red delicious, with skin	2.30	--	14.06
09503	Apples, raw, gala, with skin	2.30	--	13.68
11136	Cauliflower, cooked, boiled, drained, without salt	2.30	0.03	4.11
11137	Cauliflower, frozen, unprepared	2.30	0.02	4.68
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	2.30	0.00	4.31
11324	Peas and onions, canned, solids and liquids	2.30	0.04	8.57
11356	Potatoes, Russet, flesh and skin, baked	2.30	0.00	21.44
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	2.30	3.45	27.50
11376	Potatoes, canned, drained solids	2.30	0.00	13.61
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	2.30	3.75	25.59
11398	Potato puffs, frozen, unprepared	2.30	3.38	24.80
11435	Rutabagas, raw	2.30	0.02	8.62
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	2.30	0.00	24.24
11740	Broccoli, flower clusters, raw	2.30	0.02	5.06
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	2.30	0.01	5.37
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	2.30	0.01	5.37
11761	Cauliflower, cooked, boiled, drained, with salt	2.30	0.03	4.11
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	2.30	--	4.31
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	2.30	0.00	24.24
11905	Corn, sweet, white, canned, whole kernel, drained solids	2.30	0.22	15.06
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	2.30	2.31	15.02
11987	Mushrooms, oyster, raw	2.30	0.03	6.09

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16426	Tofu, raw, firm, prepared with calcium sulfate	2.30	1.92	2.78
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	2.30	1.70	8.50
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	2.30	0.50	14.40
18003	Bagels, egg	2.30	0.42	53.00
18005	Bagels, cinnamon-raisin	2.30	0.18	55.20
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2.30	2.80	51.60
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	2.30	3.49	54.46
18027	Bread, egg	2.30	2.30	47.80
18097	Cake, pudding-type, chocolate, dry mix	2.30	2.80	80.16
18214	Crackers, cheese, regular	2.30	5.74	59.42
18229	Crackers, standard snack-type, regular	2.30	6.55	61.30
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	2.30	13.47	58.38
18353	Rolls, hard (includes kaiser)	2.30	1.13	52.70
18361	Toaster pastries, brown-sugar-cinnamon	2.30	--	72.64
18385	Bread, wheat germ, toasted	2.30	1.43	54.30
01250	Nutritional supplement for people with diabetes, liquid	2.20	2.32	11.88
03091	Babyfood, vegetables, green beans, strained	2.20	0.00	6.29
04367	Salad dressing, french dressing, fat-free	2.20	0.14	32.14
06011	Soup, cheese, canned, condensed	2.20	1.08	11.30
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	2.20	0.68	11.44
06631	Sauce, hot chile, sriracha	2.20	--	19.16
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	2.20	--	15.87
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	2.20	0.26	89.20
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	2.20	1.47	85.94
09035	Apricots, frozen, sweetened	2.20	0.04	25.10
09055	Blueberries, frozen, sweetened	2.20	0.02	21.95
09090	Figs, canned, water pack, solids and liquids	2.20	0.02	13.99
09092	Figs, canned, heavy syrup pack, solids and liquids	2.20	0.02	22.90
09202	Oranges, raw, navels	2.20	0.03	12.54
11026	Bamboo shoots, raw	2.20	0.01	5.20
11243	Mushrooms, portabella, grilled	2.20	0.01	4.44
11261	Mushrooms, white, cooked, boiled, drained, without salt	2.20	0.01	5.29
11280	Okra, frozen, unprepared	2.20	0.04	6.63
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	2.20	3.00	33.79
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	2.20	0.02	8.63

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	2.20	1.40	14.36
11457	Spinach, raw	2.20	0.01	3.63
11555	Tomato products, canned, sauce, with herbs and cheese	2.20	0.38	10.24
11674	Potatoes, baked, flesh and skin, without salt	2.20	0.00	21.15
11797	Mushrooms, white, cooked, boiled, drained, with salt	2.20	0.01	5.29
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	2.20	0.02	8.63
11828	Potatoes, baked, flesh and skin, with salt	2.20	0.00	21.15
11855	Spinach, canned, no salt added, solids and liquids	2.20	0.01	2.92
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	2.20	2.04	14.40
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	2.20	0.04	4.44
11963	Nopales, raw	2.20	0.02	3.33
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	2.20	1.48	6.65
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	2.20	1.01	5.54
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	2.20	--	5.10
18029	Bread, french or vienna (includes sourdough)	2.20	0.36	51.88
18041	Bread, pita, white, enriched	2.20	0.10	55.70
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	2.20	7.34	52.84
18172	Cookies, gingersnaps	2.20	5.36	76.90
18174	Cookies, graham crackers, chocolate-coated	2.20	2.70	66.78
18251	Doughnuts, cake-type, chocolate, sugared or glazed	2.20	11.28	57.40
18354	Strudel, apple	2.20	3.27	41.10
18365	Waffles, plain, frozen, ready-to-heat	2.20	5.13	42.98
18371	Leavening agents, baking powder, low-sodium	2.20	0.01	46.90
18413	Bread, pita, white, unenriched	2.20	0.10	55.70
18544	ARCHWAY Home Style Cookies, Raspberry Filled	2.20	4.14	65.92
18547	ARCHWAY Home Style Cookies, Strawberry Filled	2.20	4.14	65.92
18932	Waffles, buttermilk, frozen, ready-to-heat	2.20	4.53	41.05
18959	Pastry, Pastelitos de Guava (guava pastries)	2.20	8.54	47.76
19010	Snacks, crisped rice bar, chocolate chip	2.20	3.99	73.00
19110	Candies, KRACKEL Chocolate Bar	2.20	6.25	63.96
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	2.20	--	71.00
19393	Frozen yogurts, chocolate, soft-serve	2.20	1.75	24.90
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	2.20	10.44	54.10
21224	Pizza, cheese topping, regular crust, frozen, cooked	2.20	4.25	29.02
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	2.20	5.89	25.14

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	2.20	2.16	33.24
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	2.20	2.60	33.17
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	2.20	3.73	31.84
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	2.20	3.79	25.38
21388	Fast foods, miniature cinnamon rolls	2.20	9.22	53.38
21611	School Lunch, chicken nuggets, whole grain breaded	2.20	3.59	22.86
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	2.20	2.79	30.45
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	2.20	0.60	17.60
28065	KEEBLER, CLUB, Minis Original Crackers	2.20	5.10	66.40
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	2.20	2.70	66.60
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	2.20	0.50	73.10
28135	KEEBLER, TOASTEDS, Onion Crackers	2.20	5.00	67.70
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	2.20	5.60	63.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	2.20	2.60	77.10
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	2.20	2.50	78.90
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	2.20	5.90	66.00
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	2.20	5.80	63.10
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	2.20	7.10	59.25
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	2.20	6.60	60.80
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	2.20	5.80	62.40
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	2.20	5.60	64.10
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	2.20	4.00	67.00
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	2.20	4.40	72.30
28272	MURRAY, Chocolate Creme Sandwich Cookies	2.20	4.50	71.30
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	2.20	4.00	67.00
28288	Bread, roll, Mexican, bollilo	2.20	2.66	55.77
28307	Bread, naan, plain, commercially prepared, refrigerated	2.20	1.80	50.43
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	2.20	--	25.01
36008	T.G.I. FRIDAY'S, fried mozzarella	2.20	4.48	25.33
36026	CRACKER BARREL, onion rings, thick-cut	2.20	3.63	40.95
36051	ON THE BORDER, cheese quesadilla	2.20	6.31	24.25
36056	Restaurant, Mexican, cheese tamales	2.20	3.82	17.97
43027	Jellies, no sugar (with sodium saccharin), any flavors	2.20	0.00	29.60
43142	Radishes, hawaiian style, pickled	2.20	0.05	5.20
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.20	0.04	91.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	2.10	2.00	70.40
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	2.10	4.82	68.16
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	2.10	2.00	40.30
18972	Bread, cheese	2.10	4.34	44.83
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	2.10	1.50	38.30
19083	Candies, sweet chocolate coated fondant	2.10	3.09	80.40
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	2.10	5.51	67.69
20002	Amaranth grain, cooked	2.10	--	18.69
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	2.10	3.57	26.01
21158	Fast foods, submarine sandwich, meatball marinara on white bread	2.10	3.57	26.01
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	2.10	3.37	31.86
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	2.10	4.06	23.10
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	2.10	2.76	32.85
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	2.10	3.29	29.46
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	2.10	5.30	32.66
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	2.10	--	45.74
22953	Egg rolls, pork, refrigerated, heated	2.10	2.35	29.50
22992	KASHI, Southwest Style Chicken, Frozen Entree	2.10	0.80	17.40
28064	KEEBLER, CLUB, Dash of Salt Crackers	2.10	5.40	66.30
28107	KEEBLER, Gingerbread Men Cookies, Holiday	2.10	2.70	77.90
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	2.10	5.60	67.10
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	2.10	5.00	61.30
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	2.10	5.60	64.30
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	2.10	5.80	62.60
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	2.10	5.90	62.00
28268	KEEBLER, Sugar Cones	2.10	2.00	78.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	2.10	5.60	78.16
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	2.10	0.00	5.39
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	2.10	1.50	19.70
36004	APPLEBEE'S, mozzarella sticks	2.10	4.22	22.87
43595	Breakfast bar, corn flake crust with fruit	2.10	5.00	72.90
02045	Dill weed, fresh	2.10	0.80	7.02
03068	Babyfood, dinner, chicken noodle, strained	2.10	0.85	9.08
03073	Babyfood, dinner, vegetables chicken, strained	2.10	0.71	8.42
03119	Babyfood, vegetables, corn, creamed, strained	2.10	0.12	14.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03120	Babyfood, vegetables, corn, creamed, junior	2.10	0.12	16.25
03152	Babyfood, fruit, apple and raspberry, strained	2.10	0.01	15.60
03153	Babyfood, fruit, apple and raspberry, junior	2.10	0.01	15.40
06217	Soup, vegetable, canned, low sodium, condensed	2.10	0.20	12.11
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	2.10	0.10	11.80
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	2.10	10.05	6.93
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	2.10	--	22.73
08116	Cereals, MALT-O-MEAL, original, plain, dry	2.10	0.05	77.25
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	2.10	0.70	83.65
09070	Cherries, sweet, raw	2.10	0.05	16.01
09076	Cherries, sweet, frozen, sweetened	2.10	0.04	22.36
09318	Strawberries, frozen, unsweetened	2.10	0.02	9.13
09504	Apples, raw, fuji, with skin	2.10	--	15.22
11011	Asparagus, raw	2.10	0.00	3.88
11112	Cabbage, red, raw	2.10	0.01	7.37
11148	Chard, swiss, cooked, boiled, drained, without salt	2.10	0.02	4.13
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	2.10	0.23	20.71
11215	Garlic, raw	2.10	0.01	33.06
11245	Lambsquarters, cooked, boiled, drained, without salt	2.10	0.13	5.00
11251	Lettuce, cos or romaine, raw	2.10	0.01	3.29
11269	Mushrooms, shiitake, cooked, without salt	2.10	0.07	14.39
11281	Okra, frozen, cooked, boiled, drained, without salt	2.10	0.04	6.41
11352	Potatoes, flesh and skin, raw	2.10	0.00	17.49
11357	Potatoes, white, flesh and skin, baked	2.10	0.00	21.08
11503	Swamp cabbage, (skunk cabbage), raw	2.10	--	3.14
11659	Sweet potato, cooked, candied, home-prepared	2.10	0.88	32.12
11765	Chard, swiss, cooked, boiled, drained, with salt	2.10	--	4.13
11794	Lambsquarters, cooked, boiled, drained, with salt	2.10	0.13	5.00
11798	Mushrooms, shiitake, cooked, with salt	2.10	0.07	14.39
11804	Okra, frozen, cooked, boiled, drained, with salt	2.10	0.04	6.41
11821	Peppers, sweet, red, raw	2.10	0.00	6.03
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	2.10	0.22	22.33
11986	Malabar spinach, cooked	2.10	--	2.71
16243	SILK Plus Fiber, soymilk	2.10	--	5.76
18010	Biscuits, plain or buttermilk, dry mix	2.10	8.58	63.40

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18112	Cake, pudding-type, german chocolate, dry mix	2.10	0.69	81.25
18151	Cookies, brownies, commercially prepared	2.10	8.96	63.90
18185	Cookies, peanut butter, commercially prepared, regular	2.10	10.80	58.15
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	2.10	7.25	47.93
18324	Pie, pecan, commercially prepared	2.10	8.32	59.61
01224	Protein supplement, milk based, Muscle Milk Light, powder	2.00	8.47	22.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	2.00	0.20	19.70
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	2.00	0.09	76.61
03114	Babyfood, vegetable, butternut squash and corn	2.00	0.17	9.26
03121	Babyfood, vegetables, peas, strained	2.00	0.05	8.36
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	2.00	0.00	15.80
06118	Gravy, brown, dry	2.00	4.45	59.38
06152	Sauce, pizza, canned, ready-to-serve	2.00	0.46	8.66
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	2.00	--	8.57
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	2.00	--	12.24
06619	SMART SOUP, Santa Fe Corn Chowder	2.00	--	11.20
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	2.00	0.60	85.09
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	2.00	0.37	18.95
08182	Cereals, WHEATENA, cooked with water, with salt	2.00	0.07	11.74
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	2.00	5.00	81.09
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	2.00	4.59	82.80
09008	Apples, canned, sweetened, sliced, drained, heated	2.00	0.02	16.84
09012	Apples, dried, sulfured, stewed, without added sugar	2.00	0.00	15.32
09021	Apricots, raw	2.00	0.17	11.12
09310	Rhubarb, frozen, cooked, with sugar	2.00	0.01	31.20
09316	Strawberries, raw	2.00	0.04	7.68
11012	Asparagus, cooked, boiled, drained	2.00	0.00	4.11
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	2.00	0.03	4.32
11081	Beets, cooked, boiled, drained	2.00	0.04	9.96
11135	Cauliflower, raw	2.00	0.03	4.97
11167	Corn, sweet, yellow, raw	2.00	0.43	18.70
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	2.00	0.37	14.34
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	2.00	0.15	19.44
11216	Ginger root, raw	2.00	0.15	17.77
11222	Drumstick leaves, raw	2.00	--	8.28

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11223	Drumstick leaves, cooked, boiled, drained, without salt	2.00	0.47	11.15
11232	Jute, potherb, cooked, boiled, drained, without salt	2.00	0.01	7.29
11234	Kale, cooked, boiled, drained, without salt	2.00	0.03	5.63
11235	Kale, frozen, unprepared	2.00	0.03	4.90
11236	Kale, frozen, cooked, boiled, drained, without salt	2.00	0.04	5.23
11271	Mustard greens, cooked, boiled, drained, without salt	2.00	0.11	4.51
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	2.00	--	2.80
11310	Peas, green, canned, seasoned, solids and liquids	2.00	0.02	9.25
11318	Peas and carrots, canned, regular pack, solids and liquids	2.00	0.02	8.48
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2.00	3.10	23.96
11399	Potato puffs, frozen, oven-heated	2.00	4.54	27.29
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	2.00	1.87	25.55
11485	Squash, winter, butternut, raw	2.00	0.01	11.69
11521	Taro leaves, cooked, steamed, without salt	2.00	0.03	4.02
11565	Turnips, cooked, boiled, drained, without salt	2.00	0.00	5.06
11567	Turnips, frozen, cooked, boiled, drained, without salt	2.00	0.02	4.35
11705	Asparagus, cooked, boiled, drained, with salt	2.00	0.00	4.11
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	2.00	--	4.32
11734	Beets, cooked, boiled. drained, with salt	2.00	0.04	9.96
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	2.00	0.15	19.44
11786	Drumstick leaves, cooked, boiled, drained, with salt	2.00	--	11.15
11789	Jute, potherb, cooked, boiled, drained, with salt	2.00	0.01	7.29
11790	Kale, cooked, boiled, drained, with salt	2.00	0.03	5.63
11791	Kale, frozen, cooked, boiled, drained, with salt	2.00	0.04	5.23
11799	Mustard greens, cooked, boiled, drained, with salt	2.00	0.11	4.51
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	2.00	--	2.80
11831	Potatoes, boiled, cooked in skin, flesh, with salt	2.00	0.00	20.13
11833	Potatoes, boiled, cooked without skin, flesh, with salt	2.00	0.00	20.01
11879	Taro, leaves, cooked, steamed, with salt	2.00	0.03	3.89
11889	Turnips, cooked, boiled, drained, with salt	2.00	0.00	5.06
11890	Turnips, frozen, cooked, boiled, drained, with salt	2.00	0.02	3.73
11908	Corn, sweet, white, canned, vacuum pack, regular pack	2.00	0.15	19.44
11909	Corn, sweet, white, canned, vacuum pack, no salt added	2.00	0.15	19.44
11964	Nopales, cooked, without salt	2.00	0.01	3.28
12088	Nuts, cashew butter, plain, without salt added	2.00	29.12	27.57

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	2.00	1.30	2.80
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	2.00	2.40	43.70
18071	Bread, white, prepared from recipe, made with nonfat dry milk	2.00	0.53	53.60
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	2.00	1.30	49.60
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	2.00	12.98	46.70
18105	Coffeecake, creme-filled with chocolate frosting	2.00	5.66	53.80
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	2.00	6.27	65.36
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	2.00	9.34	67.70
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	2.00	13.68	45.70
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	2.00	1.88	52.04
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	2.00	12.98	46.70
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	2.00	8.94	65.02
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	2.00	5.61	66.76
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	2.00	5.80	66.20
18990	AUSTIN, PB & J Crackers, sandwich-type	2.00	5.90	65.70
18991	BARBARA DEE, Winter Mints Cookies	2.00	2.70	67.10
19069	Candies, NESTLE, BUTTERFINGER Bar	2.00	5.12	72.90
19091	Candies, YORK Peppermint Pattie	2.00	0.41	80.99
19111	Candies, NESTLE, BABY RUTH Bar	2.00	5.56	64.80
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	2.00	10.69	62.70
19181	Candies, YORK BITES	2.00	0.48	81.64
19243	Candies, HEATH BITES	2.00	8.80	63.39
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	2.00	--	72.40
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	2.00	0.03	30.88
21089	Fast foods, cheeseburger; single, regular patty; plain	2.00	5.41	28.03
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	2.00	2.47	26.99
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	2.00	3.95	25.62
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	2.00	3.63	25.72
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	2.00	3.84	31.79
21324	McDONALD'S, Baked Apple Pie	2.00	9.18	43.62
21419	KFC, biscuit	2.00	1.24	43.55
21420	KFC, Coleslaw	2.00	1.96	15.65
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	2.00	4.27	29.56
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	2.00	4.10	24.69
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	2.00	--	42.93

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
22963	Lean Pockets, Meatballs & Mozzarella	2.00	1.97	32.28
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	2.00	0.90	14.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	2.00	3.83	45.00
28069	KEEBLER, CLUB, Reduced Fat Crackers	2.00	3.30	73.10
28211	MURRAY, Chocolatey Chip Thins Cookies	2.00	3.30	73.60
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	2.00	3.40	73.90
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	2.00	0.58	60.16
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	2.00	--	17.98
32009	Pasta mix, classic beef, unprepared	2.00	0.50	72.20
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	2.00	2.29	52.06
32032	Sausage, egg and cheese breakfast biscuit	2.00	8.54	21.57
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	2.00	8.54	21.07
35145	Stew, hominy with mutton (Navajo)	2.00	0.90	9.38
36012	Restaurant, family style, fried mozzarella sticks	2.00	4.33	25.14
36403	Restaurant, Latino, empanadas, beef, prepared	2.00	7.12	31.19
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	2.00	0.21	19.70
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	2.00	1.19	41.00
43585	Babyfood, fruit supreme dessert	2.00	0.02	17.18
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	1.90	2.88	53.40
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1.90	5.94	47.80
18433	Danish pastry, lemon, unenriched	1.90	5.94	47.80
18435	Danish pastry, raspberry, unenriched	1.90	5.94	47.80
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	1.90	5.00	72.80
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	1.90	7.86	67.20
18927	Crackers, cheese, sandwich-type with cheese filling	1.90	14.31	58.76
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	1.90	16.93	64.30
19118	Candies, NESTLE, OH HENRY! Bar	1.90	5.53	65.50
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.90	--	67.00
19162	Candies, WHATCHAMACALLIT Candy Bar	1.90	3.78	63.23
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	1.90	3.42	71.80
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	1.90	4.91	63.64
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	1.90	--	62.85
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	1.90	3.94	71.02
19419	Snacks, corn cakes	1.90	0.76	83.40
20018	Corn flour, yellow, degermed, unenriched	1.90	0.27	82.75

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
20048	Rice, white, long-grain, precooked or instant, enriched, dry	1.90	0.14	82.32
20118	Noodles, flat, crunchy, Chinese restaurant	1.90	7.62	51.90
20650	Sorghum flour, refined, unenriched	1.90	0.38	76.85
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	1.90	--	40.75
21090	Fast foods, cheeseburger; single, regular patty, with condiments	1.90	5.04	25.46
21127	Fast foods, coleslaw	1.90	2.67	14.89
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	1.90	2.48	32.74
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	1.90	2.90	29.86
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	1.90	2.07	47.00
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	1.90	--	16.60
22956	Lasagna, Vegetable, frozen, baked	1.90	1.72	14.18
27047	Sauce, salsa, verde, ready-to-serve	1.90	0.00	6.36
28068	KEEBLER, CLUB, Original Crackers	1.90	5.40	66.20
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	1.90	2.70	68.80
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	1.90	2.70	68.60
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	1.90	4.80	62.50
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	1.90	1.50	74.30
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	1.90	8.40	59.00
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	1.90	3.50	74.30
28293	Cookie, butter or sugar, with chocolate icing or filling	1.90	2.70	68.83
31025	Sweet Potato puffs, frozen, unprepared	1.90	--	30.72
31036	Potatoes, mashed, ready-to-eat	1.90	1.24	13.29
36035	Restaurant, family style, coleslaw	1.90	2.58	12.35
36050	Restaurant, Mexican, cheese enchilada	1.90	4.69	15.45
42193	Salad Dressing, mayonnaise-like, fat-free	1.90	1.89	15.50
03092	Babyfood, vegetables, green beans, junior	1.90	0.00	5.80
03098	Babyfood, vegetables, beets, strained	1.90	0.02	7.70
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	1.90	--	15.50
06164	Sauce, salsa, ready-to-serve	1.90	0.02	6.64
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	1.90	0.37	11.83
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	1.90	0.28	11.40
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	1.90	0.07	10.04
06449	Soup, pea, green, canned, prepared with equal volume water	1.90	0.37	9.88
06962	Sauce, chili, peppers, hot, immature green, canned	1.90	0.07	5.00
06965	Soup, pea, low sodium, prepared with equal volume water	1.90	0.37	9.88

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	1.90	0.08	90.59
08172	Cereals, farina, unenriched, dry	1.90	0.06	78.00
09013	Apples, dried, sulfured, stewed, with added sugar	1.90	0.00	20.73
09296	Quinces, raw	1.90	0.04	15.30
09319	Strawberries, frozen, sweetened, whole	1.90	0.02	21.00
09320	Strawberries, frozen, sweetened, sliced	1.90	0.02	25.92
11001	Alfalfa seeds, sprouted, raw	1.90	0.06	2.10
11018	Asparagus, frozen, unprepared	1.90	0.01	4.10
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	1.90	0.00	6.68
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	1.90	0.06	10.59
11056	Beans, snap, green, canned, regular pack, drained solids	1.90	0.02	4.32
11110	Cabbage, cooked, boiled, drained, without salt	1.90	0.02	5.51
11372	Potatoes, scalloped, home-prepared with butter	1.90	1.04	10.78
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	1.90	3.16	24.81
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	1.90	2.02	23.51
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	1.90	0.01	3.30
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	1.90	0.01	3.70
11506	Sweet potato leaves, cooked, steamed, without salt	1.90	0.01	7.38
11531	Tomatoes, red, ripe, canned, packed in tomato juice	1.90	0.04	3.47
11547	Tomato products, canned, puree, without salt added	1.90	0.03	8.98
11693	Tomatoes, crushed, canned	1.90	0.04	7.29
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	1.90	--	6.16
11729	Beans, snap, green, canned, no salt added, drained solids	1.90	0.02	4.32
11751	Cabbage, common, cooked, boiled, drained, with salt	1.90	0.02	5.51
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	1.90	2.96	24.81
11844	Potatoes, scalloped, home-prepared with margarine	1.90	1.35	10.78
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	1.90	0.01	3.30
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	1.90	--	3.70
11874	Sweet potato leaves, cooked, steamed, with salt	1.90	0.01	7.38
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	1.90	0.04	3.47
11888	Tomato products, canned, puree, with salt added	1.90	0.03	8.98
11943	Pimento, canned	1.90	0.02	5.10
11954	Tomatillos, raw	1.90	0.16	5.84
14224	Beverages, coffee, instant, mocha, sweetened	1.90	8.93	74.04
18148	Cheesecake prepared from mix, no-bake type	1.90	4.52	35.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18190	Cookies, peanut butter sandwich, regular	1.90	11.19	65.60
18212	Cookies, vanilla wafers, lower fat	1.90	6.54	73.60
18230	Crackers, standard snack-type, sandwich, with cheese filling	1.90	11.25	61.70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1.90	10.03	47.80
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	1.90	8.62	51.33
18292	Pancakes, plain, dry mix, incomplete, prepared	1.90	2.07	28.90
18338	Phyllo dough	1.90	3.15	52.60
18386	Muffins, blueberry, toaster-type, toasted	1.90	2.37	56.70
03055	Babyfood, dinner, beef with vegetables	1.80	3.12	6.36
03127	Babyfood, vegetables, spinach, creamed, strained	1.80	0.33	5.70
03142	Babyfood, fruit, applesauce and apricots, strained	1.80	0.04	11.64
03143	Babyfood, fruit, applesauce and apricots, junior	1.80	0.03	12.40
03164	Babyfood, fruit, apple and blueberry, strained	1.80	0.02	16.30
03165	Babyfood, fruit, apple and blueberry, junior	1.80	0.02	16.60
03289	Babyfood, apples with ham, strained	1.80	0.36	10.90
03297	Babyfood, dinner, apples and chicken, strained	1.80	0.41	10.88
03934	Babyfood, corn and sweet potatoes, strained	1.80	0.07	15.23
06584	Soup, broccoli cheese, canned, condensed, commercial	1.80	2.00	7.70
06626	Sauce, pesto, ready-to-serve, refrigerated	1.80	22.16	10.09
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	1.80	22.16	10.09
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.80	0.30	7.43
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.80	0.38	8.06
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	1.80	1.27	86.55
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	1.80	0.05	80.52
08546	Rice and Wheat cereal bar	1.80	6.57	72.73
09091	Figs, canned, light syrup pack, solids and liquids	1.80	0.02	17.95
09177	Mangosteen, canned, syrup pack	1.80	--	17.91
09218	Tangerines, (mandarin oranges), raw	1.80	0.06	13.34
09250	Peaches, frozen, sliced, sweetened	1.80	0.05	23.98
09307	Rhubarb, raw	1.80	0.04	4.54
09309	Rhubarb, frozen, uncooked	1.80	0.02	5.10
11043	Mung beans, mature seeds, sprouted, raw	1.80	0.02	5.94
11084	Beets, canned, drained solids	1.80	0.03	7.21
11105	Burdock root, cooked, boiled, drained, without salt	1.80	0.04	21.15
11126	Carrots, canned, regular pack, solids and liquids	1.80	0.01	5.37

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11134	Cassava, raw	1.80	0.08	38.06
11141	Celeriac, raw	1.80	0.06	9.20
11246	Leeks, (bulb and lower leaf-portion), raw	1.80	0.00	14.15
11263	Mushrooms, white, stir-fried	1.80	0.00	4.04
11287	Onions, frozen, chopped, unprepared	1.80	0.01	6.82
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	1.80	0.01	6.59
11292	Onions, young green, tops only	1.80	0.02	5.74
11295	Onion rings, breaded, par fried, frozen, unprepared	1.80	5.74	30.53
11339	Peppers, sweet, green, sauteed	1.80	2.34	4.22
11358	Potatoes, red, flesh and skin, baked	1.80	0.00	19.59
11365	Potatoes, boiled, cooked in skin, flesh, without salt	1.80	0.00	20.13
11367	Potatoes, boiled, cooked without skin, flesh, without salt	1.80	0.00	20.01
11373	Potatoes, au gratin, home-prepared from recipe using butter	1.80	2.15	11.27
11436	Rutabagas, cooked, boiled, drained, without salt	1.80	0.03	6.84
11512	Sweet potato, canned, vacuum pack	1.80	0.01	21.12
11517	Sweet potato, frozen, cooked, baked, without salt	1.80	0.00	23.40
11553	Tomato products, canned, sauce, with onions	1.80	0.03	9.94
11564	Turnips, raw	1.80	0.01	6.43
11566	Turnips, frozen, unprepared	1.80	0.01	2.94
11747	Burdock root, cooked, boiled, drained, with salt	1.80	--	21.15
11758	Carrots, canned, no salt added, solids and liquids	1.80	0.01	5.36
11843	Potatoes, au gratin, home-prepared from recipe using margarine	1.80	2.59	11.27
11851	Rutabagas, cooked, boiled, drained, with salt	1.80	0.03	6.84
11877	Sweet potato, frozen, cooked, baked, with salt	1.80	0.00	23.40
11921	Peppers, sweet, red, sauteed	1.80	2.29	6.57
16519	WORTHINGTON Super Links, canned, unprepared	1.80	3.10	5.50
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.80	0.24	57.39
18011	Biscuits, plain or buttermilk, dry mix, prepared	1.80	4.21	48.40
18107	Coffeecake, cinnamon with crumb topping, dry mix	1.80	5.17	77.70
18160	Cookies, chocolate chip, commercially prepared, soft-type	1.80	6.97	65.75
18193	Cookies, shortbread, commercially prepared, pecan	1.80	18.63	58.30
18277	Muffins, blueberry, toaster-type	1.80	2.16	53.30
18316	Pie, coconut custard, commercially prepared	1.80	5.50	30.20
18326	Pie, pumpkin, commercially prepared	1.80	4.60	34.83
18333	Pie crust, standard-type, dry mix, prepared, baked	1.80	17.29	50.40

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18350	Rolls, hamburger or hotdog, plain	1.80	0.75	50.12
18368	Wonton wrappers (includes egg roll wrappers)	1.80	0.20	57.90
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	1.80	7.82	72.23
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	1.80	2.19	71.83
18948	Pie crust, refrigerated, regular, unbaked	1.80	10.21	51.11
18973	Focaccia, Italian flatbread, plain	1.80	5.67	35.82
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	1.80	5.30	61.40
19002	Snacks, beef jerky, chopped and formed	1.80	11.30	11.00
20041	Rice, brown, medium-grain, cooked	1.80	0.30	23.51
20046	Rice, white, long-grain, parboiled, enriched, dry	1.80	0.26	80.89
20089	Wild rice, cooked	1.80	0.05	21.34
20121	Pasta, cooked, enriched, without added salt	1.80	0.13	30.86
20321	Pasta, cooked, enriched, with added salt	1.80	0.13	30.59
20421	Pasta, cooked, unenriched, without added salt	1.80	0.13	30.86
20446	Rice, white, long-grain, parboiled, unenriched, dry	1.80	0.26	80.89
20521	Pasta, cooked, unenriched, with added salt	1.80	0.35	30.59
21014	Fast foods, croissant, with egg, cheese, and sausage	1.80	7.84	15.90
21108	Fast foods, hamburger; single, regular patty; with condiments	1.80	3.86	29.57
21252	BURGER KING, WHOPPER, no cheese	1.80	4.68	18.55
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	1.80	2.92	31.22
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	1.80	4.42	30.49
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	1.80	7.84	15.90
22401	Spaghetti with meat sauce, frozen entree	1.80	0.33	15.24
22983	KASHI, Chicken Florentine, Frozen Entree	1.80	1.10	11.00
27051	Sauce, cocktail, ready-to-serve	1.80	0.00	28.22
27059	Sauce, peanut, made from peanut butter, water, soy sauce	1.80	6.99	22.02
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	1.80	4.50	70.00
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	1.80	5.30	59.80
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	1.80	2.90	68.70
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	1.80	4.00	74.30
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	1.80	6.65	67.70
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	1.80	5.80	65.00
28155	KEEBLER, Waffle Bowls	1.80	1.86	87.70
28156	KEEBLER, Waffle Cones	1.80	1.86	87.70
28213	MURRAY, Duplex Creme Sandwich Cookies	1.80	4.30	72.60

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28394	PEPPERIDGE FARM, Hamburger Bun	1.80	0.71	50.00
31021	Potatoes, hash brown, refrigerated, unprepared	1.80	--	19.16
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	1.80	6.07	46.66
32011	Yellow rice with seasoning, dry packet mix, unprepared	1.80	0.43	74.68
32024	Rice mix, cheese flavor, dry mix, unprepared	1.80	0.75	73.88
32029	Rice mix, white and wild, flavored, unprepared	1.80	0.18	76.14
36049	ON THE BORDER, cheese enchilada	1.80	4.09	16.20
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	1.80	4.46	19.28
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	1.80	0.44	25.60
42304	Cheese, mozzarella, nonfat	1.80	0.00	3.50
43417	Babyfood, meat, beef with vegetables, toddler	1.80	0.92	8.72
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.70	--	75.60
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	1.70	--	60.75
18954	Bread, pound cake type, pan de torta salvadoran	1.70	4.41	51.29
19093	Candies, SYMPHONY Milk Chocolate Bar	1.70	7.91	58.01
19100	Candies, fudge, chocolate, prepared-from-recipe	1.70	2.94	76.44
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	1.70	5.20	71.34
19913	Candies, NESTLE, BUTTERFINGER Crisp	1.70	4.46	68.45
20084	Wheat flour, white, cake, enriched	1.70	0.07	78.03
20651	Rice, brown, parboiled, cooked, UNCLE BENS	1.70	0.30	31.33
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	1.70	0.60	32.20
21096	Fast foods, cheeseburger; single, large patty; plain	1.70	5.77	24.07
21107	Fast foods, hamburger; single, regular patty; plain	1.70	4.84	31.50
21241	WENDY'S, Jr. Hamburger, without cheese	1.70	3.53	28.45
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	1.70	3.21	29.93
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	1.70	4.02	31.55
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	1.70	2.38	31.50
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	1.70	3.11	31.01
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	1.70	3.80	21.01
21416	POPEYES, Coleslaw	1.70	3.34	14.12
21488	Fast foods, quesadilla, with chicken	1.70	3.76	24.04
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	1.70	2.77	30.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	1.70	2.77	30.00
22910	Lasagna, cheese, frozen, prepared	1.70	1.57	13.84
22962	LEAN POCKETS, Ham N Cheddar	1.70	1.55	32.52

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
22977	Lasagna with meat sauce, frozen, prepared	1.70	1.76	15.36
22978	Chicken tenders, breaded, frozen, prepared	1.70	4.08	14.86
25024	Pretzels, soft, unsalted	1.70	1.07	71.04
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	1.70	5.90	61.80
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	1.70	4.95	68.55
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	1.70	7.40	68.60
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	1.70	4.70	66.20
28142	KEEBLER, TOWN HOUSE, Original Crackers	1.70	7.90	59.80
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	1.70	2.50	79.00
28195	MOTHER'S, Chocolate Chip Cookies	1.70	5.20	67.60
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	1.70	4.00	71.00
32019	Lasagna, cheese, frozen, unprepared	1.70	1.08	21.61
35146	Stew, mutton, corn, squash (Navajo)	1.70	1.75	7.27
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	1.70	0.93	17.77
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	1.70	0.84	17.14
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	1.70	0.93	18.63
36052	Restaurant, Mexican, cheese quesadilla	1.70	6.36	24.11
36631	OLIVE GARDEN, spaghetti with meat sauce	1.70	1.24	17.19
43109	Pretzels, soft	1.70	1.07	69.39
03059	Babyfood, dinner, vegetables and bacon, strained	1.70	1.35	8.81
03099	Babyfood, vegetables, carrots, strained	1.70	0.00	6.00
03100	Babyfood, vegetables, carrots, junior	1.70	0.01	7.20
03116	Babyfood, fruit, applesauce, strained	1.70	0.01	10.80
03117	Babyfood, fruit, applesauce, junior	1.70	0.00	10.30
03964	Babyfood, fortified cereal bar, fruit filling	1.70	3.11	68.63
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	1.70	0.68	11.17
06051	Soup, pea, split with ham, canned, condensed	1.70	1.34	20.81
06142	Sauce, sofrito, prepared from recipe	1.70	--	5.46
06599	PACE, Enchilada Sauce	1.70	--	8.33
06627	Sauce, pesto, ready-to-serve, shelf stable	1.70	19.35	6.14
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	1.70	0.44	12.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.70	0.39	11.67
08156	Cereals ready-to-eat, rice, puffed, fortified	1.70	--	89.80
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	1.70	0.44	12.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	1.70	1.47	81.59

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09007	Apples, canned, sweetened, sliced, drained, unheated	1.70	0.02	16.70
09174	Loquats, raw	1.70	0.01	12.14
09190	Mulberries, raw	1.70	0.04	9.80
09191	Nectarines, raw	1.70	0.09	10.55
09226	Papayas, raw	1.70	0.07	10.82
09317	Strawberries, canned, heavy syrup pack, solids and liquids	1.70	0.04	23.53
09351	Fruit cocktail, canned, heavy syrup, drained	1.70	0.02	18.80
09433	Clementines, raw	1.70	--	12.02
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.70	0.02	2.41
11145	Celtuce, raw	1.70	--	3.65
11149	Chayote, fruit, raw	1.70	0.01	4.51
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.70	0.14	13.86
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.70	0.42	13.02
11282	Onions, raw	1.70	0.01	9.34
11286	Onions, yellow, sauteed	1.70	2.18	7.86
11289	Onions, frozen, whole, unprepared	1.70	0.01	8.45
11333	Peppers, sweet, green, raw	1.70	0.01	4.64
11350	Pokeberry shoots, (poke), raw	1.70	--	3.70
11355	Potatoes, red, flesh and skin, raw	1.70	0.00	15.90
11514	Sweet potato, canned, mashed	1.70	0.01	23.19
11516	Sweet potato, frozen, unprepared	1.70	0.01	22.22
11570	Turnip greens, canned, solids and liquids	1.70	0.02	2.42
11622	Kale, scotch, raw	1.70	0.04	8.32
11660	Tomatoes, red, ripe, cooked, stewed	1.70	1.05	13.05
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	1.70	0.02	2.41
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	1.70	0.14	13.86
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	1.70	0.01	6.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	1.70	0.14	15.41
11980	Peppers, chili, green, canned	1.70	0.02	4.60
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	1.70	0.83	9.20
18114	Cake, gingerbread, dry mix	1.70	7.79	74.60
18164	Cookies, chocolate chip, refrigerated dough, baked	1.70	11.26	68.20
18186	Cookies, peanut butter, commercially prepared, soft-type	1.70	13.84	57.70
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1.70	8.54	47.06
18272	Ice cream cones, sugar, rolled-type	1.70	1.47	84.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18336	Pie crust, standard-type, prepared from recipe, baked	1.70	15.17	47.50
02044	Basil, fresh	1.60	0.09	2.65
03061	Babyfood, dinner, vegetables and ham, strained	1.60	0.96	7.80
03129	Babyfood, fruit, bananas with tapioca, strained	1.60	0.01	15.30
03147	Babyfood, fruit, applesauce with banana, junior	1.60	0.01	16.16
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	1.60	0.01	18.40
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	1.60	0.00	17.80
03280	Babyfood, fruit, bananas with tapioca, junior	1.60	0.02	17.80
06017	Soup, chicken gumbo, canned, condensed	1.60	0.52	6.67
06071	Soup, vegetable beef, canned, condensed	1.60	0.64	8.11
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	1.60	0.00	11.90
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	1.60	--	8.06
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	1.60	2.42	6.45
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	1.60	0.40	7.26
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	1.60	0.40	8.06
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	1.60	0.00	9.52
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	1.60	0.00	14.29
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	1.60	--	7.76
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	1.60	--	9.80
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	1.60	--	8.98
06544	CAMPBELL'S Homestyle Minestrone Soup	1.60	--	7.35
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	1.60	0.20	85.70
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	1.60	0.06	13.70
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	1.60	0.30	79.60
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	1.60	0.06	13.70
08316	Cereals, QUAKER, hominy grits, white, regular, dry	1.60	0.30	79.20
09022	Apricots, canned, water pack, with skin, solids and liquids	1.60	0.07	6.39
09024	Apricots, canned, juice pack, with skin, solids and liquids	1.60	0.02	12.34
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	1.60	0.04	12.50
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	1.60	0.02	16.49
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.60	0.03	21.47
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	1.60	0.04	21.45
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	1.60	0.02	24.85
09052	Blueberries, canned, heavy syrup, solids and liquids	1.60	0.05	22.06
09063	Cherries, sour, red, raw	1.60	0.08	12.18

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09068	Cherries, sour, red, frozen, unsweetened	1.60	0.12	11.02
09112	Grapefruit, raw, pink and red, all areas	1.60	0.02	10.66
09176	Mangos, raw	1.60	0.14	14.98
09253	Pears, canned, water pack, solids and liquids	1.60	0.01	7.81
09254	Pears, canned, juice pack, solids and liquids	1.60	0.01	12.94
09255	Pears, canned, extra light syrup pack, solids and liquids	1.60	0.02	12.20
09256	Pears, canned, light syrup pack, solids and liquids	1.60	0.01	15.17
09257	Pears, canned, heavy syrup pack, solids and liquids	1.60	0.03	19.17
09258	Pears, canned, extra heavy syrup pack, solids and liquids	1.60	0.03	25.25
11015	Asparagus, canned, drained solids	1.60	0.02	2.46
11019	Asparagus, frozen, cooked, boiled, drained, without salt	1.60	0.01	1.92
11118	Cabbage, kimchi	1.60	0.04	2.40
11122	Cardoon, raw	1.60	0.02	4.07
11143	Celery, raw	1.60	0.03	2.97
11144	Celery, cooked, boiled, drained, without salt	1.60	0.03	4.00
11147	Chard, swiss, raw	1.60	0.04	3.74
11226	Jerusalem-artichokes, raw	1.60	0.00	17.44
11337	Peppers, sweet, green, frozen, chopped, unprepared	1.60	0.01	4.45
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	1.60	0.00	23.28
11429	Radishes, raw	1.60	0.02	3.40
11430	Radishes, oriental, raw	1.60	0.02	4.10
11431	Radishes, oriental, cooked, boiled, drained, without salt	1.60	0.04	3.43
11459	Spinach, canned, regular pack, solids and liquids	1.60	0.01	2.92
11709	Asparagus, frozen, cooked, boiled, drained, with salt	1.60	0.01	1.92
11764	Celery, cooked, boiled, drained, with salt	1.60	0.03	4.00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	1.60	0.00	23.28
11850	Radishes, oriental, cooked, boiled, drained, with salt	1.60	0.04	3.43
11917	Peppers, sweet, red, frozen, chopped, unprepared	1.60	0.01	4.45
11959	Arugula, raw	1.60	0.05	3.65
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.60	0.97	7.74
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.60	0.39	52.38
18101	Cake, chocolate, prepared from recipe without frosting	1.60	6.04	53.40
18171	Cookies, fortune	1.60	1.34	84.00
18198	Cookies, chocolate chip, commercially prepared, special dietary	1.60	6.73	73.40
18209	Cookies, sugar wafers with creme filling, regular	1.60	7.70	70.64

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18213	Cookies, vanilla wafers, higher fat	1.60	4.45	72.60
18281	Muffins, corn, toaster-type	1.60	2.62	57.90
18301	Pie, apple, commercially prepared, enriched flour	1.60	4.39	34.00
18317	Pie, egg custard, commercially prepared	1.60	4.80	20.80
18427	Crackers, standard snack-type, regular, low salt	1.60	10.64	61.00
18443	Pie, apple, commercially prepared, unenriched flour	1.60	4.39	34.00
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.60	--	47.07
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	1.60	0.25	74.25
18944	Pie, Dutch Apple, Commercially Prepared	1.60	5.80	44.54
19324	Puddings, coconut cream, dry mix, regular	1.60	0.00	81.84
20037	Rice, brown, long-grain, cooked	1.60	0.37	25.58
20133	Rice noodles, dry	1.60	0.18	80.18
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	1.60	2.36	26.66
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	1.60	2.36	26.66
21234	McDONALD'S, QUARTER POUNDER	1.60	4.20	22.17
21237	McDONALD'S, BIG MAC	1.60	3.47	20.08
21255	BURGER KING, DOUBLE WHOPPER, with cheese	1.60	6.30	13.52
21263	TACO BELL, Soft Taco with steak	1.60	3.94	17.22
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	1.60	3.81	28.64
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	1.60	4.42	22.85
21364	McDONALD'S, Hotcakes and Sausage	1.60	--	37.55
21379	McDONALD'S, Side Salad	1.60	0.01	4.30
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	1.60	1.02	12.70
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	1.60	--	15.08
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	1.60	1.19	12.70
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	1.60	0.99	12.70
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	1.60	1.19	12.70
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	1.60	--	14.60
28036	GIRL SCOUTS, Trefoils Cookies	1.60	5.10	68.00
28045	KEEBLER, ANIMALS, Iced Cookies	1.60	3.50	74.20
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	1.60	2.60	66.70
28106	KEEBLER, Almond Crescents Cookies, Holiday	1.60	4.60	70.10
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	1.60	9.00	58.70
28329	Cookies, chocolate, made with rice cereal	1.60	3.97	63.26
28333	Cookies, gluten-free, chocolate wafer	1.60	9.46	62.82

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	1.60	9.46	62.82
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	1.60	0.72	50.30
28389	PEPPERIDGE FARM, White Bread	1.60	1.30	50.20
32000	Rice and vermicelli mix, beef flavor, unprepared	1.60	0.28	76.02
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1.60	3.01	27.29
32016	Macaroni or noodles with cheese, microwaveable, unprepared	1.60	1.62	70.75
36025	CRACKER BARREL, coleslaw	1.60	2.75	13.01
36042	OLIVE GARDEN, lasagna classico	1.60	3.20	10.33
36606	CRACKER BARREL, farm raised catfish platter	1.60	4.58	5.31
36611	DENNY'S, mozzarella cheese sticks	1.60	4.29	27.22
36630	Restaurant, Italian, spaghetti with meat sauce	1.60	1.49	16.40
43078	Beverage, milkshake mix, dry, not chocolate	1.60	0.33	52.90
43546	Babyfood, banana no tapioca, strained	1.60	0.03	21.34
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	1.50	11.14	63.90
18459	Breakfast tart, low fat	1.50	3.34	76.80
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	1.50	7.14	64.40
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	1.50	--	59.41
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	1.50	--	42.41
18951	Waffles, chocolate chip, frozen, ready-to-heat	1.50	2.56	45.68
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.50	2.37	77.77
19294	Fruit butters, apple	1.50	0.02	42.47
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	1.50	0.65	23.11
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	1.50	3.15	29.03
21314	McDONALD'S, Spicy Buffalo Sauce	1.50	3.22	1.81
21378	McDONALD'S, Bacon Ranch Salad without chicken	1.50	1.06	4.20
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	1.50	4.67	17.33
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	1.50	2.55	30.55
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	1.50	1.62	13.26
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	1.50	1.21	11.65
27048	Sauce, steak, tomato based	1.50	0.00	22.04
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	1.50	3.10	41.40
28030	GIRL SCOUTS, Chalet Cookies	1.50	4.20	72.30
28108	KEEBLER, Holiday Jingles Cookies	1.50	3.80	73.90
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	1.50	8.30	59.30
28153	KEEBLER, Vienna Fingers with Creme Filling	1.50	3.70	73.20

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	1.50	2.70	78.10
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	1.50	2.40	70.50
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	1.50	2.40	69.40
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	1.50	2.30	70.60
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	1.50	2.40	79.10
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	1.50	2.10	44.80
28347	Pancakes, gluten-free, frozen, ready-to-heat	1.50	2.38	40.32
28374	VAN'S, Gluten Free, Totally Original Pancakes	1.50	2.38	40.32
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	1.50	0.83	22.74
35139	Squash, Indian, cooked, boiled (Navajo)	1.50	--	3.22
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	1.50	0.08	5.38
36016	Restaurant, family style, shrimp, breaded and fried	1.50	4.29	22.29
36032	DENNY'S, spaghetti and meatballs	1.50	3.60	15.51
36038	Restaurant, family style, spaghetti and meatballs	1.50	3.60	15.51
36041	Restaurant, Italian, lasagna with meat	1.50	3.31	11.36
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	1.50	4.23	17.92
36416	Restaurant, Latino, bunuelos (fried yeast bread)	1.50	9.42	48.57
36603	Restaurant, Chinese, beef and vegetables	1.50	1.22	7.29
36612	DENNY'S, golden fried shrimp	1.50	4.77	20.93
36619	Restaurant, Chinese, kung pao chicken	1.50	2.17	6.87
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	1.50	1.73	15.71
43217	Tomato sauce, canned, no salt added	1.50	0.04	5.31
03077	Babyfood, dinner, pasta with vegetables	1.50	0.58	8.40
03084	Babyfood, dinner, vegetables and turkey, strained	1.50	0.29	7.62
03108	Babyfood, vegetables, sweet potatoes strained	1.50	0.00	13.20
03109	Babyfood, vegetables, sweet potatoes, junior	1.50	0.00	14.00
03118	Babyfood, fruit, apricot with tapioca, strained	1.50	0.00	16.30
03128	Babyfood, fruit, apricot with tapioca, junior	1.50	0.00	17.30
03150	Babyfood, fruit, applesauce and pineapple, strained	1.50	0.01	10.10
03151	Babyfood, fruit, applesauce and pineapple, junior	1.50	0.01	10.50
03282	Babyfood, vegetables, mix vegetables junior	1.50	0.02	8.20
03283	Babyfood, vegetables, garden vegetable, strained	1.50	0.01	6.80
03286	Babyfood, vegetables, mix vegetables strained	1.50	0.12	8.25
04020	Salad dressing, french dressing, reduced fat	1.50	4.52	31.22
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	1.50	0.56	7.09

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06625	SMART SOUP, Vietnamese Carrot Lemongrass	1.50	--	8.20
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.50	0.22	3.30
07058	Pickle and pimiento loaf, pork	1.50	7.06	8.46
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	1.50	0.19	86.78
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	1.50	0.05	10.67
09071	Cherries, sweet, canned, water pack, solids and liquids	1.50	0.03	11.76
09072	Cherries, sweet, canned, juice pack, solids and liquids	1.50	0.00	13.81
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	1.50	0.04	17.29
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	1.50	0.04	26.23
09144	Jackfruit, raw	1.50	0.16	23.25
09228	Papaya, canned, heavy syrup, drained	1.50	0.08	55.83
09236	Peaches, yellow, raw	1.50	0.07	9.54
09379	Plums, canned, heavy syrup, drained	1.50	0.09	23.12
11054	Beans, snap, green, canned, regular pack, solids and liquids	1.50	0.01	3.27
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	1.50	0.01	3.49
11128	Carrots, canned, regular pack, drained solids	1.50	0.01	5.54
11154	Chicory roots, raw	1.50	0.00	17.51
11276	New Zealand spinach, raw	1.50	0.00	2.50
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.50	0.01	3.10
11363	Potatoes, baked, flesh, without salt	1.50	0.00	21.55
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	1.50	1.44	16.94
11482	Squash, winter, acorn, raw	1.50	0.01	10.42
11492	Squash, winter, spaghetti, raw	1.50	0.04	6.91
11549	Tomato products, canned, sauce	1.50	0.04	5.31
11551	Tomato products, canned, sauce, with mushrooms	1.50	0.01	8.43
11643	Squash, winter, all varieties, raw	1.50	0.01	8.59
11657	Potatoes, mashed, home-prepared, whole milk added	1.50	0.12	17.57
11670	Peppers, hot chili, green, raw	1.50	0.01	9.46
11726	Beans, snap, green, canned, no salt added, solids and liquids	1.50	0.00	3.50
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	1.50	0.00	3.50
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	1.50	0.00	3.50
11759	Carrots, canned, no salt added, drained solids	1.50	0.01	5.54
11819	Peppers, hot chili, red, raw	1.50	0.02	8.81
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1.50	--	3.10
11829	Potatoes, baked, flesh, with salt	1.50	0.00	21.55

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11934	Potatoes, mashed, home-prepared, whole milk and butter added	1.50	1.07	16.81
11944	Pickle relish, hot dog	1.50	0.23	23.35
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	1.50	0.17	26.64
11991	Yautia (tannier), raw	1.50	--	23.63
15027	Fish, fish sticks, frozen, prepared	1.50	3.19	21.66
16513	WORTHINGTON FriChik Original, canned, unprepared	1.50	2.40	3.40
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	1.50	1.60	37.50
18016	Biscuits, plain or buttermilk, prepared from recipe	1.50	6.93	44.60
18086	Cake, angelfood, commercially prepared	1.50	0.07	57.80
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	1.50	7.21	55.36
18163	Cookies, chocolate chip, refrigerated dough	1.50	10.41	61.02
18210	Cookies, vanilla sandwich with creme filling	1.50	8.44	72.10
18211	Puff pastry, frozen, ready-to-bake, baked	1.50	8.83	45.70
18250	Doughnuts, cake-type, plain, sugared or glazed	1.50	12.70	50.80
18337	Puff pastry, frozen, ready-to-bake	1.50	21.60	45.10
03096	Babyfood, vegetable, green beans and potatoes	1.40	0.54	9.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	1.40	0.01	15.30
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	1.40	--	18.90
03163	Babyfood, fruit, bananas with apples and pears, strained	1.40	0.03	19.31
03216	Babyfood, teething biscuits	1.40	1.70	76.40
03220	Babyfood, dessert, dutch apple, strained	1.40	0.08	19.74
03221	Babyfood, dessert, dutch apple, junior	1.40	0.01	19.18
03298	Babyfood, dinner, broccoli and chicken, junior	1.40	0.77	6.34
03994	Babyfood, fruit, banana and strawberry, junior	1.40	0.04	25.78
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	1.40	0.84	7.10
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	1.40	0.30	87.90
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	1.40	0.18	87.78
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	1.40	0.30	73.40
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	1.40	0.20	86.85
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	1.40	0.60	85.10
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	1.40	0.04	21.27
09266	Pineapple, raw, all varieties	1.40	0.01	13.12
09279	Plums, raw	1.40	0.13	11.42
09430	Pineapple, raw, extra sweet variety	1.40	--	13.50
09520	Kiwifruit, ZESPRI SunGold, raw	1.40	0.02	15.79

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11028	Bamboo shoots, canned, drained solids	1.40	0.01	3.22
11277	New Zealand spinach, cooked, boiled, drained, without salt	1.40	0.00	2.13
11283	Onions, cooked, boiled, drained, without salt	1.40	0.03	10.15
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	1.40	0.01	6.70
11374	Potatoes, canned, solids and liquids	1.40	0.00	9.89
11390	Potatoes, hash brown, frozen, plain, unprepared	1.40	0.01	17.72
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1.40	0.00	2.96
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.40	0.02	5.54
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.40	0.02	6.46
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	1.40	0.10	8.77
11559	Tomato products, canned, sauce, with tomato tidbits	1.40	0.06	7.09
11637	Radishes, white icicle, raw	1.40	0.02	2.63
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	1.40	0.02	4.31
11649	Tomato products, canned, sauce, spanish style	1.40	0.04	7.24
11802	New zealand spinach, cooked, boiled, drained, with salt	1.40	0.00	2.13
11805	Onions, cooked, boiled, drained, with salt	1.40	0.03	9.56
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	1.40	0.01	6.11
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	1.40	0.02	4.31
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	1.40	0.02	5.54
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	1.40	0.02	6.46
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	1.40	--	74.60
16512	WORTHINGTON Diced Chik, canned, unprepared	1.40	--	3.70
16517	WORTHINGTON Prime Stakes, canned, unprepared	1.40	1.70	7.50
18090	Cake, boston cream pie, commercially prepared	1.40	4.54	42.90
18275	Muffins, blueberry, dry mix	1.40	0.70	61.00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	1.40	3.10	69.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	1.40	5.90	69.60
18609	KEEBLER, Vanilla Wafers	1.40	3.90	73.10
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	1.40	--	53.42
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.40	14.49	46.79
18946	Pie crust, refrigerated, regular, baked	1.40	11.82	58.52
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	1.40	3.70	68.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.40	10.05	53.53
19186	Desserts, apple crisp, prepared-from-recipe	1.40	1.33	30.84
20029	Couscous, cooked	1.40	0.02	23.22

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
20050	Rice, white, medium-grain, raw, enriched	1.40	0.18	79.34
20657	Pasta, gluten-free, corn and rice flour, cooked	1.40	0.26	38.05
21010	Fast foods, biscuit, with crispy chicken fillet	1.40	5.46	30.56
21024	Fast foods, french toast sticks	1.40	9.50	41.21
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	1.40	4.40	24.97
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	1.40	3.52	16.81
21102	Fast foods, chicken fillet sandwich, plain with pickles	1.40	4.48	20.89
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	1.40	0.62	20.36
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	1.40	0.62	20.36
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	1.40	4.08	27.40
21232	McDONALD'S, FILET-O-FISH	1.40	4.00	26.39
21235	McDONALD'S, QUARTER POUNDER with Cheese	1.40	4.61	19.95
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	1.40	4.41	14.20
21242	WENDY'S, Jr. Hamburger, with cheese	1.40	4.40	24.97
21254	BURGER KING, DOUBLE WHOPPER, no cheese	1.40	6.12	13.74
21321	McDONALD'S, Hotcakes (plain)	1.40	1.24	38.27
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	1.40	3.40	30.95
21358	McDONALD'S, Sausage McMUFFIN	1.40	7.75	24.52
21386	BURGER KING, french toast sticks	1.40	9.50	41.21
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	1.40	6.12	13.74
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	1.40	4.78	22.69
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	1.40	5.09	21.53
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	1.40	1.16	22.28
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	1.40	3.18	25.46
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	1.40	1.86	21.91
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	1.40	3.77	24.93
21421	KFC, Crispy Chicken Strips	1.40	4.31	13.66
21522	McDONALD'S, Southern Style Chicken Biscuit	1.40	5.46	30.56
21526	CHICK-FIL-A, chicken sandwich	1.40	4.48	20.89
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	1.40	0.82	17.99
22916	Lasagna with meat & sauce, frozen entree	1.40	1.60	14.39
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	1.40	0.00	14.55
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	1.40	0.69	17.31
23501	USDA Commodity, beef patties with VPP, frozen, cooked	1.40	7.71	7.89
27057	Sauce, barbecue, KC MASTERPIECE, original	1.40	--	37.92

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	1.40	3.10	49.50
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	1.40	4.10	71.70
28043	KEEBLER, ANIMALS, Cookies	1.40	3.20	75.30
28046	KEEBLER, ANIMALS, Crackers	1.40	3.20	75.30
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	1.40	3.20	66.70
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	1.40	3.60	73.90
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	1.40	3.10	67.80
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	1.40	2.20	70.80
28233	MURRAY, Vanilla Wafer	1.40	3.90	72.90
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	1.40	6.40	62.20
28346	Waffles, gluten-free, frozen, ready-to-heat	1.40	4.46	43.05
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	1.40	1.10	52.10
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	1.40	2.52	13.28
36019	APPLEBEE'S, chili	1.40	4.81	4.57
36037	Restaurant, family style, chili with meat and beans	1.40	4.66	4.57
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	1.40	1.92	17.62
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	1.40	1.00	30.75
36620	Restaurant, Chinese, shrimp and vegetables	1.40	0.82	4.52
42286	Babyfood, green beans and turkey, strained	1.40	0.27	5.35
18453	Cake, yellow, light, dry mix	1.30	2.97	84.10
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	1.30	2.10	71.70
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	1.30	2.10	72.40
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	1.30	0.80	44.90
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	1.30	5.40	60.00
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	1.30	5.00	62.00
19097	Sherbet, orange	1.30	0.53	30.40
19136	Candies, HERSHEY'S SKOR Toffee Bar	1.30	9.71	63.73
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	1.30	--	75.94
20032	Millet, cooked	1.30	0.18	23.67
20044	Rice, white, long-grain, regular, raw, enriched	1.30	0.21	79.95
20444	Rice, white, long-grain, regular, raw, unenriched	1.30	0.21	79.95
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	1.30	5.43	18.89
21121	Fast foods, roast beef sandwich, plain	1.30	3.99	22.21
21139	Fast foods, potato, mashed	1.30	0.72	14.65
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	1.30	0.52	22.42

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	1.30	0.76	22.91
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	1.30	0.52	22.42
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	1.30	0.76	22.91
21228	McDONALD'S, Hamburger	1.30	3.77	30.28
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	1.30	4.08	16.82
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	1.30	2.92	21.55
21256	BURGER KING, Chicken Strips	1.30	4.20	20.49
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	1.30	2.76	30.10
21310	McDONALD'S, Barbeque Sauce	1.30	0.27	36.93
21355	McDONALD'S, McCHICKEN Sandwich	1.30	4.40	27.97
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	1.30	6.25	12.62
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	1.30	4.41	23.22
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	1.30	4.41	23.22
21527	ARBY'S, roast beef sandwich, classic	1.30	3.99	22.21
22899	Ravioli, cheese-filled, canned	1.30	0.42	13.64
22915	Lasagna with meat & sauce, low-fat, frozen entree	1.30	0.70	13.50
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	1.30	1.24	16.32
22971	Potato salad with egg	1.30	2.00	16.18
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	1.30	5.28	16.32
23506	USDA Commodity, beef patties with VPP, frozen, raw	1.30	7.65	3.84
27055	Sauce, barbecue, SWEET BABY RAY'S, original	1.30	0.02	46.08
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	1.30	2.00	39.90
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	1.30	2.90	52.20
28023	KELLOGG'S, SIMPLY EGGO, Original	1.30	2.00	43.30
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	1.30	5.60	64.80
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	1.30	5.50	59.50
28050	KEEBLER, Club & Cheddar Sandwich Crackers	1.30	5.00	61.30
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	1.30	3.20	68.80
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	1.30	6.90	69.10
28131	KEEBLER, Sweet Cremes Cookies	1.30	6.40	71.00
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	1.30	4.10	72.30
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	1.30	1.50	73.00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	1.30	2.10	72.30
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	1.30	2.30	70.20
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	1.30	2.10	72.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	1.30	2.10	71.80
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	1.30	2.10	72.10
28199	MOTHER'S, English Tea Sandwich Cookies	1.30	6.40	71.00
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	1.30	4.90	62.60
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	1.30	4.40	73.80
28270	MOTHER'S, Vanilla Sandwich Cookies	1.30	4.78	68.90
28273	MURRAY, Vanilla Creme Sandwich Cookies	1.30	4.10	73.90
28275	MURRAY, Old Fashioned Gingersnaps Cookies	1.30	3.70	73.90
28310	Cookies, shortbread, reduced fat	1.30	3.13	75.99
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	1.30	3.93	6.96
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	1.30	1.95	21.08
36028	DENNY'S, coleslaw	1.30	3.20	10.88
36043	CARRABBA'S ITALIAN GRILL, lasagne	1.30	3.58	12.36
36625	Restaurant, Chinese, vegetable lo mein, without meat	1.30	0.59	20.16
43387	Turnip greens, canned, no salt added	1.30	0.02	2.81
03047	Babyfood, dinner, beef noodle, strained	1.30	0.94	8.18
03053	Babyfood, dinner, vegetables and beef, strained	1.30	0.82	8.84
03054	Babyfood, dinner, vegetables and beef, junior	1.30	1.29	8.84
03093	Babyfood, green beans, dices, toddler	1.30	0.01	5.70
03130	Babyfood, fruit, peaches, strained	1.30	0.01	14.48
03131	Babyfood, fruit, peaches, junior	1.30	0.01	14.48
03194	Babyfood, cereal, rice, dry fortified	1.30	0.42	83.14
03293	Babyfood, plums, bananas and rice, strained	1.30	0.12	12.70
03303	Babyfood, dinner, sweet potatoes and chicken, strained	1.30	0.98	11.04
06053	Soup, cream of potato, canned, condensed	1.30	0.44	12.79
06063	Soup, tomato rice, canned, condensed	1.30	0.47	17.08
06072	Soup, vegetable with beef broth, canned, condensed	1.30	0.45	10.70
06341	CAMPBELL'S, Cream of Potato Soup, condensed	1.30	0.28	13.25
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	1.30	--	6.24
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	1.30	28.65	5.12
07029	Ham, sliced, regular (approximately 11% fat)	1.30	4.35	3.83
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.30	0.28	17.91
09004	Apples, raw, without skin	1.30	0.00	12.76
09014	Apples, frozen, unsweetened, unheated	1.30	0.01	12.31
09015	Apples, frozen, unsweetened, heated	1.30	0.01	12.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09164	Litchis, raw	1.30	0.12	16.53
09237	Peaches, canned, water pack, solids and liquids	1.30	0.02	6.11
09238	Peaches, canned, juice pack, solids and liquids	1.30	0.01	11.57
09240	Peaches, canned, light syrup pack, solids and liquids	1.30	0.01	14.55
09241	Peaches, canned, heavy syrup pack, solids and liquids	1.30	0.04	19.94
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	1.30	0.04	20.08
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	1.30	0.02	22.36
09354	Pineapple, canned, juice pack, drained	1.30	0.01	15.56
11253	Lettuce, green leaf, raw	1.30	0.01	2.87
11265	Mushrooms, portabella, raw	1.30	0.02	3.87
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	1.30	0.01	5.10
11353	Potatoes, russet, flesh and skin, raw	1.30	0.00	18.07
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.30	1.71	16.13
11414	Potato salad, home-prepared	1.30	2.48	11.17
11444	Seaweed, irishmoss, raw	1.30	0.02	12.29
11445	Seaweed, kelp, raw	1.30	0.10	9.57
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	1.30	0.01	3.58
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1.30	0.01	3.56
11487	Squash, winter, butternut, frozen, unprepared	1.30	0.01	14.41
11697	Arrowroot, raw	1.30	0.00	13.39
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	1.30	0.01	5.10
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1.30	0.01	2.97
11932	Beans, snap, yellow, canned, regular pack, drained solids	1.30	0.00	4.50
11933	Beans, snap, yellow, canned, no salt added, drained solids	1.30	0.00	4.50
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	1.30	0.02	3.87
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.30	1.15	17.30
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	1.30	1.40	2.60
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	1.30	1.80	17.30
18009	Biscuits, plain or buttermilk, frozen, baked	1.30	4.65	53.87
18192	Cookies, shortbread, commercially prepared, plain	1.30	6.71	63.78
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	1.30	6.97	67.34
18244	Danish pastry, cinnamon, enriched	1.30	12.52	44.60
18290	Pancakes, plain, dry mix, complete, prepared	1.30	0.88	36.70
18313	Pie, coconut creme, commercially prepared	1.30	7.26	37.30
01187	Yogurt, chocolate, nonfat milk	1.20	0.00	23.53

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01206	Cream substitute, flavored, powdered	1.20	0.62	75.42
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	1.20	0.00	23.53
01239	Ice cream cookie sandwich	1.20	4.15	39.60
03044	Babyfood, dinner, macaroni and tomato and beef, strained	1.20	0.59	9.45
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	1.20	0.00	19.70
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	1.20	0.00	20.50
03141	Babyfood, pears, dices, toddler	1.20	0.04	13.60
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	1.20	0.14	18.00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	1.20	0.11	18.40
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	1.20	0.73	11.97
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	1.20	0.37	7.47
04023	Salad dressing, thousand island dressing, reduced fat	1.20	6.47	24.06
04706	Dressing, honey mustard, fat-free	1.20	0.71	38.43
05323	Chicken patty, frozen, uncooked	1.20	8.98	13.61
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	1.20	0.41	7.84
06028	Soup, clam chowder, manhattan, canned, condensed	1.20	0.30	9.74
06061	Soup, tomato beef with noodle, canned, condensed	1.20	1.38	16.87
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	1.20	--	7.35
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	1.20	--	6.94
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	1.20	--	5.71
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	1.20	--	7.35
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	1.20	--	8.57
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	1.20	--	7.35
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	1.20	--	8.16
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	1.20	--	6.94
06426	Soup, chili beef, canned, prepared with equal volume water	1.20	0.50	9.23
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	1.20	--	7.76
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	1.20	--	9.01
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	1.20	--	6.94
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	1.20	--	7.35
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	1.20	--	7.35
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	1.20	--	10.20
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	1.20	--	9.80
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	1.20	--	6.12
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	1.20	0.20	7.76

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	1.20	--	8.16
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	1.20	--	6.94
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	1.20	--	7.35
06749	Soup, beef and vegetables, canned, ready-to-serve	1.20	0.30	6.16
06956	Soup, tomato, canned, condensed, reduced sodium	1.20	0.18	13.41
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	1.20	0.17	90.20
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	1.20	0.01	17.49
09362	Cherries, sour, canned, water pack, drained	1.20	--	10.45
09370	Peaches, canned, heavy syrup, drained	1.20	0.05	18.43
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	1.20	0.01	9.41
09402	Applesauce, canned, sweetened, with salt	1.20	0.01	19.91
09519	Guava nectar, with sucralose, canned	1.20	0.02	13.30
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	1.20	0.01	40.40
11082	Beets, canned, regular pack, solids and liquids	1.20	0.01	7.14
11119	Cabbage, chinese (pe-tsai), raw	1.20	0.02	3.23
11142	Celeriac, cooked, boiled, drained, without salt	1.20	--	5.90
11174	Corn, sweet, yellow, canned, cream style, regular pack	1.20	0.12	18.13
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	1.20	0.00	3.69
11252	Lettuce, iceberg (includes crisphead types), raw	1.20	0.01	2.97
11285	Onions, canned, solids and liquids	1.20	0.01	4.02
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	1.20	0.01	6.70
11335	Peppers, sweet, green, canned, solids and liquids	1.20	0.02	3.90
11400	Potatoes, frozen, whole, unprepared	1.20	0.00	17.47
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	1.20	0.01	4.80
11475	Squash, summer, scallop, raw	1.20	0.02	3.84
11529	Tomatoes, red, ripe, raw, year round average	1.20	0.03	3.89
11623	Kale, scotch, cooked, boiled, drained, without salt	1.20	0.03	5.63
11656	Corn pudding, home prepared	1.20	1.50	16.97
11735	Beets, canned, no salt added, solids and liquids	1.20	0.01	6.57
11772	Corn, sweet, yellow, canned, cream style, no salt added	1.20	0.12	18.13
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	1.20	0.00	3.10
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	1.20	0.01	6.11
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	1.20	0.01	6.70
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	1.20	0.01	6.11
11906	Corn, sweet, white, canned, cream style, regular pack	1.20	0.12	18.62

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11907	Corn, sweet, white, canned, cream style, no salt added	1.20	0.12	18.13
11916	Peppers, sweet, red, canned, solids and liquids	1.20	0.02	3.90
11941	Pickles, cucumber, sour	1.20	0.00	2.26
11946	Pickles, cucumber, sour, low sodium	1.20	0.00	2.26
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	1.20	2.55	17.29
14056	Beverages, Acai berry drink, fortified	1.20	0.00	12.83
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	1.20	1.90	2.16
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1.20	6.70	8.30
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	1.20	1.10	4.30
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	1.20	2.30	5.10
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	1.20	3.85	52.80
18144	Cake, yellow, enriched, dry mix	1.20	0.69	81.92
18188	Cookies, peanut butter, refrigerated dough, baked	1.20	14.53	57.30
18191	Cookies, raisin, soft-type	1.20	7.65	68.00
18208	Cookies, sugar, prepared from recipe, made with margarine	1.20	10.19	60.00
18253	Doughnuts, french crullers, glazed	1.20	10.45	59.50
18320	Pie, lemon meringue, commercially prepared	1.20	2.68	47.20
18355	Sweet rolls, cheese	1.20	9.06	43.70
18430	Danish pastry, cinnamon, unenriched	1.20	12.52	44.60
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	1.20	12.86	44.30
18535	ARCHWAY Home Style Cookies, Molasses	1.20	4.86	69.41
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.20	--	41.18
18956	Keikitos (muffins), Latino bakery item	1.20	--	53.16
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	1.20	--	66.28
18964	Cinnamon buns, frosted (includes honey buns)	1.20	8.72	48.60
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	1.20	7.12	51.30
19075	Candies, CARAMELLO Candy Bar	1.20	5.29	63.81
19270	Ice creams, chocolate	1.20	3.21	28.20
20110	Noodles, egg, enriched, cooked	1.20	0.58	25.16
20310	Noodles, egg, cooked, enriched, with added salt	1.20	0.58	25.16
20410	Noodles, egg, unenriched, cooked, without added salt	1.20	0.58	25.16
20510	Noodles, egg, cooked, unenriched, with added salt	1.20	0.58	25.16
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	1.20	3.72	20.43
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	1.20	0.64	22.54
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	1.20	0.64	22.54

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	1.20	0.93	21.35
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	1.20	1.74	21.49
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	1.20	1.74	21.49
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	1.20	0.93	21.35
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	1.20	3.72	20.43
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	1.20	1.62	19.69
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	1.20	3.91	30.04
21340	McDONALD'S, Sausage Burrito	1.20	5.07	22.97
21361	McDONALD'S, Sausage Biscuit	1.20	8.83	27.20
21398	Fast foods, cheeseburger; single, large patty; with condiments	1.20	5.96	19.72
21401	Fast foods, chicken tenders	1.20	4.83	17.25
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	1.20	2.51	19.87
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	1.20	4.22	22.61
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	1.20	5.32	18.52
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.20	2.95	19.87
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.20	4.50	22.61
21487	Fast foods, taco with chicken, lettuce and cheese, soft	1.20	1.62	19.69
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	1.20	5.07	22.97
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	1.20	--	15.87
22931	SPAGHETTIOS, SpaghettiOs Original	1.20	0.00	13.89
22932	SPAGHETTIOS, SpaghettiOs A to Z's	1.20	0.00	13.89
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	1.20	--	12.30
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	1.20	0.00	13.89
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	1.20	--	31.76
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	1.20	3.69	23.93
22972	Pulled pork in barbecue sauce	1.20	1.81	18.74
22998	Rice and vermicelli mix, chicken flavor, unprepared	1.20	0.33	75.80
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	1.20	0.20	7.76
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	1.20	0.41	7.63
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	1.20	2.90	45.00
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	1.20	2.80	50.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	1.20	2.80	39.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	1.20	2.90	43.40
28015	KELLOGG'S, EGGO, Waffles, Homestyle	1.20	2.75	39.80
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	1.20	2.60	37.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
28162	KELLOGG'S, Corn Flakes Crumbs	1.20	0.10	84.40
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	1.20	1.40	74.30
28214	MURRAY, Lemon Creme Sandwich Cookies	1.20	4.30	73.70
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	1.20	0.01	8.13
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	1.20	0.37	76.31
32005	Macaroni and cheese, box mix with cheese sauce, prepared	1.20	2.22	23.10
32012	Pizza rolls, frozen, unprepared	1.20	3.85	50.72
36005	APPLEBEE'S, chicken tenders, from kids' menu	1.20	3.57	18.36
36055	Restaurant, Italian, cheese ravioli with marinara sauce	1.20	1.73	18.50
36401	Restaurant, Latino, chicken and rice, entree, prepared	1.20	1.80	20.03
36417	Restaurant, Mexican, spanish rice	1.20	1.51	31.16
36613	DENNY'S, macaroni & cheese, from kid's menu	1.20	2.05	21.16
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	1.20	0.41	5.74
43098	Pie fillings, cherry, low calorie	1.20	0.00	11.98
18420	Cake, yellow, unenriched, dry mix	1.10	4.86	78.10
18451	Cake, pound, commercially prepared, fat-free	1.10	0.17	61.00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	1.10	6.50	68.41
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	1.10	6.83	71.77
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	1.10	6.20	71.10
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	1.10	4.80	70.55
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	1.10	3.58	76.23
19005	Snacks, corn-based, extruded, cones, plain	1.10	1.70	62.90
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	1.10	2.99	64.80
19297	Jams and preserves	1.10	0.04	68.86
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	1.10	1.89	72.18
20087	Wheat, sprouted	1.10	0.15	42.53
21202	Fast foods, hamburger, large, single patty, with condiments	1.10	5.40	22.14
21233	McDONALD'S, Cheeseburger	1.10	3.63	27.81
21243	WENDY'S, CLASSIC DOUBLE, with cheese	1.10	5.74	11.71
21245	WENDY'S, Ultimate Chicken Grill Sandwich	1.10	1.46	18.88
21341	McDONALD'S, BIG BREAKFAST	1.10	7.37	17.50
21357	McDONALD'S, Egg McMUFFIN	1.10	2.72	21.67
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	1.10	5.35	17.73
21463	Yogurt parfait, lowfat, with fruit and granola	1.10	0.31	15.86
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	1.10	5.35	17.73

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
22528	Turkey Pot Pie, frozen entree	1.10	3.46	17.70
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	1.10	3.42	30.40
22906	Chicken pot pie, frozen entree, prepared	1.10	3.61	19.21
22908	Beef, corned beef hash, with potato, canned	1.10	5.26	9.27
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	1.10	--	42.55
22970	Macaroni and cheese, frozen entree	1.10	1.43	17.28
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	1.10	0.11	10.28
28006	KELLOGG'S, CINNABON, Pancakes, Original	1.10	1.70	43.10
28009	KELLOGG'S, EGGO, Waffles, Blueberry	1.10	2.10	41.70
28024	KELLOGG'S, EGGO, Waffles, Strawberry	1.10	2.20	41.60
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	1.10	3.10	44.50
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	1.10	3.50	37.40
28038	JACKSON'S, Old Fashioned Vanilla Wafers	1.10	3.40	74.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	1.10	2.40	70.90
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	1.10	2.40	70.60
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	1.10	2.30	70.80
28215	MURRAY, JACKS Vanilla Wafers	1.10	2.60	78.10
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	1.10	7.67	74.10
36015	Restaurant, family style, chicken fingers, from kid's menu	1.10	3.96	18.77
36017	Restaurant, family style, macaroni & cheese, from kids' menu	1.10	1.95	18.80
36027	DENNY'S, chicken strips	1.10	3.20	22.03
36040	CRACKER BARREL, macaroni n' cheese	1.10	2.81	15.61
36044	ON THE BORDER, Mexican rice	1.10	1.16	34.15
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	1.10	1.43	19.64
36602	Restaurant, Chinese, fried rice, without meat	1.10	0.65	32.79
42178	Mayonnaise, made with tofu	1.10	5.25	3.06
42278	Babyfood, vegetable and brown rice, strained	1.10	0.97	12.10
43008	Babyfood, dinner, chicken and rice	1.10	0.39	9.20
43131	Luncheon slices, meatless	1.10	2.06	4.44
43215	Salad dressing, buttermilk, lite	1.10	2.79	21.33
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	1.10	0.78	11.53
01205	Cream substitute, flavored, liquid	1.10	4.00	35.07
01264	Ice cream bar, stick or nugget, with crunch coating	1.10	1.17	37.12
03045	Babyfood, dinner, macaroni and tomato and beef, junior	1.10	0.45	9.40
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	1.10	0.50	11.42

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03052	Babyfood, dinner, beef stew, toddler	1.10	0.44	5.50
03066	Babyfood, dinner, vegetables and lamb, strained	1.10	0.82	6.90
03067	Babyfood, dinner, vegetables and lamb, junior	1.10	0.69	7.10
03070	Babyfood, dinner, chicken soup, strained	1.10	0.42	7.20
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	1.10	--	7.90
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	1.10	--	9.10
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	1.10	--	6.80
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	1.10	--	7.60
03140	Babyfood, fruit dessert, mango with tapioca	1.10	0.06	19.00
03144	Babyfood, fruit, applesauce and cherries, strained	1.10	0.00	14.10
03145	Babyfood, fruit, applesauce and cherries, junior	1.10	0.00	14.10
03274	Babyfood, dinner, vegetables and chicken, junior	1.10	0.40	8.66
03287	Babyfood, dinner, beef noodle, junior	1.10	0.84	7.30
03689	Babyfood, cereal, oatmeal, prepared with whole milk	1.10	--	15.30
04142	Salad dressing, french dressing, reduced fat, without salt	1.10	5.90	29.28
04640	Salad dressing, ranch dressing, reduced fat	1.10	2.79	21.33
05327	Chicken breast tenders, breaded, uncooked	1.10	6.48	15.01
06067	Soup, chunky vegetable, canned, ready-to-serve	1.10	0.15	7.90
06159	Soup, tomato, canned, condensed	1.10	0.14	15.22
06249	Soup, pea, green, canned, prepared with equal volume milk	1.10	0.86	12.69
06377	CAMPBELL'S, Tomato Soup, condensed	1.10	0.00	15.22
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	1.10	1.36	28.46
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	1.10	0.10	6.06
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	1.10	0.08	15.95
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	1.10	0.25	87.93
09001	Acerola, (west indian cherry), raw	1.10	0.08	7.69
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	1.10	0.00	11.27
09023	Apricots, canned, water pack, without skin, solids and liquids	1.10	0.01	5.48
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1.10	0.03	8.94
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	1.10	0.03	23.27
09081	Cranberry sauce, canned, sweetened	1.10	0.01	40.40
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	1.10	0.01	11.63
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	1.10	0.01	22.89
09111	Grapefruit, raw, pink and red and white, all areas	1.10	0.01	8.08
09114	Grapefruit, raw, pink and red, Florida	1.10	0.01	7.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09116	Grapefruit, raw, white, all areas	1.10	0.01	8.41
09172	Longans, raw	1.10	--	15.14
09272	Pineapple, frozen, chunks, sweetened	1.10	0.01	22.20
09401	Applesauce, canned, unsweetened, with added ascorbic acid	1.10	0.00	11.27
09450	Naranjilla (lulo) pulp, frozen, unsweetened	1.10	--	5.90
11203	Cress, garden, raw	1.10	0.24	5.50
11220	Gourd, dishcloth (towelgourd), raw	1.10	0.04	4.35
11242	Kohlrabi, cooked, boiled, drained, without salt	1.10	0.01	6.69
11250	Lettuce, butterhead (includes boston and bibb types), raw	1.10	0.01	2.23
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1.10	1.21	12.77
11423	Pumpkin, cooked, boiled, drained, without salt	1.10	0.01	4.90
11452	Soybeans, mature seeds, sprouted, raw	1.10	1.52	9.57
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1.10	0.02	3.79
11527	Tomatoes, green, raw	1.10	0.03	5.10
11641	Squash, summer, all varieties, raw	1.10	0.02	3.35
11793	Kohlrabi, cooked, boiled, drained, with salt	1.10	0.01	6.69
11845	Pumpkin, cooked, boiled, drained, with salt	1.10	0.01	4.31
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	1.10	0.02	3.79
11945	Pickle relish, sweet	1.10	0.21	35.06
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	1.10	0.00	33.73
11953	Squash, zucchini, baby, raw	1.10	0.03	3.11
12119	Nuts, coconut water (liquid from coconuts)	1.10	0.01	3.71
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	1.10	0.98	58.00
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	1.10	3.90	7.90
18019	Bread, banana, prepared from recipe, made with margarine	1.10	4.48	54.60
18187	Cookies, peanut butter, refrigerated dough	1.10	13.12	52.10
18268	French toast, frozen, ready-to-heat	1.10	2.04	32.10
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.10	4.82	53.00
01105	Milk, chocolate beverage, hot cocoa, homemade	1.00	0.68	10.74
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	1.00	7.34	34.38
01276	Yogurt, Greek, strawberry, DANNON OIKOS	1.00	0.74	11.67
01284	Yogurt, Greek, strawberry, lowfat	1.00	0.65	11.89
03062	Babyfood, dinner, vegetables and ham, junior	1.00	0.81	8.64
03083	Babyfood, dinner, turkey and rice, junior	1.00	0.30	9.57
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	1.00	0.10	17.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03212	Babyfood, cereal, rice, with bananas, dry	1.00	0.99	79.90
03279	Babyfood, dinner, mixed vegetable, junior	1.00	0.00	7.88
03995	Babyfood, banana with mixed berries, strained	1.00	0.04	21.31
04016	Salad dressing, sesame seed dressing, regular	1.00	11.90	8.60
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.00	--	5.41
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	1.00	0.38	8.98
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	1.00	--	4.26
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	1.00	--	4.26
06624	SMART SOUP, Thai Coconut Curry	1.00	--	6.50
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	1.00	0.60	6.51
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	1.00	0.33	8.60
07006	Bockwurst, pork, veal, raw	1.00	13.14	2.95
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	1.00	0.20	87.19
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	1.00	2.12	90.10
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1.00	0.01	8.51
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1.00	0.00	11.86
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	1.00	0.01	14.93
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.00	0.01	18.91
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.00	0.01	7.87
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	1.00	0.00	13.05
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	1.00	0.01	15.14
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	1.00	0.01	19.11
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	1.00	0.01	22.77
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	1.00	0.05	33.86
09214	Orange juice, frozen concentrate, unsweetened, undiluted	1.00	0.05	35.19
09239	Peaches, canned, extra light syrup, solids and liquids	1.00	0.04	11.10
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	1.00	0.01	26.06
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	1.00	0.06	26.31
09294	Prune juice, canned	1.00	0.02	17.45
09295	Pummelo, raw	1.00	--	9.62
09435	Guava nectar, canned, with added ascorbic acid	1.00	0.02	16.25
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	1.00	0.01	40.61
11013	Asparagus, canned, regular pack, solids and liquids	1.00	0.01	2.48
11027	Bamboo shoots, cooked, boiled, drained, without salt	1.00	0.00	1.92
11116	Cabbage, chinese (pak-choi), raw	1.00	0.02	2.18

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.00	0.01	1.78
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.00	0.00	7.62
11260	Mushrooms, white, raw	1.00	0.00	3.26
11467	Squash, summer, crookneck and straightneck, raw	1.00	0.01	3.88
11477	Squash, summer, zucchini, includes skin, raw	1.00	0.01	3.11
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.00	0.03	2.69
11533	Tomatoes, red, ripe, canned, stewed	1.00	0.03	6.19
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	1.00	0.04	3.04
11707	Asparagus, canned, no salt added, solids and liquids	1.00	0.01	2.48
11712	Bamboo shoots, cooked, boiled, drained, with salt	1.00	0.00	1.52
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.00	0.01	1.78
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1.00	0.00	7.62
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	1.00	0.03	2.69
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	1.00	0.04	2.45
11937	Pickles, cucumber, dill or kosher dill	1.00	0.00	2.41
11938	Mushroom, white, exposed to ultraviolet light, raw	1.00	0.00	3.26
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	1.00	0.00	21.15
11947	Pickles, cucumber, dill, reduced sodium	1.00	0.00	2.41
11981	Peppers, hungarian, raw	1.00	0.02	6.70
16159	Tofu, extra firm, prepared with nigari	1.00	1.32	1.18
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	1.00	1.30	1.82
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	1.00	0.70	4.90
18102	Cake, white, prepared from recipe with coconut frosting	1.00	3.69	63.20
18103	Coffeecake, cheese	1.00	7.13	44.30
18121	Cake, pound, commercially prepared, other than all butter, enriched	1.00	9.94	52.50
18128	Cake, snack cakes, creme-filled, sponge	1.00	4.91	64.03
18175	Cookies, ladyfingers, with lemon juice and rind	1.00	3.75	59.70
18177	Cookies, molasses	1.00	7.13	73.80
18245	Danish pastry, cheese	1.00	11.31	37.20
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1.00	1.55	37.75
18305	Pie, blueberry, commercially prepared	1.00	4.24	34.90
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1.00	2.72	70.32
18418	Cake, pound, commercially prepared, other than all butter, unenriched	1.00	9.94	52.50
18423	Cookies, ladyfingers, without lemon juice and rind	1.00	3.74	59.70
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	1.00	6.69	72.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	1.00	6.17	71.62
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	1.00	2.00	38.60
18532	ARCHWAY Home Style Cookies, Iced Molasses	1.00	4.75	69.12
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.00	6.55	72.70
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	1.00	--	48.94
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	1.00	1.80	42.60
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	1.00	2.50	45.80
19109	Candies, KIT KAT Wafer Bar	1.00	5.84	64.59
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	1.00	2.23	71.17
19144	Candies, NESTLE, 100 GRAND Bar	1.00	6.04	70.97
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	1.00	0.92	18.80
19263	Frozen novelties, fruit and juice bars	1.00	0.00	20.20
19300	Jellies	1.00	0.00	69.95
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	1.00	--	71.85
19312	Pie fillings, apple, canned	1.00	0.00	26.10
19867	Ice creams, vanilla, fat free	1.00	0.00	30.06
19893	Ice creams, BREYERS, All Natural Light French Chocolate	1.00	--	29.68
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	1.00	--	25.17
20055	Rice, white, glutinous, unenriched, cooked	1.00	0.07	21.09
20134	Rice noodles, cooked	1.00	0.03	24.01
21012	Fast foods, croissant, with egg, cheese, and bacon	1.00	5.75	20.79
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	1.00	6.00	17.97
21105	Fast foods, fish sandwich, with tartar sauce	1.00	2.60	26.69
21250	BURGER KING, Hamburger	1.00	4.25	26.76
21251	BURGER KING, Cheeseburger	1.00	5.70	23.71
21253	BURGER KING, WHOPPER, with cheese	1.00	5.06	16.70
21306	Fast foods, griddle cake sandwich, sausage	1.00	7.53	31.25
21328	McDONALD'S, Sausage McGRIDDLES	1.00	7.53	31.25
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	1.00	5.86	14.43
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	1.00	5.22	29.48
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	1.00	1.01	3.64
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	1.00	2.47	6.08
21380	McDONALD'S, Fruit 'n Yogurt Parfait	1.00	0.11	20.72
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	1.00	2.77	31.08
21396	Fast foods, cheeseburger; double, large patty; with condiments	1.00	5.86	14.43

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21422	KFC, Popcorn Chicken	1.00	5.66	21.18
22973	Corn dogs, frozen, prepared	1.00	4.73	26.96
27042	Soup, clam chowder, new england, canned, ready-to-serve	1.00	--	8.28
27056	Sauce, barbecue, BULL'S-EYE, original	1.00	0.22	39.95
27066	Sauce, horseradish	1.00	13.09	10.05
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	1.00	1.60	39.90
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	1.00	1.60	43.40
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	1.00	5.50	66.30
28202	MOTHER'S, Iced Lemonade Cookies	1.00	5.50	66.30
28232	MURRAY, Vanilla Sugar Wafer	1.00	6.50	70.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	1.00	1.90	39.60
28305	Pancakes, plain, reduced fat	1.00	0.53	57.32
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	1.00	10.25	71.88
32031	Salisbury steak with gravy, frozen	1.00	4.80	6.78
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	1.00	5.16	6.96
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	1.00	0.90	17.40
36023	APPLEBEE'S, chicken tenders platter	1.00	4.38	17.98
36029	DENNY'S, fish fillet, battered or breaded, fried	1.00	2.61	17.41
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	1.00	3.43	20.24
36617	Restaurant, Chinese, lemon chicken	1.00	2.75	20.61
36621	Restaurant, Chinese, sweet and sour chicken	1.00	2.72	23.86
36622	Restaurant, Chinese, sweet and sour pork	1.00	3.53	23.34
36623	Restaurant, Chinese, chicken chow mein	1.00	0.61	8.29
43550	Babyfood, banana apple dessert, strained	1.00	0.02	16.30
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.90	12.41	44.10
18969	Cream puff, eclair, custard or cream filled, iced	0.90	6.07	37.43
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	0.90	1.80	39.40
19104	Candies, fudge, vanilla with nuts	0.90	2.45	74.61
19152	Candies, ROLO Caramels in Milk Chocolate	0.90	2.10	67.95
19226	Frostings, chocolate, creamy, ready-to-eat	0.90	9.02	63.20
19265	Ice creams, chocolate, light, no sugar added	0.90	0.93	26.79
19271	Ice creams, strawberry	0.90	--	27.60
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	0.90	--	21.30
20027	Cornstarch	0.90	0.02	91.27
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.90	0.07	26.05

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
20058	Rice, white, steamed, Chinese restaurant	0.90	--	33.88
20068	Tapioca, pearl, dry	0.90	0.00	88.69
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.90	0.07	26.05
21013	Fast foods, croissant, with egg, cheese, and ham	0.90	4.74	18.98
21110	Fast foods, hamburger; double, regular, patty; plain	0.90	5.50	24.10
21143	CHICK-FIL-A, Chick-n-Strips	0.90	6.16	10.39
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.90	7.74	14.93
21258	BURGER KING, Premium Fish Sandwich	0.90	2.60	26.69
21359	McDONALD'S, Sausage McMUFFIN with Egg	0.90	6.58	17.28
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	0.90	5.55	22.26
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	0.90	0.86	46.08
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.90	0.01	17.67
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0.90	6.00	17.97
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.90	1.34	16.78
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.90	2.31	18.43
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.90	0.05	15.05
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.90	2.31	18.43
22905	Beef stew, canned entree	0.90	2.54	7.85
22914	Pasta with tomato sauce, no meat, canned	0.90	0.09	14.22
27062	Soup, beef barley, ready to serve	0.90	0.35	7.94
28044	KEEBLER, ANIMALS, Frosted Cookies	0.90	2.40	70.00
28291	Cookies, animal, with frosting or icing	0.90	2.40	70.09
32025	Dumpling, potato- or cheese-filled, frozen	0.90	1.24	29.64
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.90	4.89	17.72
36018	APPLEBEE'S, fish, hand battered	0.90	2.01	16.65
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.90	2.31	16.89
36034	Restaurant, family style, chicken tenders	0.90	3.86	19.29
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.90	4.66	7.80
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.90	5.80	12.28
36059	Restaurant, Italian, chicken parmesan without pasta	0.90	4.87	10.92
36618	Restaurant, Chinese, general tso's chicken	0.90	3.88	23.99
36626	Restaurant, Chinese, chicken and vegetables	0.90	1.09	5.38
43541	Ice creams, chocolate, rich	0.90	4.79	19.78
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.90	0.03	86.04
03069	Babyfood, dinner, chicken noodle, junior	0.90	0.47	8.79

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03082	Babyfood, dinner, turkey and rice, strained	0.90	0.45	7.94
03085	Babyfood, dinner, vegetables and turkey, junior	0.90	0.69	7.55
03104	Babyfood, vegetables, squash, strained	0.90	0.02	5.73
03105	Babyfood, vegetables, squash, junior	0.90	0.02	5.73
03112	Babyfood, potatoes, toddler	0.90	0.00	11.73
03115	Babyfood, apples, dices, toddler	0.90	0.00	12.10
03197	Babyfood, cereal, with egg yolks, strained	0.90	0.79	7.00
03198	Babyfood, cereal, with egg yolks, junior	0.90	0.79	7.10
03201	Babyfood, cereal, egg yolks and bacon, junior	0.90	2.21	6.20
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0.90	6.30	3.84
06019	Soup, chicken noodle, canned, condensed	0.90	0.54	6.07
06023	Soup, chicken with rice, canned, condensed	0.90	0.74	11.57
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.90	0.16	4.68
06150	Sauce, barbecue	0.90	0.08	40.77
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	0.90	0.69	11.28
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0.90	0.71	11.05
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	0.90	1.27	7.50
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.90	0.34	6.69
07002	Beerwurst, beer salami, pork and beef	0.90	10.10	3.76
07927	Sausage, Italian, turkey, smoked	0.90	2.38	4.65
07931	Beerwurst, pork and beef	0.90	10.10	4.27
09131	Grapes, american type (slip skin), raw	0.90	0.01	17.15
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.90	0.01	18.10
09181	Melons, cantaloupe, raw	0.90	0.00	8.16
09183	Melons, casaba, raw	0.90	0.00	6.58
09281	Plums, canned, purple, water pack, solids and liquids	0.90	0.00	11.03
09282	Plums, canned, purple, juice pack, solids and liquids	0.90	0.01	15.15
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.90	0.07	16.28
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.90	0.07	23.24
09301	Rambutan, canned, syrup pack	0.90	--	20.87
09420	Jackfruit, canned, syrup pack	0.90	--	23.94
11257	Lettuce, red leaf, raw	0.90	0.00	2.26
11294	Onions, sweet, raw	0.90	--	7.55
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.90	1.18	12.84
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.90	0.01	3.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11695	Tomatoes, orange, raw	0.90	0.03	3.18
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.90	0.01	3.31
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.90	0.01	3.18
11951	Peppers, sweet, yellow, raw	0.90	--	6.32
11952	Radicchio, raw	0.90	0.01	4.48
14347	Shake, fast food, vanilla	0.90	1.78	19.59
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.90	1.13	2.85
16276	Vitasoy USA Azumaya, Extra Firm Tofu	0.90	1.40	1.53
16281	HOUSE FOODS Premium Firm Tofu	0.90	--	0.97
18205	Cookies, sugar, refrigerated dough	0.90	11.08	61.22
18206	Cookies, sugar, refrigerated dough, baked	0.90	13.01	65.60
18256	Doughnuts, yeast-leavened, with jelly filling	0.90	10.23	39.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.80	0.99	10.34
01237	Ice cream, bar or stick, chocolate covered	0.80	6.39	24.50
03161	Babyfood, peaches, dices, toddler	0.80	0.05	11.80
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.80	0.22	15.40
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	0.80	0.22	15.80
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.80	0.56	7.50
03685	Babyfood, cereal, mixed, prepared with whole milk	0.80	0.86	12.30
04017	Salad dressing, thousand island, commercial, regular	0.80	7.88	14.64
04686	Salad dressing, honey mustard dressing, reduced calorie	0.80	5.57	28.26
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.80	0.30	4.46
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.80	0.40	7.19
06040	Soup, minestrone, canned, condensed	0.80	0.56	9.17
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	0.80	--	7.94
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	0.80	0.79	8.73
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	0.80	0.40	9.52
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	0.80	0.00	7.94
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	0.80	0.79	11.90
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	0.80	0.40	6.35
06158	Soup, tomato bisque, canned, condensed	0.80	0.53	18.47
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	0.80	0.60	6.30
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	0.80	--	16.13
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	0.80	0.00	9.68
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	0.80	--	5.71

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	0.80	0.00	5.20
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	0.80	0.23	5.71
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	0.80	0.81	9.68
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	0.80	0.79	8.73
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	0.80	0.79	15.87
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	0.80	0.00	18.25
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	0.80	1.61	8.06
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	0.80	0.00	4.76
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	0.80	0.40	8.06
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	0.80	0.79	9.52
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	0.80	0.56	7.53
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	0.80	0.79	11.90
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	0.80	0.00	10.32
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	0.80	0.40	18.25
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	0.80	--	9.39
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	0.80	--	6.94
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	0.80	--	9.80
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	0.80	--	8.16
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	0.80	--	9.39
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	0.80	--	8.57
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	0.80	--	5.71
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	0.80	0.40	5.88
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.80	0.27	3.43
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	0.80	--	7.76
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	0.80	--	7.35
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	0.80	--	8.16
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.80	0.32	4.06
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	0.80	--	6.12
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	0.80	--	6.12
06545	CAMPBELL'S Homestyle New England Clam Chowder	0.80	--	5.68
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	0.80	0.40	9.68
06991	HEALTHY REQUEST, Tomato Soup, condensed	0.80	0.00	13.71
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	0.80	0.16	86.10
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.80	0.06	14.76
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.80	0.04	10.92

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
08113	Cereals, farina, enriched, cooked with water, without salt	0.80	0.04	10.92
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.80	0.06	14.76
08173	Cereals, farina, enriched, cooked with water, with salt	0.80	0.04	10.92
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.80	0.03	19.30
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.80	0.02	29.23
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.80	0.01	7.93
09184	Melons, honeydew, raw	0.80	0.00	9.09
09267	Pineapple, canned, water pack, solids and liquids	0.80	0.01	8.30
09268	Pineapple, canned, juice pack, solids and liquids	0.80	0.01	15.70
09269	Pineapple, canned, light syrup pack, solids and liquids	0.80	0.01	13.45
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.80	0.01	20.20
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.80	0.01	21.50
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.80	0.01	7.93
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.80	0.01	4.19
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.80	1.31	10.87
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.80	1.01	6.53
11609	Beets, pickled, canned, solids and liquids	0.80	0.02	16.28
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.80	0.01	2.14
11655	Carrot juice, canned	0.80	0.01	9.28
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.80	0.01	3.60
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.80	0.01	3.31
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.80	0.01	3.31
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.80	1.01	6.53
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.80	0.04	4.51
16123	Soy sauce made from soy and wheat (shoyu)	0.80	0.09	4.93
16124	Soy sauce made from soy (tamari)	0.80	0.02	5.57
16213	Vitasoy USA, Organic Nasoya Firm Tofu	0.80	1.20	2.30
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	0.80	0.21	7.20
16237	SILK Chocolate, soymilk	0.80	--	9.47
16240	SILK Light Chocolate, soymilk	0.80	--	9.05
16242	SILK Plus for Bone Health, soymilk	0.80	--	4.53
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	0.80	1.10	1.71
16279	HOUSE FOODS Premium Soft Tofu	0.80	0.63	2.19
18082	Bread stuffing, bread, dry mix, prepared	0.80	5.77	18.84
18119	Cake, pineapple upside-down, prepared from recipe	0.80	5.19	50.50

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
18139	Cake, white, prepared from recipe without frosting	0.80	5.31	57.20
18155	Cookies, butter, commercially prepared, enriched	0.80	5.52	68.90
18237	Cream puff shell, prepared from recipe	0.80	11.13	22.80
18254	Doughnuts, yeast-leavened, with creme filling	0.80	12.08	30.00
18308	Pie, cherry, commercially prepared	0.80	5.84	39.80
18310	Pie, chocolate creme, commercially prepared	0.80	7.34	38.44
18323	Pie, peach	0.80	4.24	32.90
18421	Cookies, butter, commercially prepared, unenriched	0.80	5.52	68.90
19114	Ice creams, chocolate, light	0.80	2.06	25.70
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.80	0.82	19.64
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.80	0.60	19.76
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	0.80	--	25.63
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.80	4.00	26.39
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	0.80	4.64	26.19
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	0.80	4.69	26.19
21344	McDONALD'S, Double Cheeseburger	0.80	5.66	18.79
21362	McDONALD'S, Sausage Biscuit with Egg	0.80	7.75	19.28
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.80	6.20	19.31
22529	Beef Pot Pie, frozen entree, prepared	0.80	5.31	22.05
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	0.80	--	24.80
22952	SWANSON, Chicken and Dumplings	0.80	--	9.72
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	0.80	0.61	7.35
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	0.80	0.41	8.16
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	0.80	0.79	8.73
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	0.80	0.20	5.31
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	0.80	--	9.39
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.80	0.91	5.68
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.80	0.59	3.84
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.80	--	4.99
28194	MOTHER'S, 4th of July Circus Animal Cookies	0.80	0.20	68.30
28196	MOTHER'S, Circus Animal Cookies	0.80	0.20	68.30
28200	MOTHER'S, Halloween Circus Animals Cookies	0.80	0.20	68.10
28201	MOTHER'S, Holiday Circus Animal Cookies	0.80	0.20	68.30
28204	MOTHER'S, Jungle Animal Cookies	0.80	0.40	68.30
31001	CAMPBELL'S, Tomato juice	0.80	0.00	4.12

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
31002	CAMPBELL'S, Tomato juice, low sodium	0.80	0.00	4.12
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	0.80	0.00	4.53
31006	CAMPBELL'S, Organic Tomato juice	0.80	0.00	4.12
31007	HEALTHY REQUEST Tomato juice	0.80	0.00	4.53
31008	CAMPBELL'S, V8 100% Vegetable Juice	0.80	0.00	4.12
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0.80	--	4.53
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	0.80	0.00	4.53
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	0.80	--	4.12
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	0.80	0.00	4.12
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0.80	0.00	4.53
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	0.80	1.68	31.89
32028	Turnover, filled with egg, meat and cheese, frozen	0.80	4.30	20.67
36020	T.G.I. FRIDAY'S, chicken fingers	0.80	4.90	16.84
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.80	9.82	13.59
36629	Restaurant, Chinese, orange chicken	0.80	3.47	22.46
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.80	2.70	26.11
43004	Babyfood, dessert, banana pudding, strained	0.80	0.28	14.14
43365	Tomato and vegetable juice, low sodium	0.80	0.02	4.59
44110	Jellies, reduced sugar, home preserved	0.80	0.00	46.10
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.80	0.12	84.66
18419	Cake, pudding-type, white, unenriched, dry mix	0.70	4.09	81.00
18529	ARCHWAY Home Style Cookies, Frosty Lemon	0.70	5.75	64.78
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.70	6.79	47.84
19090	Ice creams, french vanilla, soft-serve	0.70	3.49	22.20
19095	Ice creams, vanilla	0.70	2.97	23.60
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.70	2.87	77.75
19137	Toppings, strawberry	0.70	0.01	66.30
19194	Puddings, rice, dry mix	0.70	--	91.20
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	0.70	--	68.49
19303	Marmalade, orange	0.70	0.00	66.30
19387	Frozen novelties, ice type, pineapple-coconut	0.70	0.11	23.90
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	0.70	--	21.70
21008	Fast foods, biscuit, with ham	0.70	4.28	38.75
21059	Fast foods, shrimp, breaded and fried	0.70	11.90	27.99
21092	Fast foods, cheeseburger; double, regular patty; plain	0.70	5.79	20.80

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.70	0.79	20.34
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.70	2.66	15.95
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.70	0.79	20.34
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.70	2.84	15.95
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.70	12.02	23.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0.70	6.67	24.79
22951	SWANSON, Chicken A La King	0.70	--	4.03
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.70	0.50	22.46
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.70	4.67	16.24
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.70	1.42	23.54
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0.70	0.41	4.28
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	0.70	0.33	2.62
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	0.70	--	9.18
27052	Dip, salsa con queso, cheese and salsa- medium	0.70	2.76	11.14
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.70	0.01	7.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.70	3.32	20.29
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.70	2.82	15.58
36633	Restaurant, Chinese, sesame chicken	0.70	3.55	26.88
43026	Syrups, sugar free	0.70	0.00	12.13
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.70	0.46	12.13
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.70	0.46	12.13
01236	Ice cream, soft serve, chocolate	0.70	3.49	22.20
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.70	0.02	11.62
03089	Babyfood, dinner, macaroni and cheese, strained	0.70	0.58	8.95
03227	Babyfood, dessert, peach cobbler, strained	0.70	0.00	17.80
03228	Babyfood, dessert, peach cobbler, junior	0.70	0.00	18.30
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.70	0.11	20.30
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.70	1.29	6.67
04015	Salad dressing, russian dressing	0.70	5.93	31.90
06025	Soup, chicken vegetable, canned, condensed	0.70	1.04	7.01
06030	Soup, clam chowder, new england, canned, condensed	0.70	0.00	10.32
06043	Soup, cream of mushroom, canned, condensed	0.70	1.22	6.80
06045	Soup, onion, canned, condensed	0.70	0.61	6.68
06151	Sauce, plum, ready-to-serve	0.70	0.24	42.81
06463	Soup, tomato rice, canned, prepared with equal volume water	0.70	0.24	8.54

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.70	0.22	5.35
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	0.70	0.66	5.57
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	0.70	--	3.61
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	0.70	--	10.16
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	0.70	--	3.28
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	0.70	--	9.84
06961	Sauce, peppers, hot, chili, mature red, canned	0.70	0.41	3.90
06985	Gravy, HEINZ Home Style, savory beef	0.70	0.43	6.24
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0.70	0.24	86.22
08100	Cereals, CREAM OF RICE, dry	0.70	0.16	82.40
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.70	0.06	13.86
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.70	0.06	13.86
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0.70	0.25	86.04
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.70	0.03	11.74
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.70	0.06	10.10
09153	Lemon juice from concentrate, canned or bottled	0.70	0.01	5.62
09185	Melon balls, frozen	0.70	0.01	7.94
09219	Tangerines, (mandarin oranges), canned, juice pack	0.70	0.00	9.57
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.70	0.02	16.19
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.70	0.01	44.30
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.70	0.04	12.53
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.70	0.01	5.66
11204	Cress, garden, cooked, boiled, drained, without salt	0.70	0.20	3.80
11206	Cucumber, peeled, raw	0.70	0.00	2.16
11530	Tomatoes, red, ripe, cooked	0.70	0.02	4.01
11658	Spinach souffle	0.70	3.02	5.90
11696	Tomatoes, yellow, raw	0.70	0.04	2.98
11781	Cress, garden, cooked, boiled, drained, with salt	0.70	0.20	3.80
11884	Tomatoes, red, ripe, cooked, with salt	0.70	0.02	4.01
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.70	0.14	15.41
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.70	0.00	5.77
14257	Beverages, OCEAN SPRAY, Light Cranberry	0.70	0.00	4.72
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.70	0.01	5.78
14370	Beverages, tea, instant, lemon, sweetened, powder	0.70	0.03	98.55
15011	Fish, catfish, channel, cooked, breaded and fried	0.70	5.61	8.04

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.70	0.04	8.24
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.70	0.04	5.59
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.70	6.56	46.32
18135	Cake, pudding-type, white, enriched, dry mix	0.70	4.09	80.90
18142	Cake, pudding-type, yellow, dry mix	0.70	5.50	80.00
18146	Cake, yellow, prepared from recipe without frosting	0.70	6.23	53.00
18304	Pie, banana cream, prepared from recipe	0.70	5.72	32.90
01285	Yogurt, Greek, strawberry, nonfat	0.60	0.03	12.07
03072	Babyfood, dinner, chicken stew, toddler	0.60	1.70	6.40
03226	Babyfood, dessert, fruit pudding, orange, strained	0.60	0.26	17.70
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.60	0.00	16.00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.60	0.00	17.20
03681	Babyfood, cereal, barley, prepared with whole milk	0.60	0.80	9.94
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.60	0.74	13.00
04636	Salad dressing, italian dressing, fat-free	0.60	0.24	8.75
05312	Chicken, wing, frozen, glazed, barbecue flavored	0.60	5.77	3.34
06009	Soup, beef noodle, canned, condensed	0.60	0.99	7.16
06010	Soup, cream of celery, canned, condensed	0.60	1.03	7.03
06015	Soup, chicken, canned, chunky, ready-to-serve	0.60	1.18	6.88
06070	Soup, chunky beef, canned, ready-to-serve	0.60	0.46	10.08
06169	Sauce, ready-to-serve, pepper, TABASCO	0.60	0.06	0.80
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.60	0.44	8.10
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.60	1.28	6.59
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.60	0.15	4.77
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.60	0.69	8.44
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	0.60	2.46	5.60
06964	Soup, tomato, low sodium, with water	0.60	0.09	6.57
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	0.60	1.56	9.00
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	0.60	0.40	7.80
07900	Turkey, pork, and beef sausage, low fat, smoked	0.60	1.03	11.54
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.60	0.03	13.08
09036	Apricot nectar, canned, without added ascorbic acid	0.60	0.04	14.39
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.60	0.00	10.30
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.60	0.00	19.65
09229	Papaya nectar, canned	0.60	0.04	14.51

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09251	Peach nectar, canned, without added ascorbic acid	0.60	0.01	13.92
09262	Pear nectar, canned, without added ascorbic acid	0.60	0.00	15.76
09403	Apricot nectar, canned, with added ascorbic acid	0.60	0.04	14.39
09407	Peach nectar, canned, with added ascorbic acid	0.60	0.01	13.92
09408	Pear nectar, canned, with added ascorbic acid	0.60	0.00	15.76
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.60	0.04	11.51
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.60	0.06	13.04
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.60	0.05	12.37
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.60	0.03	11.05
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.60	0.02	11.66
11266	Mushrooms, brown, italian, or crimini, raw	0.60	0.00	4.30
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.60	0.00	4.30
14217	Beverages, OCEAN SPRAY, Cran Grape	0.60	0.00	13.16
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.60	0.00	13.68
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.60	0.00	0.80
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.60	0.00	11.98
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.60	0.00	11.96
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.60	0.00	11.12
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.60	0.00	0.70
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.60	0.00	12.56
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.60	0.00	12.76
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.60	0.00	11.88
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.60	0.00	11.58
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.60	0.08	5.61
16120	Soymilk, original and vanilla, unfortified	0.60	0.40	6.28
16160	Tofu, hard, prepared with nigari	0.60	2.20	4.39
16210	Vitasoy USA, Nasoya Lite Firm Tofu	0.60	0.30	1.30
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0.60	0.26	3.85
16251	SILK Vanilla soy yogurt (single serving size)	0.60	--	14.71
16253	SILK Strawberry soy yogurt	0.60	--	18.24
16254	SILK Raspberry soy yogurt	0.60	--	17.65
16255	SILK Peach soy yogurt	0.60	--	18.82
16256	SILK Black Cherry soy yogurt	0.60	--	17.06
16257	SILK Blueberry soy yogurt	0.60	--	17.06
16258	SILK Key Lime soy yogurt	0.60	--	17.65

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
16259	SILK Banana-Strawberry soy yogurt	0.60	--	17.06
16271	Vitasoy USA Organic Nasoya, Soft Tofu	0.60	0.70	0.74
16277	Vitasoy USA Azumaya, Firm Tofu	0.60	1.20	1.52
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.60	3.02	53.64
18303	Pie, banana cream, prepared from mix, no-bake type	0.60	4.56	31.60
18328	Pie, vanilla cream, prepared from recipe	0.60	6.04	32.60
19092	Candies, TWIZZLERS NIBS CHERRY BITS	0.60	1.88	79.37
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.60	5.03	16.07
19206	Puddings, vanilla, dry mix, regular	0.60	0.03	93.50
19314	Pie fillings, canned, cherry	0.60	0.02	28.00
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	0.60	--	28.39
19909	Sweeteners, sugar substitute, granulated, brown	0.60	--	84.77
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.60	0.07	26.76
21002	Fast foods, biscuit, with egg	0.60	6.67	23.46
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	0.60	6.72	22.04
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	0.60	6.72	22.04
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.60	9.80	13.52
27046	Sauce, duck, ready-to-serve	0.60	0.02	60.61
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.60	2.18	10.65
27054	Dip, TOSTITOS, salsa con queso, medium	0.60	2.21	11.72
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.60	0.05	5.04
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.60	1.13	22.03
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.60	1.54	25.67
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.60	0.29	3.20
43006	Babyfood, fruit, tutti frutti, strained	0.60	0.11	15.48
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.60	0.05	10.68
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.60	0.63	8.89
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.60	4.98	30.90
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	0.50	--	20.75
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	0.50	--	21.92
21003	Fast foods, biscuit, with egg and bacon	0.50	8.96	19.06
21020	Fast foods, english muffin, with cheese and sausage	0.50	7.90	25.28
21101	Fast foods, cheeseburger; triple, regular patty; plain	0.50	6.56	16.16
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.50	9.13	11.20
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.50	6.45	7.59

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
22247	Macaroni and Cheese, canned entree	0.50	0.60	11.52
22911	Chili, no beans, canned entree	0.50	2.47	6.10
27001	Soup, hot and sour, Chinese restaurant	0.50	0.29	4.35
27049	Sauce, tartar, ready-to-serve	0.50	3.60	13.30
27058	Sauce, barbecue, OPEN PIT, original	0.50	--	29.45
27063	Sauce, enchilada, red, mild, ready to serve	0.50	0.07	4.87
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.50	8.25	74.61
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.50	1.02	24.92
42150	Babyfood, apple yogurt dessert, strained	0.50	0.44	19.50
42266	Babyfood, juice, apple-sweet potato	0.50	0.01	11.40
43015	Salad dressing, caesar dressing, regular	0.50	13.50	3.30
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.50	1.70	59.94
43539	Babyfood, dessert, banana yogurt, strained	0.50	0.12	17.35
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.50	0.02	12.72
01286	Yogurt, Greek, vanilla, nonfat	0.50	0.04	10.37
03017	Babyfood, meat, turkey sticks, junior	0.50	4.67	1.40
03048	Babyfood, macaroni and cheese, toddler	0.50	0.70	11.20
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.50	1.94	11.28
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0.50	6.74	3.36
06068	Soup, vegetarian vegetable, canned, condensed	0.50	0.68	9.78
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.50	0.36	9.82
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.50	0.26	2.97
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.50	0.07	7.45
06930	Sauce, cheese, ready-to-serve	0.50	3.82	6.83
07011	Bologna, turkey	0.50	6.84	4.68
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.50	0.26	3.51
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.50	0.10	91.30
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.50	0.03	10.52
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.50	0.03	10.66
09437	Tamarind nectar, canned	0.50	--	14.73
11205	Cucumber, with peel, raw	0.50	0.00	3.63
11218	Gourd, white-flowered (calabash), raw	0.50	0.00	3.39
11422	Pumpkin, raw	0.50	0.01	6.50
11442	Seaweed, agar, raw	0.50	0.00	6.75
11578	Vegetable juice cocktail, canned	0.50	0.06	3.87

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
11585	Vegetable juice cocktail, low sodium, canned	0.50	0.06	3.83
11591	Watercress, raw	0.50	0.01	1.29
11669	Seaweed, wakame, raw	0.50	0.06	9.14
14194	Beverages, Cocoa mix, powder, prepared with water	0.50	0.18	11.54
14222	Beverages, coffee, instant, with chicory	0.50	0.02	78.90
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.50	0.83	11.20
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.50	0.28	15.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.50	0.01	86.09
16125	Soy sauce made from hydrolyzed vegetable protein	0.50	0.06	7.84
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0.50	0.39	1.74
18087	Cake, angelfood, dry mix	0.50	0.02	86.13
18095	Cake, cherry fudge with chocolate frosting	0.50	4.40	38.00
18133	Cake, sponge, commercially prepared	0.50	0.95	61.00
18314	Pie, coconut cream, prepared from mix, no-bake type	0.50	6.55	28.50
01200	Reddi Wip Fat Free Whipped Topping	0.40	1.25	25.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.40	0.02	12.53
03267	Babyfood, juice, fruit punch, with calcium	0.40	0.00	12.70
03269	Babyfood, juice, apple, with calcium	0.40	0.00	11.10
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.40	0.86	10.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.40	0.86	10.00
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0.40	7.40	22.40
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.40	13.28	4.77
04703	Salad dressing, honey mustard, regular	0.40	11.46	23.33
06001	Soup, cream of asparagus, canned, condensed	0.40	0.75	8.52
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.40	0.60	5.41
06046	Soup, cream of onion, canned, condensed	0.40	1.67	10.40
06116	Gravy, beef, canned, ready-to-serve	0.40	0.96	4.81
06121	Gravy, mushroom, canned	0.40	1.17	5.47
06125	Gravy, turkey, canned, ready-to-serve	0.40	0.90	5.10
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	0.40	--	7.50
06211	Soup, cheese, canned, prepared with equal volume milk	0.40	1.63	6.47
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	0.40	0.57	7.46
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	0.40	--	7.35
06307	Sauce, barbecue, KRAFT, original	0.40	0.09	40.77
06411	Soup, cheese, canned, prepared with equal volume water	0.40	1.20	4.26

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06440	Soup, minestrone, canned, prepared with equal volume water	0.40	0.29	4.66
06446	Soup, cream of onion, canned, prepared with equal volume water	0.40	0.86	5.20
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	0.40	--	4.08
06498	Soup, tomato, dry, mix, prepared with water	0.40	0.24	7.17
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	0.40	--	5.71
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	0.40	--	6.94
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	0.40	--	4.49
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.40	--	9.50
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0.40	0.90	8.76
07944	Turkey, white, rotisserie, deli cut	0.40	0.59	7.70
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.40	0.59	85.05
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	0.40	1.20	85.59
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	0.40	0.30	86.40
08510	Milk and cereal bar	0.40	1.19	72.05
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0.40	0.01	9.22
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.40	0.06	11.16
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.40	0.02	41.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.40	0.01	9.15
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.40	0.01	9.21
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.40	0.01	15.44
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.40	0.06	34.56
09154	Lemon juice, frozen, unsweetened, single strength	0.40	0.01	6.50
09160	Lime juice, raw	0.40	0.01	8.42
09161	Lime juice, canned or bottled, unsweetened	0.40	0.02	6.69
09326	Watermelon, raw	0.40	0.04	7.55
11349	Poi	0.40	0.01	27.23
11540	Tomato juice, canned, with salt added	0.40	0.00	3.53
11886	Tomato juice, canned, without salt added	0.40	0.00	3.53
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.40	0.62	6.59
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.40	2.10	0.85
14054	Beverages, almond milk, chocolate, ready-to-drink	0.40	0.62	9.38
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	0.40	--	8.54
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.40	0.73	1.25
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.40	0.78	8.68
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.40	0.83	11.91

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14187	Beverages, Clam and tomato juice, canned	0.40	0.00	10.95
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.40	0.01	1.30
14268	Beverages, Fruit punch drink, frozen concentrate	0.40	0.00	41.40
14287	Beverages, Lemonade, powder	0.40	0.11	97.57
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.40	0.82	11.19
14407	Beverages, orange-flavor drink, breakfast type, powder	0.40	0.00	98.94
14428	Beverages, shake, fast food, strawberry	0.40	--	18.90
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.40	0.74	11.87
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.40	0.47	12.08
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.40	5.32	7.54
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.40	3.81	11.47
16166	Soymilk, chocolate, unfortified	0.40	0.38	9.95
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.40	0.38	9.95
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	0.40	--	4.50
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	0.40	0.50	4.50
16223	Soymilk (All flavors), enhanced	0.40	0.41	3.45
16235	SILK Plain, soymilk	0.40	--	3.29
16236	SILK Vanilla, soymilk	0.40	--	4.12
16238	SILK Light Plain, soymilk	0.40	--	3.29
16239	SILK Light Vanilla, soymilk	0.40	--	4.12
16241	SILK Plus Omega-3 DHA, soymilk	0.40	--	3.29
16244	SILK Unsweetened, soymilk	0.40	--	1.65
16245	SILK Very Vanilla, soymilk	0.40	--	7.82
16250	SILK Vanilla soy yogurt (family size)	0.40	--	13.66
16252	SILK Plain soy yogurt	0.40	--	9.69
18147	Cheesecake commercially prepared	0.40	8.63	25.50
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.40	0.56	18.89
19366	Toppings, pineapple	0.40	0.03	66.40
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	0.40	--	26.06
20045	Rice, white, long-grain, regular, enriched, cooked	0.40	0.09	28.17
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.40	0.09	28.17
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.40	0.09	28.17
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.40	0.09	28.17
21004	Fast foods, biscuit, with egg and ham	0.40	5.71	16.37
21009	Fast foods, biscuit, with sausage	0.40	12.16	29.99

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.40	2.72	21.67
21336	McDONALD'S, Hot Fudge Sundae	0.40	1.04	30.05
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.40	2.19	24.65
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.40	7.28	9.83
22919	Macaroni and Cheese, canned, microwavable	0.40	1.77	13.96
27000	Soup, egg drop, Chinese restaurant	0.40	0.19	4.29
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	0.40	0.41	6.94
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	0.40	0.00	2.88
42119	Babyfood, banana juice with low fat yogurt	0.40	0.22	17.54
42120	Babyfood, mixed fruit juice with low fat yogurt	0.40	0.22	14.68
42230	Salad Dressing, coleslaw dressing, reduced fat	0.40	8.60	40.00
42267	Babyfood, juice, orange-carrot	0.40	0.01	9.90
43007	Babyfood, fruit, tutti frutti, junior	0.40	0.15	16.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	0.40	0.31	66.20
43523	Babyfood, mixed fruit yogurt, strained	0.40	0.22	16.23
43536	Babyfood, dessert, peach yogurt	0.40	0.05	17.60
43537	Babyfood, dessert, blueberry yogurt, strained	0.40	0.19	17.05
19088	Ice creams, vanilla, light	0.30	1.28	29.46
19193	Puddings, rice, ready-to-eat	0.30	0.56	18.39
19235	Puddings, chocolate, ready-to-eat, fat free	0.30	0.00	20.87
19320	Puddings, banana, dry mix, regular	0.30	0.03	93.00
19706	Puddings, banana, dry mix, regular, with added oil	0.30	1.48	88.40
19719	Jams and preserves, apricot	0.30	0.00	64.40
20051	Rice, white, medium-grain, enriched, cooked	0.30	0.06	28.59
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.30	3.67	15.49
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.30	15.35	16.75
36605	CRACKER BARREL, country fried shrimp platter	0.30	3.79	21.40
43535	Babyfood, juice, apple - cherry	0.30	0.00	11.20
01110	Milk shakes, thick chocolate	0.30	0.78	21.15
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	0.30	--	9.20
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.30	0.06	8.09
03090	Babyfood, dinner, macaroni and cheese, junior	0.30	0.53	8.20
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.30	0.10	17.80
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.30	0.07	18.40
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.30	0.92	13.22

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
04022	Salad dressing, russian dressing, low calorie	0.30	0.90	27.60
04688	Salad dressing, spray-style dressing, assorted flavors	0.30	--	16.60
04704	Salad dressing, poppyseed, creamy	0.30	8.21	23.73
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.30	7.09	9.42
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.30	5.46	8.99
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0.30	6.43	8.28
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0.30	6.58	8.72
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0.30	6.70	9.08
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0.30	8.96	10.94
05324	Chicken patty, frozen, cooked	0.30	8.34	12.84
06167	Sauce, homemade, white, thick	0.30	5.85	11.61
06168	Sauce, ready-to-serve, pepper or hot	0.30	0.03	1.75
06176	Sauce, oyster, ready-to-serve	0.30	0.07	10.92
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.30	0.84	6.61
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.30	1.60	5.20
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.30	0.99	5.86
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.30	0.27	7.46
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.30	0.88	5.76
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.30	1.32	7.40
06409	Soup, beef noodle, canned, prepared with equal volume water	0.30	0.50	3.58
06410	Soup, cream of celery, canned, prepared with equal volume water	0.30	0.53	3.62
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.30	0.37	2.92
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0.30	0.00	5.05
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.30	0.41	4.80
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.30	0.60	3.33
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0.30	0.58	3.81
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.30	0.33	3.54
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.30	0.34	4.89
06494	Soup, onion, dry, mix, prepared with water	0.30	0.00	2.77
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	0.30	--	6.89
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	0.30	--	3.28
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	0.30	--	3.28
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	0.30	--	5.25
06977	Gravy, meat or poultry, low sodium, prepared	0.30	1.07	6.16
07018	Chicken spread	0.30	4.80	4.05

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
07021	Dutch brand loaf, chicken, pork and beef	0.30	11.13	3.93
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0.30	3.88	10.92
07929	Sausage, turkey, hot, smoked	0.30	2.38	4.65
07951	Scrapple, pork	0.30	6.16	14.06
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0.30	0.01	10.09
09002	Acerola juice, raw	0.30	0.08	4.80
09152	Lemon juice, raw	0.30	0.01	6.90
09207	Orange juice, canned, unsweetened	0.30	0.02	11.01
09209	Orange juice, chilled, includes from concentrate	0.30	0.02	11.54
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.30	0.02	11.27
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.30	0.02	11.27
09436	Mango nectar, canned	0.30	0.02	13.12
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.30	0.02	11.54
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.30	0.01	11.49
11446	Seaweed, laver, raw	0.30	0.02	5.11
11935	Catsup	0.30	0.02	27.40
11949	Catsup, low sodium	0.30	0.02	27.40
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.30	0.08	22.66
14182	Beverages, chocolate syrup, prepared with whole milk	0.30	0.74	12.78
14292	Lemonade, frozen concentrate, white	0.30	0.01	49.89
14542	Lemonade, frozen concentrate, pink	0.30	0.01	48.86
14639	Beverages, rice milk, unsweetened	0.30	0.62	9.17
16214	Vitasoy USA, Organic Nasoya Silken Tofu	0.30	0.60	1.40
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.30	0.20	3.51
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.30	0.03	14.44
16427	Tofu, raw, regular, prepared with calcium sulfate	0.30	1.06	1.87
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.30	3.39	9.91
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.30	7.56	56.20
01013	Cheese, cottage, creamed, with fruit	0.20	1.04	4.61
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	0.20	--	16.20
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	0.20	--	11.70
03014	Babyfood, meat, chicken sticks, junior	0.20	6.27	1.50
03021	Babyfood, meat, meat sticks, junior	0.20	6.48	1.10
03167	Babyfood, apple-banana juice	0.20	0.00	12.30
03213	Babyfood, cookies	0.20	5.99	67.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03214	Babyfood, cookies, arrowroot	0.20	7.92	75.40
03222	Babyfood, cherry cobbler, junior	0.20	0.02	19.20
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.20	0.36	17.58
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.20	16.66	9.39
04705	Salad dressing, caesar, fat-free	0.20	0.04	30.73
06056	Soup, cream of shrimp, canned, condensed	0.20	1.19	6.53
06147	Soup, beef mushroom, canned, condensed	0.20	1.00	5.20
06166	Sauce, homemade, white, medium	0.20	4.42	9.17
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.20	0.70	6.92
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0.20	0.75	11.73
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.20	0.39	4.38
06453	Soup, cream of potato, canned, prepared with equal volume water	0.20	0.23	4.70
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.20	0.55	3.58
06558	Soup, tomato bisque, canned, prepared with equal volume water	0.20	0.28	9.60
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.20	0.42	2.95
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.20	0.70	4.53
06978	Soup, beef and mushroom, low sodium, chunk style	0.20	0.39	9.58
06981	Soup, bouillon cubes and granules, low sodium, dry	0.20	5.36	64.88
07073	Sandwich spread, pork, beef	0.20	7.58	11.94
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	0.20	15.48	2.60
07912	Roast beef spread	0.20	5.59	3.73
07913	Salami, pork, beef, less sodium	0.20	13.32	15.38
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	0.20	13.68	1.82
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.20	0.01	11.30
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.20	0.00	14.77
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.20	0.00	14.77
09206	Orange juice, raw	0.20	0.04	10.40
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.20	0.01	8.47
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.20	0.01	8.80
09221	Tangerine juice, raw	0.20	0.04	10.10
09223	Tangerine juice, canned, sweetened	0.20	0.02	12.00
09232	Passion-fruit juice, purple, raw	0.20	0.01	13.60
09233	Passion-fruit juice, yellow, raw	0.20	0.02	14.45
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.20	0.01	12.87
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.20	0.00	12.67

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.20	0.01	11.30
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.20	0.01	12.87
09443	Juice, apple and grape blend, with added ascorbic acid	0.20	0.00	12.46
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.20	0.00	12.96
09452	Orange Pineapple Juice Blend	0.20	0.01	12.20
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.20	--	12.18
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.20	0.00	14.77
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0.20	0.01	10.53
12116	Nuts, coconut cream, canned, sweetened	0.20	0.68	53.21
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0.20	0.88	2.06
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.20	0.01	9.20
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.20	0.01	40.20
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.20	0.00	11.94
14405	Beverages, fruit punch juice drink, frozen concentrate	0.20	0.09	43.10
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.20	0.23	42.90
14430	Cranberry juice cocktail, frozen concentrate	0.20	--	51.45
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.20	0.81	1.18
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.20	0.38	4.92
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.20	0.00	4.14
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.20	0.00	8.51
16278	Vitasoy USA Azumaya, Silken Tofu	0.20	0.50	0.58
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.20	2.16	9.84
18088	Cake, angelfood, dry mix, prepared	0.20	0.03	58.70
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.20	0.00	27.70
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.20	0.00	24.10
18373	Leavening agents, cream of tartar	0.20	0.00	61.50
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.20	1.03	80.89
19087	Candies, white chocolate	0.20	9.10	59.24
19108	Candies, jellybeans	0.20	0.00	93.55
19198	Puddings, tapioca, dry mix	0.20	--	94.30
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.20	0.52	17.80
19296	Honey	0.20	0.00	82.40
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.20	0.88	17.70
19709	Puddings, tapioca, dry mix, with no added salt	0.20	--	94.30
19875	Ice creams, BREYERS, All Natural Light Vanilla	0.20	--	25.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
19876	Ice creams, BREYERS, All Natural Light French Vanilla	0.20	--	26.03
19912	Sweetener, syrup, agave	0.20	0.00	76.37
21005	Fast Foods, biscuit, with egg and sausage	0.20	9.98	21.05
21007	Fast foods, biscuit, with egg, cheese, and bacon	0.20	8.04	24.44
21022	Fast foods, english muffin, with egg, cheese, and sausage	0.20	6.76	17.44
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.20	1.67	26.82
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.20	6.03	22.64
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.20	5.00	22.99
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.20	1.67	26.82
25043	Snacks, candy bits, yogurt covered with vitamin C	0.20	0.98	86.90
27002	Soup, wonton, Chinese restaurant	0.20	0.08	5.25
42140	Salad dressing, italian dressing, reduced calorie	0.20	4.66	6.70
42270	Beverages, Orange juice drink	0.20	0.01	13.41
43331	Salad dressing, bacon and tomato	0.20	8.42	2.00
43476	Tofu yogurt	0.20	0.40	15.96
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.10	15.65	50.20
19018	Fruit syrup	0.10	0.00	85.13
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.10	1.93	87.73
19067	Candies, TWIZZLERS CHERRY BITES	0.10	0.49	79.38
19076	Candies, caramels, chocolate-flavor roll	0.10	1.93	87.73
19106	Candies, gumdrops, starch jelly pieces	0.10	0.00	98.90
19116	Candies, marshmallows	0.10	0.08	81.30
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0.10	0.00	80.21
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.10	0.62	19.20
19195	Puddings, rice, dry mix, prepared with whole milk	0.10	0.77	20.68
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.10	0.71	18.92
19208	Puddings, rice, dry mix, prepared with 2% milk	0.10	0.44	20.81
19244	Frostings, vanilla, creamy, dry mix	0.10	--	93.80
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.10	0.96	19.10
19332	Puddings, lemon, dry mix, regular	0.10	--	91.80
19361	Syrups, table blends, cane and 15% maple	0.10	0.03	69.52
19365	Toppings, marshmallow cream	0.10	0.08	79.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.10	3.94	74.28
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.10	0.44	90.30
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.10	1.21	26.36

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.10	1.21	26.36
21339	McDONALD'S, McFLURRY with OREO cookies	0.10	1.72	25.55
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	0.10	7.75	6.85
21413	Light Ice Cream, soft serve, blended with cookie pieces	0.10	1.72	25.55
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.10	6.01	6.03
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.10	8.48	8.68
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.10	9.75	11.19
27050	Sauce, sweet and sour, ready-to-serve	0.10	0.00	38.22
32020	Chicken, thighs, frozen, breaded, reheated	0.10	10.12	14.23
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.10	0.00	87.38
42280	Frankfurter, meat and poultry, low fat	0.10	1.19	8.40
43016	Salad dressing, coleslaw	0.10	9.00	23.80
43017	Salad dressing, green goddess, regular	0.10	9.42	7.36
43021	Salad dressing, caesar, low calorie	0.10	1.12	18.60
43125	Beans, liquid from stewed kidney beans	0.10	1.54	2.80
43273	Cheese, cottage, with vegetables	0.10	1.19	3.00
43346	Frozen novelties, juice type, orange	0.10	0.00	23.17
43382	Cranberry juice, unsweetened	0.10	0.02	12.20
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.10	0.00	4.70
43408	Babyfood, juice, pear	0.10	0.00	11.86
43450	Frozen novelties, juice type, juice with cream	0.10	0.00	24.11
44018	Sweeteners, tabletop, fructose, liquid	0.10	0.00	76.10
01043	Cheese, pasteurized process, pimento	0.10	8.94	1.73
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.10	0.54	9.86
01164	Cheese sauce, prepared from recipe	0.10	4.74	5.48
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	0.10	--	6.50
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.10	0.57	16.30
03166	Babyfood, juice, apple	0.10	0.00	11.70
03168	Babyfood, juice, apple and peach	0.10	0.00	10.50
03170	Babyfood, juice, apple and plum	0.10	0.00	12.30
03171	Babyfood, juice, apple and prune	0.10	0.01	18.10
03172	Babyfood, juice, orange	0.10	0.05	10.20
03174	Babyfood, juice, orange and apple and banana	0.10	0.01	11.50
03175	Babyfood, juice, orange and apricot	0.10	0.02	10.90
03177	Babyfood, juice, orange and pineapple	0.10	0.01	11.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03179	Babyfood, juice, mixed fruit	0.10	0.01	11.70
03265	Babyfood, juice, apple and grape	0.10	0.01	11.34
03268	Babyfood, juice, apple and cherry	0.10	0.01	9.90
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.10	0.83	10.49
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	0.10	--	8.50
04638	Salad dressing, ranch dressing, fat-free	0.10	0.39	26.51
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.10	5.89	3.15
05012	Chicken, broilers or fryers, meat only, cooked, fried	0.10	3.35	1.69
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.10	4.80	1.82
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.10	3.50	1.64
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0.10	5.42	1.63
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0.10	5.68	2.50
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0.10	5.87	3.18
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0.10	8.89	2.39
06044	Soup, mushroom with beef stock, canned, condensed	0.10	1.12	7.41
06112	Sauce, teriyaki, ready-to-serve	0.10	0.00	15.56
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.10	1.03	5.29
06165	Sauce, homemade, white, thin	0.10	2.67	7.40
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0.10	0.00	15.58
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.10	1.80	6.04
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.10	1.15	5.64
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.10	1.34	3.80
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.10	0.60	3.27
06483	Soup, cream of chicken, dry, mix, prepared with water	0.10	0.45	5.11
06528	Soup, chicken noodle, dry, mix, prepared with water	0.10	0.20	3.67
06547	Soup, beef mushroom, canned, prepared with equal volume water	0.10	0.51	2.60
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.10	1.65	3.80
07052	Pastrami, turkey	0.10	1.93	3.34
07070	Salami, cooked, turkey	0.10	3.17	1.55
07089	Sausage, Italian, pork, cooked	0.10	17.11	4.27
07939	Frankfurter, pork	0.10	10.89	0.28
07979	Sausage, pork, turkey, and beef, reduced sodium	0.10	4.38	0.11
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.10	0.03	11.40
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.10	0.03	11.50
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.10	0.00	11.54

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
09043	Blackberry juice, canned	0.10	0.06	7.80
09124	Grapefruit juice, white, canned, sweetened	0.10	0.01	11.13
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.10	0.02	9.73
09128	Grapefruit juice, white, raw	0.10	0.01	9.20
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.10	0.02	10.28
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.10	0.00	11.54
09434	Guanabana nectar, canned	0.10	0.05	14.93
09442	Pomegranate juice, bottled	0.10	0.06	13.13
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.10	0.00	10.91
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.10	0.01	6.94
14015	Alcoholic beverage, pina colada, canned	0.10	0.44	27.60
14027	Alcoholic beverage, whiskey sour, canned	0.10	--	13.40
14240	Beverages, cranberry-apricot juice drink, bottled	0.10	0.00	16.20
14241	Beverages, cranberry-grape juice drink, bottled	0.10	0.00	14.00
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.10	0.00	11.42
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.10	0.00	11.66
14282	Beverages, grape juice drink, canned	0.10	0.00	14.55
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.10	2.16	71.21
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.10	0.90	10.23
14327	Beverages, orange and apricot juice drink, canned	0.10	0.03	12.70
14334	Beverages, pineapple and grapefruit juice drink, canned	0.10	0.01	11.60
14341	Beverages, pineapple and orange juice drink, canned	0.10	0.00	11.80
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.10	0.00	8.61
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.10	0.00	12.65
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.10	0.96	5.60
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.10	0.00	39.00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.10	0.00	13.20
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.10	0.00	10.81
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.10	0.00	13.16
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.10	0.00	11.35
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.10	4.82	0.54
16161	MORI-NU, Tofu, silken, soft	0.10	0.52	2.90
16162	MORI-NU, Tofu, silken, firm	0.10	0.54	2.40
16163	MORI-NU, Tofu, silken, extra firm	0.10	0.34	2.00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	0.10	0.20	4.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01001	Butter, salted	0.00	21.02	0.06
01002	Butter, whipped, with salt	0.00	19.87	2.87
01003	Butter oil, anhydrous	--	28.73	0.00
01004	Cheese, blue	0.00	7.78	2.34
01005	Cheese, brick	0.00	8.60	2.79
01006	Cheese, brie	0.00	8.01	0.45
01007	Cheese, camembert	0.00	7.02	0.46
01008	Cheese, caraway	0.00	8.28	3.06
01009	Cheese, cheddar	0.00	9.25	3.09
01010	Cheese, cheshire	0.00	8.67	4.78
01011	Cheese, colby	0.00	9.28	2.57
01012	Cheese, cottage, creamed, large or small curd	0.00	0.78	3.38
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.00	0.08	6.66
01015	Cheese, cottage, lowfat, 2% milkfat	0.00	0.52	4.76
01016	Cheese, cottage, lowfat, 1% milkfat	0.00	0.29	2.72
01017	Cheese, cream	0.00	8.91	5.52
01018	Cheese, edam	0.00	8.12	1.43
01019	Cheese, feta	0.00	4.62	4.09
01020	Cheese, fontina	0.00	8.69	1.55
01021	Cheese, gjetost	0.00	7.88	42.65
01022	Cheese, gouda	0.00	7.75	2.22
01023	Cheese, gruyere	0.00	10.04	0.36
01024	Cheese, limburger	0.00	8.61	0.49
01025	Cheese, monterey	0.00	8.75	0.68
01026	Cheese, mozzarella, whole milk	0.00	6.57	2.19
01027	Cheese, mozzarella, whole milk, low moisture	0.00	7.03	2.47
01028	Cheese, mozzarella, part skim milk	0.00	4.51	2.77
01029	Cheese, mozzarella, low moisture, part-skim	0.00	5.74	5.58
01030	Cheese, muenster	0.00	8.71	1.12
01031	Cheese, neufchatel	0.00	5.78	3.59
01032	Cheese, parmesan, grated	0.00	7.13	13.91
01033	Cheese, parmesan, hard	0.00	7.52	3.22
01034	Cheese, port de salut	0.00	9.34	0.57
01035	Cheese, provolone	0.00	7.39	2.14
01036	Cheese, ricotta, whole milk	0.00	3.63	3.04

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01037	Cheese, ricotta, part skim milk	0.00	2.31	5.14
01038	Cheese, romano	0.00	7.84	3.63
01039	Cheese, roquefort	0.00	8.47	2.00
01040	Cheese, swiss	0.00	8.05	1.44
01041	Cheese, tilsit	0.00	7.14	1.88
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.00	8.24	4.78
01044	Cheese, pasteurized process, swiss	0.00	7.05	2.10
01045	Cheese food, cold pack, American	0.00	7.16	8.32
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.00	6.85	8.56
01047	Cheese food, pasteurized process, swiss	0.00	6.80	4.50
01048	Cheese spread, pasteurized process, American	0.00	6.22	8.73
01049	Cream, fluid, half and half	0.00	3.32	4.73
01050	Cream, fluid, light (coffee cream or table cream)	0.00	4.52	2.82
01052	Cream, fluid, light whipping	0.00	9.09	2.96
01053	Cream, fluid, heavy whipping	0.00	9.10	2.74
01054	Cream, whipped, cream topping, pressurized	0.00	6.42	12.49
01055	Cream, sour, reduced fat, cultured	0.00	3.47	4.26
01056	Cream, sour, cultured	0.00	4.59	4.63
01057	Eggnog	0.00	1.30	8.05
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.00	1.96	4.68
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.00	1.78	4.74
01060	Milk, filled, fluid, with lauric acid oil	0.00	0.10	4.74
01061	Cheese, American, nonfat or fat free	0.00	--	10.53
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.00	7.55	11.38
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.00	0.11	11.38
01069	Cream substitute, powdered	0.00	9.80	59.29
01070	Dessert topping, powdered	0.00	0.60	52.54
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.00	0.84	17.13
01072	Dessert topping, pressurized	0.00	1.93	16.07
01073	Dessert topping, semi solid, frozen	0.00	1.62	23.05
01074	Sour cream, imitation, cultured	0.00	0.59	6.63
01076	Milk substitutes, fluid, with lauric acid oil	0.00	0.18	6.16
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.00	0.81	4.80
01078	Milk, producer, fluid, 3.7% milkfat	0.00	1.06	4.65
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.00	0.56	4.80

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.00	0.56	4.97
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.00	0.57	5.49
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.00	0.28	4.99
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.00	0.28	4.97
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.00	0.34	5.52
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.00	0.02	4.96
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.00	0.06	5.02
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.00	0.06	5.56
01088	Milk, buttermilk, fluid, cultured, lowfat	0.00	0.25	4.79
01089	Milk, low sodium, fluid	0.00	1.00	4.46
01090	Milk, dry, whole, with added vitamin D	0.00	7.92	38.42
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.00	0.20	51.98
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0.00	0.19	52.19
01093	Milk, dry, nonfat, calcium reduced	0.00	0.06	51.80
01094	Milk, buttermilk, dried	0.00	1.67	49.00
01095	Milk, canned, condensed, sweetened	0.00	2.43	54.40
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.00	2.34	10.04
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.00	0.06	11.35
01106	Milk, goat, fluid, with added vitamin D	0.00	1.11	4.45
01107	Milk, human, mature, fluid	0.00	1.66	6.89
01108	Milk, indian buffalo, fluid	0.00	1.79	5.18
01109	Milk, sheep, fluid	0.00	1.72	5.36
01111	Milk shakes, thick vanilla	0.00	0.88	17.75
01112	Whey, acid, fluid	0.00	0.02	5.12
01113	Whey, acid, dried	0.00	0.15	73.45
01114	Whey, sweet, fluid	0.00	0.10	5.14
01115	Whey, sweet, dried	0.00	0.30	74.46
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.00	0.89	4.66
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.00	0.43	7.04
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.00	0.05	7.68
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.00	0.34	13.80
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.00	0.32	18.64
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.00	0.30	19.05
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.00	0.39	18.60
01123	Egg, whole, raw, fresh	0.00	3.66	0.72

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01124	Egg, white, raw, fresh	0.00	--	0.73
01125	Egg, yolk, raw, fresh	0.00	11.74	3.59
01126	Egg, yolk, raw, frozen, pasteurized	0.00	9.96	0.81
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.00	8.88	10.95
01128	Egg, whole, cooked, fried	0.00	6.18	0.83
01129	Egg, whole, cooked, hard-boiled	0.00	4.08	1.12
01130	Egg, whole, cooked, omelet	0.00	4.84	0.64
01131	Egg, whole, cooked, poached	0.00	3.64	0.71
01132	Egg, whole, cooked, scrambled	0.00	4.44	1.61
01133	Egg, whole, dried	0.00	16.73	1.13
01134	Egg, whole, dried, stabilized, glucose reduced	0.00	17.56	2.38
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.00	--	4.17
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.00	--	4.47
01137	Egg, yolk, dried	0.00	23.38	0.66
01138	Egg, duck, whole, fresh, raw	0.00	6.52	1.45
01139	Egg, goose, whole, fresh, raw	0.00	5.75	1.35
01140	Egg, quail, whole, fresh, raw	0.00	4.32	0.41
01141	Egg, turkey, whole, fresh, raw	0.00	4.57	1.15
01144	Egg substitute, powder	0.00	5.34	21.80
01145	Butter, without salt	0.00	23.43	0.06
01146	Cheese, parmesan, shredded	0.00	8.73	3.41
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.00	0.02	4.96
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.00	0.06	5.49
01153	Milk, canned, evaporated, with added vitamin A	0.00	2.34	10.04
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0.00	0.20	51.98
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0.00	0.19	52.19
01156	Cheese, goat, hard type	0.00	8.12	2.17
01157	Cheese, goat, semisoft type	0.00	6.81	0.12
01159	Cheese, goat, soft type	--	4.81	0.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	0.00	9.07	1.77
01161	Cheese substitute, mozzarella	0.00	6.24	23.67
01165	Cheese, mexican, queso anejo	0.00	8.53	4.63
01166	Cheese, mexican, queso asadero	0.00	8.04	2.87
01167	Cheese, mexican, queso chihuahua	0.00	8.44	5.56
01168	Cheese, low fat, cheddar or colby	0.00	2.08	1.91

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01169	Cheese, low-sodium, cheddar or colby	0.00	9.19	1.91
01171	Egg, whole, raw, frozen, pasteurized	0.00	3.90	1.01
01172	Egg, white, raw, frozen, pasteurized	0.00	--	1.04
01173	Egg, white, dried	0.00	--	7.80
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.00	0.56	4.80
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00	0.28	4.99
01178	Sour cream, reduced fat	0.00	4.10	7.00
01179	Sour cream, light	0.00	3.10	7.10
01180	Sour cream, fat free	0.00	--	15.60
01182	USDA Commodity, cheese, cheddar, reduced fat	0.00	5.02	2.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.00	0.05	7.50
01185	Parmesan cheese topping, fat free	0.00	1.45	40.00
01186	Cheese, cream, fat free	0.00	0.25	7.66
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	0.00	--	9.80
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	0.00	--	11.80
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	0.00	--	15.10
01199	Cream, half and half, fat free	0.00	0.38	9.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.00	0.39	18.60
01204	Cheese, parmesan, dry grated, reduced fat	0.00	6.10	1.37
01208	Cheese, provolone, reduced fat	0.00	4.89	3.50
01209	Cheese, Mexican, blend, reduced fat	0.00	5.02	3.41
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.00	0.81	4.78
01212	Milk, dry, whole, without added vitamin D	0.00	7.92	38.42
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.00	2.34	10.04
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	0.00	4.13	10.60
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.00	0.32	18.64
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.00	0.30	19.05
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.00	0.05	19.00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.00	0.39	18.60
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.00	0.34	13.80
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.00	0.05	7.50
01225	Dulce de Leche	0.00	2.14	55.35
01226	Egg substitute, liquid or frozen, fat free	0.00	--	2.00
01228	Cheese, fresh, queso fresco	0.00	5.97	2.98
01230	Milk, buttermilk, fluid, whole	0.00	0.83	4.88

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.00	0.31	13.80
01238	Ice cream sandwich	0.00	2.66	37.14
01241	Ice cream sandwich, made with light ice cream, vanilla	0.00	0.94	39.64
01251	Cheese, Mexican blend	0.00	7.87	1.75
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.00	6.24	8.80
01253	Cheese, pasteurized process, American, without added vitamin D	0.00	8.24	3.70
01254	Cheese food, pasteurized process, American, without added vitamin D	0.00	6.85	8.56
01255	Egg, whole, raw, frozen, salted, pasteurized	0.00	4.00	0.83
01256	Yogurt, Greek, plain, nonfat	0.00	0.05	3.60
01258	Egg, white, dried, stabilized, glucose reduced	0.00	0.12	4.51
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.00	2.46	10.71
01260	Cheese, cheddar, reduced fat	0.00	5.30	4.06
01263	Ice cream, light, soft serve, chocolate	0.00	1.03	23.15
01265	Cheese, cheddar, nonfat or fat free	0.00	--	7.14
01266	Cheese, Swiss, nonfat or fat free	0.00	--	3.40
01267	Cheese, mexican, queso cotija	0.00	8.33	3.97
01270	Cheese, cheddar, sharp, sliced	0.00	8.43	2.13
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.00	5.10	8.06
01287	Yogurt, Greek, plain, lowfat	0.00	0.49	3.94
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.00	0.63	15.74
01295	Yogurt, vanilla, non-fat	0.00	--	17.04
02047	Salt, table	--	--	0.00
02048	Vinegar, cider	0.00	--	0.93
02050	Vanilla extract	0.00	0.01	12.65
02051	Vanilla extract, imitation, alcohol	0.00	--	2.41
02052	Vanilla extract, imitation, no alcohol	0.00	--	14.40
02053	Vinegar, distilled	0.00	--	0.04
02068	Vinegar, red wine	0.00	--	0.27
02074	Seasoning mix, dry, sazon, coriander & annatto	--	--	0.00
03001	Babyfood, juice treats, fruit medley, toddler	0.00	--	86.68
03002	Babyfood, meat, beef, strained	0.00	0.95	2.43
03003	Babyfood, meat, beef, junior	0.00	0.95	2.43
03005	Babyfood, meat, veal, strained	0.00	1.05	1.51
03007	Babyfood, meat, pork, strained	--	3.58	0.00
03008	Babyfood, meat, ham, strained	0.00	1.80	3.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03009	Babyfood, meat, ham, junior	0.00	1.80	3.70
03010	Babyfood, meat, lamb, strained	0.00	1.27	0.85
03011	Babyfood, meat, lamb, junior	--	2.06	0.00
03012	Babyfood, meat, chicken, strained	0.00	3.56	0.10
03013	Babyfood, meat, chicken, junior	--	4.33	0.00
03015	Babyfood, meat, turkey, strained	0.00	2.38	1.40
03016	Babyfood, meat, turkey, junior	0.00	2.38	1.40
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	--	0.00
03169	Babyfood, apple-cranberry juice	0.00	0.00	11.49
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.00	0.68	16.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.00	0.00	7.40
03694	Babyfood, cereal, rice, prepared with whole milk	0.00	0.85	10.31
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.00	1.08	7.39
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	0.00	2.06	14.20
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	0.00	8.50	57.32
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	0.00	1.33	7.20
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	0.00	10.30	56.20
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.00	1.29	7.18
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	0.00	9.90	56.20
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	0.00	10.00	56.20
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	0.00	2.66	14.34
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.00	1.21	6.81
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	0.00	9.52	55.00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00	1.26	7.10
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	0.00	2.49	13.12
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	0.00	2.66	14.24
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	0.00	0.68	54.80
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.00	0.14	8.57
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	0.00	4.60	52.80
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.00	0.58	6.63
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.00	1.29	6.11
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	0.00	2.72	13.58
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.00	1.26	7.18
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	0.00	10.32	54.30
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	0.00	10.40	56.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	0.00	2.64	14.42
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.00	1.26	6.44
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	0.00	5.24	54.94
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00	9.63	51.00
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.00	0.40	8.20
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0.00	0.32	8.73
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.00	1.37	6.70
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.00	2.66	13.21
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	0.00	10.78	53.57
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.00	2.49	13.12
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00	1.26	6.81
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.00	0.29	6.77
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	0.00	10.30	56.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.00	1.31	6.92
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.00	2.55	13.76
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00	10.32	53.00
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	0.00	10.49	54.73
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	0.00	2.60	13.58
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.00	1.31	6.93
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.00	2.55	13.76
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.00	1.26	6.11
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	0.00	10.49	54.78
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.00	1.19	7.13
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	0.00	1.94	11.15
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.00	7.80	57.10
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.00	1.08	8.09
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	0.00	8.10	55.60
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	0.00	1.29	7.18
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	0.00	10.43	57.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0.00	0.87	8.54
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	0.00	1.58	16.50
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	0.00	6.23	62.23

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.00	1.00	7.17
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	0.00	2.03	14.10
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	0.00	8.10	55.70
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	0.00	7.80	57.10
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.00	1.08	8.08
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.00	0.29	6.77
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.00	1.40	6.39
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	0.00	2.80	13.90
03938	Infant formula, PBM PRODUCTS, store brand, powder	0.00	11.13	56.00
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.00	1.40	6.09
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.00	2.80	12.18
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	0.00	10.78	52.20
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.00	1.26	7.53
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	0.00	9.29	56.03
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.00	0.39	6.94
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	0.00	10.49	51.75
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.00	0.38	7.40
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.00	0.72	13.64
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	0.00	2.89	55.67
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.00	1.31	6.77
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	0.00	10.49	54.73
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.00	2.55	13.52
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.00	2.66	13.21
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.00	1.37	6.70
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.00	10.78	53.57
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.00	1.33	7.40
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	0.00	2.28	51.91
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.00	1.08	7.39
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.00	1.08	7.39
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.00	1.30	6.39
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	0.00	2.20	14.71
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	0.00	10.03	56.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.00	1.38	7.18
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.00	10.11	56.00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.00	0.03	6.90

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.00	0.73	7.64
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.00	0.03	6.76
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.00	0.02	7.21
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.00	0.02	7.19
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.00	0.90	7.39
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.00	1.19	7.15
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.00	1.25	7.17
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.00	0.85	7.61
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.00	1.25	7.39
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.00	0.91	6.69
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.00	0.36	7.19
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00	0.22	83.21
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	0.00	14.68	61.59
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.00	2.85	55.00
04001	Fat, beef tallow	--	41.80	0.00
04002	Lard	--	45.10	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	0.00	5.05	14.78
04021	Salad dressing, italian dressing, commercial, reduced fat	0.00	1.72	9.99
04025	Salad dressing, mayonnaise, regular	0.00	16.84	0.57
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.00	13.00	2.70
04027	Salad dressing, mayonnaise, imitation, soybean	0.00	4.50	16.00
04028	Salad dressing, mayonnaise, imitation, milk cream	0.00	1.70	11.10
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.00	10.50	15.80
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	--	44.50	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	--	43.00	0.00
04037	Oil, rice bran	--	39.30	0.00
04038	Oil, wheat germ	--	15.10	0.00
04042	Oil, peanut, salad or cooking	--	46.20	0.00
04044	Oil, soybean, salad or cooking	--	22.78	0.00
04047	Oil, coconut	--	6.33	0.00
04053	Oil, olive, salad or cooking	--	72.96	0.00
04055	Oil, palm	--	37.00	0.00
04058	Oil, sesame, salad or cooking	--	39.70	0.00
04060	Oil, sunflower, linoleic (less than 60%)	--	45.40	0.00
04073	Margarine, regular, hard, soybean (hydrogenated)	0.00	39.30	0.90

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
04114	Salad dressing, italian dressing, commercial, regular	0.00	5.64	12.12
04120	Salad dressing, french dressing, commercial, regular	0.00	8.43	15.58
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.00	13.96	0.66
04133	Salad dressing, french, home recipe	0.00	20.70	3.40
04135	Salad dressing, home recipe, vinegar and oil	0.00	14.80	2.50
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00	8.43	15.58
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.00	6.32	10.43
04144	Salad dressing, italian dressing, reduced fat, without salt	0.00	2.19	4.57
04145	Salad dressing, mayonnaise, soybean oil, without salt	0.00	22.70	2.70
04146	Salad dressing, french, cottonseed, oil, home recipe	0.00	--	3.40
04501	Oil, cocoa butter	--	32.90	0.00
04502	Oil, cottonseed, salad or cooking	--	17.80	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	--	19.50	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	--	14.36	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	--	75.22	0.00
04513	Vegetable oil, palm kernel	--	11.40	0.00
04514	Oil, poppyseed	--	19.70	0.00
04515	Oil, tomatoseed	--	22.80	0.00
04516	Oil, teaseed	--	51.50	0.00
04517	Oil, grapeseed	--	16.10	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	--	27.58	0.00
04520	Fat, mutton tallow	--	40.60	0.00
04528	Oil, walnut	--	22.80	0.00
04529	Oil, almond	--	69.90	0.00
04530	Oil, apricot kernel	--	60.00	0.00
04531	Oil, soybean lecithin	--	10.98	0.00
04532	Oil, hazelnut	--	78.00	0.00
04534	Oil, babassu	--	11.40	0.00
04536	Oil, sheanut	--	44.00	0.00
04541	Oil, cupu assu	--	38.70	0.00
04542	Fat, chicken	--	44.70	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	--	29.50	0.00
04544	Shortening, household, lard and vegetable oil	--	44.40	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	--	46.20	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	--	33.00	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	--	54.20	0.00
04549	Shortening industrial, lard and vegetable oil	--	40.70	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	--	38.50	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	--	2.20	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	--	58.00	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	--	40.60	0.00
04559	Shortening household soybean (hydrogenated) and palm	--	42.51	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	--	73.70	0.00
04570	Shortening, confectionery, fractionated palm	--	29.60	0.00
04572	Oil, nutmeg butter	--	4.80	0.00
04573	Oil, ucuhuba butter	--	6.70	0.00
04574	Fat, duck	--	49.30	0.00
04575	Fat, turkey	--	42.90	0.00
04576	Fat, goose	--	56.70	0.00
04581	Oil, avocado	--	70.55	0.00
04582	Oil, canola	--	63.28	0.00
04583	Oil, mustard	--	59.19	0.00
04584	Oil, sunflower, high oleic (70% and over)	--	83.69	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.00	30.29	0.77
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	--	36.56	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	--	29.58	0.00
04588	Oil, oat	--	35.11	0.00
04589	Fish oil, cod liver	--	46.71	0.00
04590	Fish oil, herring	--	56.56	0.00
04591	Fish oil, menhaden	--	26.69	0.00
04592	Fish oil, menhaden, fully hydrogenated	--	--	0.00
04593	Fish oil, salmon	--	29.04	0.00
04594	Fish oil, sardine	--	33.84	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	--	50.97	0.00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.00	18.44	1.00
04601	Butter, light, stick, with salt	--	15.93	0.00
04602	Butter, light, stick, without salt	--	15.93	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	--	41.77	0.00
04609	Animal fat, bacon grease	--	44.87	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.00	38.88	0.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00	36.44	0.75
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00	29.66	0.69
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00	19.35	0.86
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	--	20.32	0.00
04615	Shortening, vegetable, household, composite	--	41.19	0.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.00	38.88	0.70
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00	36.44	0.75
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.00	19.35	0.86
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.00	0.74	2.50
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.00	39.90	0.50
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.00	9.80	2.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.00	38.88	0.70
04630	Margarine Spread, approximately 48% fat, tub	0.00	16.42	0.86
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.00	0.36	4.34
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00	7.48	0.40
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00	7.48	0.40
04639	Salad dressing, ranch dressing, regular	0.00	9.20	5.90
04641	Salad dressing, mayonnaise, light	0.00	5.01	9.23
04642	Oil, industrial, mid-oleic, sunflower	--	57.33	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	--	62.09	0.00
04644	Oil, industrial, canola for salads, woks and light frying	--	61.15	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	--	71.08	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	--	5.94	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	--	41.93	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	--	38.87	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	--	21.70	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	--	40.26	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	--	61.25	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	--	34.63	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	--	59.13	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	--	37.24	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	--	5.41	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	--	0.26	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	--	1.27	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	--	5.68	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	--	4.93	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	--	0.27	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	--	19.70	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	--	5.70	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	--	59.72	0.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	--	46.69	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	--	40.82	0.00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	--	71.02	0.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.00	37.46	0.71
04669	USDA Commodity Food, oil, vegetable, soybean, refined	--	22.73	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	--	22.73	0.00
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	0.00	26.21	0.14
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	--	7.60	0.00
04676	Margarine-like spread, SMART BEAT Smart Squeeze	0.00	0.47	7.10
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	0.00	25.33	0.16
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	--	71.99	0.00
04679	Oil, PAM cooking spray, original	0.00	49.79	20.69
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.00	13.96	0.66
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.00	38.88	0.70
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00	36.44	0.75
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.00	29.66	0.69
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.00	19.35	0.86
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	--	20.32	0.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.00	38.88	0.70
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0.00	19.35	0.86
04698	Oil, industrial, canola, high oleic	--	72.73	0.00
04699	Oil, industrial, soy, low linolenic	--	21.44	0.00
04700	Oil, industrial, soy, ultra low linolenic	--	28.88	0.00
04701	Oil, industrial, soy, fully hydrogenated	--	1.34	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	--	1.53	0.00
04708	Mayonnaise, reduced fat, with olive oil	--	29.54	0.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	--	1.44	0.00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	0.00	6.08	0.13
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0.00	5.17	0.06
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	0.00	4.82	0.06

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05006	Chicken, broilers or fryers, meat and skin, raw	--	6.24	0.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	--	5.34	0.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	--	4.93	0.00
05011	Chicken, broilers or fryers, meat only, raw	--	0.90	0.00
05013	Chicken, broilers or fryers, meat only, roasted	--	2.66	0.00
05014	Chicken, broilers or fryers, meat only, stewed	--	2.39	0.00
05015	Chicken, broilers or fryers, skin only, raw	--	13.54	0.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	--	17.03	0.00
05019	Chicken, broilers or fryers, skin only, cooked, stewed	--	13.83	0.00
05020	Chicken, broilers or fryers, giblets, raw	0.00	1.12	1.80
05021	Chicken, broilers or fryers, giblets, cooked, fried	0.00	4.42	4.35
05022	Chicken, broilers or fryers, giblets, cooked, simmered	--	0.96	0.00
05023	Chicken, gizzard, all classes, raw	--	0.51	0.00
05024	Chicken, gizzard, all classes, cooked, simmered	--	0.53	0.00
05025	Chicken, heart, all classes, raw	0.00	2.37	0.71
05026	Chicken, heart, all classes, cooked, simmered	0.00	2.01	0.10
05027	Chicken, liver, all classes, raw	0.00	1.25	0.73
05028	Chicken, liver, all classes, cooked, simmered	0.00	1.42	0.87
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	--	4.52	0.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	--	4.26	0.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	--	3.92	0.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	--	7.65	0.00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0.00	6.66	4.08
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	--	6.19	0.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	--	5.75	0.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	--	0.39	0.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	0.00	1.97	0.42
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	--	1.54	0.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	--	1.35	0.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	--	1.34	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0.00	4.32	2.59
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	--	3.56	0.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	--	3.26	0.00
05047	Chicken, broilers or fryers, separable fat, raw	--	30.30	0.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	--	12.25	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	--	8.29	0.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	--	7.13	0.00
05053	Chicken, broilers or fryers, back, meat only, raw	--	1.84	0.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	0.00	5.73	5.68
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	--	4.83	0.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	--	4.02	0.00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	--	3.82	0.00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	--	3.03	0.00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	--	2.90	0.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	--	0.69	0.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	0.00	1.72	0.51
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	--	1.24	0.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	--	1.03	0.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.00	3.72	0.11
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	--	4.16	0.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	--	4.07	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	--	1.33	0.00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	--	2.94	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	--	2.18	0.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	--	1.93	0.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.00	6.62	0.17
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	--	3.56	0.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	--	5.04	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	--	1.44	0.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0.00	3.43	0.65
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	--	3.05	0.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	--	2.93	0.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	--	10.55	0.00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	--	7.22	0.00
05088	Chicken, broilers or fryers, neck, meat only, raw	--	2.73	0.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	0.00	4.57	1.77
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	--	2.54	0.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.00	6.94	0.25
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	--	6.26	0.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	--	5.84	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	--	1.50	0.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0.00	3.82	1.18
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	--	3.36	0.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	--	3.70	0.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	--	5.42	0.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	--	7.71	0.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	--	6.60	0.00
05105	Chicken, broilers or fryers, wing, meat only, raw	--	0.85	0.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	--	3.08	0.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	--	2.61	0.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	--	2.31	0.00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0.00	6.39	0.09
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	0.00	5.22	0.05
05111	Canada Goose, breast meat, skinless, raw	--	0.82	0.00
05112	Chicken, roasting, meat and skin, cooked, roasted	--	5.40	0.00
05113	Chicken, roasting, meat only, raw	--	0.83	0.00
05114	Chicken, roasting, meat only, cooked, roasted	--	2.50	0.00
05115	Chicken, roasting, giblets, raw	0.00	1.28	1.14
05116	Chicken, roasting, giblets, cooked, simmered	0.00	1.33	0.86
05117	Chicken, roasting, light meat, meat only, raw	--	0.48	0.00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	--	1.52	0.00
05119	Chicken, roasting, dark meat, meat only, raw	--	1.12	0.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	--	3.31	0.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	0.00	7.82	0.19
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	--	4.61	0.00
05123	Chicken, stewing, meat and skin, raw	--	8.24	0.00
05124	Chicken, stewing, meat and skin, cooked, stewed	--	7.19	0.00
05125	Chicken, stewing, meat only, raw	--	1.94	0.00
05126	Chicken, stewing, meat only, cooked, stewed	--	4.05	0.00
05127	Chicken, stewing, giblets, raw	0.00	2.75	2.13
05128	Chicken, stewing, giblets, cooked, simmered	0.00	2.94	0.11
05129	Chicken, stewing, light meat, meat only, raw	--	1.25	0.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	--	2.69	0.00
05131	Chicken, stewing, dark meat, meat only, raw	--	2.52	0.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	--	5.24	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05133	Chicken, capons, meat and skin and giblets and neck, raw	0.00	7.16	0.08
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	0.00	4.71	0.04
05135	Chicken, capons, meat and skin, raw	--	7.31	0.00
05136	Chicken, capons, meat and skin, cooked, roasted	--	4.75	0.00
05137	Chicken, capons, giblets, raw	0.00	1.32	1.42
05138	Chicken, capons, giblets, cooked, simmered	0.00	1.37	0.76
05139	Duck, domesticated, meat and skin, raw	--	18.69	0.00
05140	Duck, domesticated, meat and skin, cooked, roasted	--	12.90	0.00
05141	Duck, domesticated, meat only, raw	0.00	1.54	0.94
05142	Duck, domesticated, meat only, cooked, roasted	--	3.86	0.00
05143	Duck, domesticated, liver, raw	0.00	0.71	3.53
05144	Duck, wild, meat and skin, raw	--	6.80	0.00
05145	Duck, wild, breast, meat only, raw	--	1.21	0.00
05146	Goose, domesticated, meat and skin, raw	--	17.77	0.00
05147	Goose, domesticated, meat and skin, cooked, roasted	--	10.25	0.00
05148	Goose, domesticated, meat only, raw	--	1.85	0.00
05149	Goose, domesticated, meat only, cooked, roasted	--	4.34	0.00
05150	Goose, liver, raw	0.00	0.81	6.32
05151	Guinea hen, meat and skin, raw	--	2.43	0.00
05152	Guinea hen, meat only, raw	--	0.68	0.00
05153	Pheasant, raw, meat and skin	--	4.32	0.00
05154	Pheasant, raw, meat only	--	1.17	0.00
05155	Pheasant, breast, meat only, raw	--	1.04	0.00
05156	Pheasant, leg, meat only, raw	--	1.38	0.00
05157	Quail, meat and skin, raw	--	4.18	0.00
05158	Quail, meat only, raw	--	1.28	0.00
05159	Quail, breast, meat only, raw	--	0.84	0.00
05160	Squab, (pigeon), meat and skin, raw	--	9.72	0.00
05161	Squab, (pigeon), meat only, raw	--	2.66	0.00
05162	Squab, (pigeon), light meat without skin, raw	--	1.61	0.00
05165	Turkey, whole, meat and skin, raw	0.00	1.83	0.13
05166	Turkey, whole, meat and skin, cooked, roasted	0.00	2.65	0.06
05167	Turkey, whole, meat only, raw	0.00	0.48	0.14
05168	Turkey, whole, meat only, cooked, roasted	--	1.26	0.00
05169	Turkey, skin from whole, (light and dark), raw	0.00	13.91	0.16

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05170	Turkey, skin from whole (light and dark), roasted	0.00	15.09	0.57
05171	Turkey, whole, giblets, raw	0.00	1.02	0.07
05172	Turkey, whole, giblets, cooked, simmered	--	1.04	0.00
05173	Turkey, gizzard, all classes, raw	--	0.80	0.00
05174	Turkey, gizzard, all classes, cooked, simmered	--	1.60	0.00
05175	Turkey, heart, all classes, raw	0.00	2.04	0.40
05176	Turkey, heart, all classes, cooked, simmered	--	1.67	0.00
05177	Turkey, liver, all classes, raw	--	0.82	0.00
05178	Turkey, liver, all classes, cooked, simmered	--	1.04	0.00
05179	Turkey from whole, neck, meat only, raw	--	1.82	0.00
05180	Turkey from whole, neck, meat only, cooked, simmered	--	2.53	0.00
05181	Turkey from whole, light meat, meat and skin, raw	0.00	2.43	0.15
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.00	1.98	0.05
05183	Turkey, dark meat, meat and skin, raw	0.00	3.09	0.15
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.00	3.59	0.07
05185	Turkey from whole, light meat, raw	0.00	0.26	0.14
05186	Turkey, all classes, light meat, cooked, roasted	--	0.63	0.00
05187	Turkey from whole, dark meat, meat only, raw	0.00	0.76	0.15
05188	Turkey, from whole, dark meat, cooked, roasted	--	2.06	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.00	5.00	0.16
05191	Turkey, all classes, breast, meat and skin, raw	--	2.66	0.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	--	2.45	0.00
05193	Turkey, all classes, leg, meat and skin, raw	--	2.06	0.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	--	2.87	0.00
05195	Turkey, all classes, wing, meat and skin, raw	--	4.97	0.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	--	4.66	0.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	--	1.96	0.00
05215	Turkey, back from whole bird, meat only, raw	0.00	--	0.15
05216	Turkey, back, from whole bird, meat only, roasted	--	2.06	0.00
05219	Turkey, breast, from whole bird, meat only, raw	0.00	0.26	0.14
05220	Turkey, breast, from whole bird, meat only, roasted	--	0.63	0.00
05227	Turkey, wing, from whole bird, meat only, raw	0.00	0.26	0.14
05228	Turkey, wing, from whole bird, meat only, roasted	--	0.63	0.00
05236	Turkey, young hen, skin only, cooked, roasted	--	18.94	0.00
05277	Chicken, canned, meat only, with broth	--	3.15	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05282	Pate de foie gras, canned (goose liver pate), smoked	0.00	25.61	4.67
05284	Turkey, canned, meat only, with broth	0.00	2.26	1.47
05285	Turkey, diced, light and dark meat, seasoned	0.00	1.98	1.00
05286	Turkey and gravy, frozen	0.00	0.97	4.61
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	--	1.14	0.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	--	2.53	0.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0.00	0.47	6.40
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	--	10.44	0.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	--	7.41	0.00
05303	Poultry, mechanically deboned, from mature hens, raw	--	9.30	0.00
05304	Turkey, mechanically deboned, from turkey frames, raw	--	5.02	0.00
05305	Ground turkey, raw	--	2.64	0.00
05306	Ground turkey, cooked	--	3.46	0.00
05307	Chicken, cornish game hens, meat and skin, raw	--	6.16	0.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	--	8.00	0.00
05309	Chicken, cornish game hens, meat only, raw	--	1.07	0.00
05310	Chicken, cornish game hens, meat only, cooked, roasted	--	1.24	0.00
05311	Chicken, canned, no broth	0.00	3.28	0.90
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	--	0.67	0.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	--	2.83	0.00
05326	Chicken breast tenders, breaded, cooked, microwaved	0.00	5.71	17.56
05332	Chicken, ground, raw	0.00	3.61	0.04
05333	Chicken, ground, crumbles, cooked, pan-browned	--	4.88	0.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	--	4.73	0.00
05335	Chicken, feet, boiled	0.00	5.50	0.20
05336	USDA Commodity Chicken, canned, meat only, drained	--	2.05	0.00
05337	USDA Commodity, Chicken, canned, meat only, with water	--	1.64	0.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	0.00	1.69	0.23
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	0.00	3.61	0.54
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	--	4.90	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	--	0.97	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	--	2.86	0.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.00	16.79	0.11
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	--	4.88	0.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	--	3.77	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0.00	8.16	0.03
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.00	3.55	0.02
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0.00	5.22	0.02
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0.00	6.98	0.02
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0.00	8.11	0.04
05353	USDA Commodity, chicken fajita strips, frozen	0.00	2.33	2.23
05354	USDA Commodity, turkey taco meat, frozen, cooked	0.00	2.59	3.03
05356	Chicken, broiler, rotisserie, BBQ, skin	0.00	14.46	0.70
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0.00	7.90	0.40
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.00	3.13	0.09
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0.00	4.75	0.12
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0.00	6.45	0.12
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0.00	7.33	0.60
05363	Ruffed Grouse, breast meat, skinless, raw	--	0.04	0.00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	0.00	1.34	3.10
05621	Emu, ground, raw	--	1.61	0.00
05622	Emu, ground, cooked, pan-broiled	--	1.95	0.00
05623	Emu, fan fillet, raw	--	0.32	0.00
05624	Emu, fan fillet, cooked, broiled	--	0.92	0.00
05625	Emu, flat fillet, raw	--	0.30	0.00
05626	Emu, full rump, raw	--	0.52	0.00
05627	Emu, full rump, cooked, broiled	--	1.08	0.00
05628	Emu, inside drum, raw	--	0.53	0.00
05629	Emu, inside drums, cooked, broiled	--	0.86	0.00
05630	Emu, outside drum, raw	--	0.20	0.00
05631	Emu, oyster, raw	--	1.94	0.00
05632	Emu, top loin, cooked, broiled	--	1.25	0.00
05641	Ostrich, ground, raw	--	2.65	0.00
05642	Ostrich, ground, cooked, pan-broiled	--	2.16	0.00
05643	Ostrich, fan, raw	--	0.95	0.00
05644	Ostrich, inside leg, raw	--	0.60	0.00
05645	Ostrich, inside leg, cooked	--	0.67	0.00
05646	Ostrich, inside strip, raw	--	1.18	0.00
05647	Ostrich, inside strip, cooked	--	1.74	0.00
05648	Ostrich, outside leg, raw	--	0.59	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05649	Ostrich, outside strip, raw	--	0.87	0.00
05650	Ostrich, outside strip, cooked	--	1.59	0.00
05651	Ostrich, oyster, raw	--	1.25	0.00
05652	Ostrich, oyster, cooked	--	1.45	0.00
05653	Ostrich, round, raw	--	0.85	0.00
05654	Ostrich, tenderloin, raw	--	1.23	0.00
05655	Ostrich, tip trimmed, raw	--	0.79	0.00
05656	Ostrich, tip trimmed, cooked	--	0.97	0.00
05657	Ostrich, top loin, raw	--	1.06	0.00
05658	Ostrich, top loin, cooked	--	1.27	0.00
05661	Chicken, liver, all classes, cooked, pan-fried	0.00	1.39	1.11
05662	Ground turkey, fat free, raw	--	0.51	0.00
05663	Ground turkey, fat free, pan-broiled crumbles	--	0.75	0.00
05664	Ground turkey, fat free, patties, broiled	--	0.71	0.00
05665	Ground turkey, 93% lean, 7% fat, raw	--	2.84	0.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	--	3.90	0.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	--	3.88	0.00
05668	Ground turkey, 85% lean, 15% fat, raw	--	4.55	0.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	--	6.05	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	--	5.46	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	--	2.38	0.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	--	3.45	0.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	--	18.70	0.00
05674	Chicken, skin (drumsticks and thighs), raw	0.00	18.98	0.79
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	--	19.18	0.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	--	4.49	0.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	--	6.49	0.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	--	1.29	0.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	--	2.03	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	--	2.62	0.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	--	3.03	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	--	1.22	0.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	--	3.46	0.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.00	17.20	1.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.00	17.10	0.01

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.00	17.50	0.44
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.00	4.58	0.13
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	--	3.56	0.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.00	4.06	0.05
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.00	6.07	0.21
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	--	6.28	0.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.00	6.39	0.09
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0.00	5.88	0.31
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.00	1.24	0.10
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	--	2.06	0.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	--	0.49	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	--	0.63	0.00
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.00	13.91	0.21
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	--	15.09	0.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.00	4.40	0.15
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	--	3.89	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.00	3.20	0.14
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	--	1.97	0.00
05704	Turkey, whole, meat only, with added solution, raw	0.00	0.74	0.14
05705	Turkey, whole, meat only, with added solution, roasted	--	1.22	0.00
05706	Turkey, whole, meat and skin, with added solution, raw	0.00	3.90	0.15
05707	Turkey, whole, meat and skin, with added solution, roasted	--	2.85	0.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	--	0.94	0.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	--	0.67	0.00
05710	Turkey, retail parts, breast, meat only, raw	--	0.56	0.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	--	0.64	0.00
05712	Turkey, retail parts, wing, meat only, raw	--	0.48	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	--	1.68	0.00
05714	Turkey, skin, from retail parts, from dark meat, raw	--	13.95	0.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	--	13.72	0.00
05716	Turkey, retail parts, drumstick, meat only, raw	--	1.16	0.00
05717	Turkey, retail parts, thigh, meat only, raw	--	0.75	0.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	--	0.63	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.00	1.24	0.15
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	--	0.63	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.00	0.49	0.14
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.00	2.31	0.46
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	--	2.63	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.00	1.24	0.15
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	--	2.06	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.00	1.24	0.15
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.00	3.04	0.03
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	--	2.06	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.00	0.49	0.14
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	--	0.63	0.00
05732	Turkey, retail parts, breast, meat and skin, raw	--	2.19	0.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.00	1.96	0.05
05734	Turkey, retail parts, wing, meat and skin, raw	0.00	4.64	0.05
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.00	4.76	0.13
05736	Turkey, retail parts, drumstick, meat and skin, raw	--	2.31	0.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	--	3.38	0.00
05738	Turkey, drumstick, from whole bird, meat only, raw	0.00	0.26	0.14
05739	Turkey, drumstick, from whole bird, meat only, roasted	--	0.63	0.00
05740	Turkey, thigh, from whole bird, meat only, raw	0.00	0.76	0.15
05741	Turkey, thigh, from whole bird, meat only, roasted	--	2.06	0.00
05742	Turkey, retail parts, thigh, meat and skin, raw	--	2.99	0.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.00	3.59	0.41
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.00	7.11	0.15
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	--	4.14	0.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	--	1.28	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	--	1.21	0.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	--	1.58	0.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	--	1.32	0.00
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	0.00	0.40	4.76
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.00	0.09	0.04
06013	Soup, chicken broth, canned, condensed	0.00	0.47	0.75
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	0.00	2.02	9.68
06016	Soup, cream of chicken, canned, condensed	0.00	2.06	7.16
06032	Soup, beef broth bouillon and consomme, canned, condensed	0.00	--	0.32
06048	Soup, oyster stew, canned, condensed	0.00	0.74	3.32

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	0.00	--	0.81
06075	Soup, beef broth or bouillon, powder, dry	0.00	3.62	17.40
06076	Soup, beef broth, cubed, dry	0.00	1.67	16.10
06080	Soup, chicken broth or bouillon, dry	0.00	5.36	18.01
06081	Soup, chicken broth cubes, dry	0.00	1.92	23.50
06091	CAMPBELL'S Red and White, Beef Broth, condensed	0.00	--	0.81
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	0.00	--	0.81
06114	Gravy, au jus, canned	0.00	0.08	2.50
06170	Soup, stock, beef, home-prepared	0.00	0.04	1.20
06172	Soup, stock, chicken, home-prepared	0.00	0.58	3.53
06174	Soup, stock, fish, home-prepared	--	0.24	0.00
06179	Sauce, fish, ready-to-serve	0.00	0.00	3.64
06180	Soup, shark fin, restaurant-prepared	0.00	0.58	3.80
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.00	--	0.38
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.00	0.03	0.20
06194	Soup, chicken broth, ready-to-serve	0.00	0.02	0.44
06248	Soup, oyster stew, canned, prepared with equal volume milk	0.00	0.85	3.99
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	0.00	0.40	6.35
06317	Gravy, CAMPBELL'S, beef, fat free	0.00	--	5.08
06318	Gravy, CAMPBELL'S, country style cream	0.00	--	5.08
06319	Gravy, CAMPBELL'S, country style sausage	0.00	--	5.08
06321	Gravy, CAMPBELL'S, golden pork	0.00	--	5.08
06324	Gravy, CAMPBELL'S, beef, microwavable	0.00	--	5.08
06325	Gravy, CAMPBELL'S, chicken, microwavable	0.00	--	5.00
06326	Gravy, CAMPBELL'S, turkey	0.00	--	5.08
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	0.00	--	5.08
06332	Gravy, CAMPBELL'S, turkey, microwavable	0.00	--	5.00
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	0.00	1.21	7.26
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	0.00	0.81	6.45
06413	Soup, chicken broth, canned, prepared with equal volume water	0.00	0.24	0.38
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.00	--	0.73
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	0.00	--	0.34
06475	Soup, beef broth or bouillon, powder, prepared with water	0.00	0.03	0.25
06476	Soup, beef broth, cubed, prepared with water	0.00	0.03	0.25
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.00	0.09	0.30

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	0.00	0.50	6.38
06604	PACE, Red Taco Sauce	0.00	--	12.50
06609	SWANSON BROTH, Certified Organic Vegetable Broth	0.00	--	1.28
06615	Soup, SWANSON, vegetable broth	0.00	0.01	1.02
06700	Soup, vegetable broth, ready to serve	0.00	0.00	0.93
06963	Fish broth	0.00	0.11	0.40
06970	Soup, chicken broth, low sodium, canned	0.00	0.27	1.20
06971	Sauce, worcestershire	0.00	--	19.46
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.00	--	0.14
06997	Gravy, CAMPBELL'S, beef	0.00	--	5.08
06998	Gravy, CAMPBELL'S, brown with onions	0.00	--	6.78
07001	Barbecue loaf, pork, beef	0.00	4.14	6.40
07003	Beerwurst, beer salami, pork	0.00	8.98	2.06
07004	Sausage, Berliner, pork, beef	0.00	8.00	2.59
07005	Blood sausage	0.00	15.90	1.29
07007	Bologna, beef	0.00	12.20	4.29
07008	Bologna, beef and pork	0.00	10.53	5.49
07010	Bologna, pork	0.00	9.73	0.73
07013	Bratwurst, pork, cooked	0.00	14.69	2.85
07014	Braunschweiger (a liver sausage), pork	0.00	12.73	3.10
07015	Brotwurst, pork, beef, link	0.00	13.34	2.98
07016	Cheesefurter, cheese smokie, pork, beef	0.00	13.64	1.51
07019	Chorizo, pork and beef	0.00	18.40	1.86
07020	Corned beef loaf, jellied	--	2.68	0.00
07022	Frankfurter, beef, unheated	0.00	12.05	3.36
07024	Frankfurter, chicken	0.00	5.93	2.74
07025	Frankfurter, turkey	0.00	5.74	3.81
07026	Ham, chopped, canned	0.00	9.16	0.26
07027	Ham, chopped, not canned	0.00	4.90	4.20
07028	Ham, sliced, packaged (96% fat free, water added)	0.00	0.99	0.55
07030	Ham, minced	0.00	9.58	1.84
07031	Ham salad spread	0.00	7.17	10.64
07032	Ham and cheese loaf or roll	0.00	8.59	4.00
07033	Ham and cheese spread	0.00	7.08	2.28
07034	Headcheese, pork	--	5.60	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
07036	Sausage, Italian, pork, raw	0.00	14.34	0.65
07038	Knackwurst, knockwurst, pork, beef	0.00	12.81	3.20
07039	Lebanon bologna, beef	0.00	4.44	0.44
07040	Liver cheese, pork	0.00	12.26	2.10
07041	Liver sausage, liverwurst, pork	0.00	13.34	2.20
07043	Roast beef, deli style, prepackaged, sliced	0.00	1.52	0.64
07044	USDA Commodity, luncheon meat, canned	0.00	5.68	1.04
07045	Luncheon meat, pork, canned	0.00	14.29	2.10
07050	Mortadella, beef, pork	0.00	11.38	3.05
07051	Olive loaf, pork	0.00	7.87	9.20
07053	Pate, chicken liver, canned	0.00	5.28	6.55
07054	Pate, goose liver, smoked, canned	0.00	25.61	4.67
07055	Pate, liver, not specified, canned	0.00	12.36	1.50
07056	Peppered loaf, pork, beef	0.00	3.00	4.53
07057	Pepperoni, beef and pork, sliced	0.00	20.77	1.18
07059	Polish sausage, pork	0.00	13.52	1.63
07060	Luxury loaf, pork	0.00	2.33	4.90
07061	Mother's loaf, pork	0.00	10.34	7.53
07062	Picnic loaf, pork, beef	0.00	7.68	4.76
07063	Pork sausage, link/patty, unprepared	0.00	9.84	0.93
07064	Pork sausage, link/patty, cooked, pan-fried	0.00	11.54	1.42
07065	Pork and beef sausage, fresh, cooked	0.00	17.18	2.70
07067	Poultry salad sandwich spread	0.00	3.25	7.41
07068	Salami, cooked, beef	0.00	10.65	1.90
07069	Salami, cooked, beef and pork	0.00	11.13	2.40
07071	Salami, dry or hard, pork	0.00	16.00	1.60
07072	Salami, dry or hard, pork, beef	0.00	14.72	0.72
07074	Smoked link sausage, pork	0.00	11.21	0.94
07075	Sausage, smoked link sausage, pork and beef	0.00	12.24	2.42
07077	Smoked link sausage, pork and beef, nonfat dry milk added	0.00	12.64	1.92
07078	Thuringer, cervelat, summer sausage, beef, pork	0.00	12.97	3.33
07081	Turkey breast, sliced, prepackaged	0.00	0.81	2.34
07083	Sausage, Vienna, canned, chicken, beef, pork	0.00	9.63	2.60
07088	Honey roll sausage, beef	0.00	4.82	2.18
07090	Luncheon sausage, pork and beef	0.00	9.93	1.58

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
07091	New england brand sausage, pork, beef	0.00	3.64	4.83
07201	OSCAR MAYER, Bologna (beef)	0.00	15.21	2.45
07209	OSCAR MAYER, Chicken Breast (honey glazed)	0.00	0.56	4.30
07212	OSCAR MAYER, Ham (chopped with natural juice)	0.00	5.83	3.65
07230	OSCAR MAYER, Salami (hard)	0.00	15.01	1.60
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	0.00	13.19	1.70
07241	OSCAR MAYER, Wieners (beef franks)	0.00	14.74	2.78
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	0.00	4.65	3.78
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	--	8.71	0.00
07905	Frankfurter, beef, pork, and turkey, fat free	0.00	0.74	11.21
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0.00	12.34	3.40
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	--	8.06	0.00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	0.00	13.50	4.60
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	0.00	7.02	1.35
07910	Bratwurst, veal, cooked	--	13.00	0.00
07914	Sausage, Italian, sweet, links	0.00	3.63	2.10
07915	Sausage, Polish, beef with chicken, hot	0.00	9.70	3.60
07916	Sausage, Polish, pork and beef, smoked	0.00	12.30	1.98
07917	Sausage, pork and beef, with cheddar cheese, smoked	0.00	12.36	2.13
07919	Sausage, turkey, breakfast links, mild	0.00	5.16	1.56
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0.00	13.68	1.60
07921	Bacon and beef sticks	0.00	21.90	0.80
07922	Bratwurst, beef and pork, smoked	0.00	8.00	2.00
07923	Bratwurst, chicken, cooked	--	--	0.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.00	7.16	1.62
07925	Pastrami, beef, 98% fat-free	0.00	0.56	1.54
07926	Salami, Italian, pork	0.00	18.20	1.20
07928	Sausage, chicken, beef, pork, skinless, smoked	0.00	7.16	8.10
07930	Yachtwurst, with pistachio nuts, cooked	0.00	--	1.40
07932	Chicken breast, fat-free, mesquite flavor, sliced	0.00	0.16	2.25
07933	Chicken breast, oven-roasted, fat-free, sliced	0.00	0.12	2.17
07934	Kielbasa, Polish, turkey and beef, smoked	0.00	8.27	3.90
07935	Oven-roasted chicken breast roll	0.00	2.82	1.79
07936	Bologna, pork and turkey, lite	0.00	7.55	3.45
07937	Bologna, pork, turkey and beef	0.00	12.79	6.66

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
07938	Ham, honey, smoked, cooked	0.00	1.24	7.27
07940	Macaroni and cheese loaf, chicken, pork and beef	0.00	7.61	11.63
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	0.00	13.20	6.40
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	0.00	0.25	1.31
07945	Frankfurter, beef, heated	0.00	12.72	2.66
07949	Frankfurter, meat, heated	0.00	10.74	4.90
07950	Frankfurter, meat	0.00	11.39	4.17
07952	Bologna, chicken, turkey, pork	0.00	10.56	5.65
07953	Pork sausage, link/patty, fully cooked, microwaved	0.00	16.45	0.62
07954	Beef sausage, pre-cooked	0.00	16.39	0.03
07955	Turkey sausage, fresh, raw	0.00	2.62	0.47
07956	Beef sausage, fresh, cooked	0.00	12.64	0.35
07957	Pork and turkey sausage, pre-cooked	0.00	13.05	3.63
07958	Turkey sausage, fresh, cooked	--	2.99	0.00
07959	Bologna, chicken, pork, beef	0.00	9.70	5.61
07960	Bologna, chicken, pork	0.00	13.17	4.19
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.00	0.74	2.92
07962	Frankfurter, meat and poultry, unheated	0.00	9.93	5.02
07963	Frankfurter, meat and poultry, cooked, boiled	0.00	10.76	4.96
07964	Frankfurter, meat and poultry, cooked, grilled	0.00	10.72	5.24
07965	Pork sausage, link/patty, reduced fat, unprepared	0.00	5.89	0.20
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.00	8.02	0.15
07967	Pork sausage, link/patty, fully cooked, unheated	0.00	14.74	0.69
07968	Kielbasa, fully cooked, grilled	0.00	12.56	5.03
07969	Kielbasa, fully cooked, pan-fried	0.00	11.79	4.78
07970	Kielbasa, fully cooked, unheated	0.00	12.19	3.72
07971	Bologna, meat and poultry	0.00	10.27	6.31
07973	Turkey bacon, microwaved	0.00	9.38	4.24
07974	Bacon, turkey, low sodium	0.00	8.57	4.80
07978	Pork sausage, reduced sodium, cooked	0.00	9.72	8.13
09082	Cranberry-orange relish, canned	0.00	--	46.20
09127	Grapefruit juice, pink or red, with added calcium	0.00	0.01	8.69
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	0.00	--	15.00
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0.00	0.00	10.90
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.00	24.90	0.32

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10001	Pork, fresh, carcass, separable lean and fat, raw	--	15.93	0.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	--	2.06	0.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	--	6.10	0.00
10004	Pork, fresh, backfat, raw	--	41.95	0.00
10005	Pork, fresh, belly, raw	--	24.70	0.00
10006	Pork, fresh, separable fat, raw	--	28.04	0.00
10007	Pork, fresh, separable fat, cooked	--	28.99	0.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	--	8.38	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	--	7.88	0.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	--	2.44	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	--	4.45	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	--	4.44	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	--	4.32	0.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	--	1.15	0.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	--	1.88	0.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	--	5.07	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	--	5.82	0.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	--	1.21	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	--	2.48	0.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	--	5.61	0.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	--	6.06	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	--	6.19	0.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	--	6.51	0.00
10024	Pork, fresh, loin, whole, separable lean only, raw	--	2.56	0.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	--	4.16	0.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	--	4.45	0.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	--	4.32	0.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	--	4.91	0.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	--	5.07	0.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	--	4.89	0.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	--	6.68	0.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	--	2.30	0.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	--	5.82	0.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	--	2.71	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	--	4.57	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	--	3.55	0.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	--	5.56	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	--	4.22	0.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	--	5.48	0.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	--	1.35	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	--	3.11	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	--	2.64	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	--	3.40	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	--	2.76	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	--	6.09	0.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	--	5.41	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	--	6.18	0.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	--	2.00	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	--	5.37	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	--	3.48	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	--	3.83	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	--	2.16	0.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	--	5.18	0.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	--	4.84	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	--	5.04	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	--	1.54	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	--	2.78	0.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	--	2.01	0.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	--	3.61	0.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	--	0.79	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	--	1.33	0.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	--	2.98	0.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	--	3.62	0.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	--	3.90	0.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	--	3.52	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	--	1.55	0.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	--	1.93	0.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	--	2.65	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	--	2.46	0.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	--	8.01	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	--	9.47	0.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	--	3.23	0.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	--	6.17	0.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	--	5.37	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	--	6.17	0.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	--	10.72	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	--	1.64	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	--	3.77	0.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	--	5.98	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	--	5.21	0.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	--	7.99	0.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	--	7.42	0.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	--	8.27	0.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	--	2.48	0.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	--	6.20	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	--	5.64	0.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	--	6.34	0.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	--	8.54	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	--	13.48	0.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	--	3.91	0.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	--	0.96	0.00
10096	Pork, fresh, variety meats and by-products, brain, raw	--	1.66	0.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	--	1.72	0.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	--	5.37	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	--	7.07	0.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.00	6.86	0.60
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.00	4.91	0.20
10102	Pork, fresh, variety meats and by-products, feet, raw	--	6.29	0.00
10103	Pork, fresh, variety meats and by-products, heart, raw	0.00	1.02	1.33
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	0.00	1.18	0.40
10105	Pork, fresh, variety meats and by-products, jowl, raw	--	32.89	0.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	--	1.07	0.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	--	1.55	0.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	--	37.22	0.00
10110	Pork, fresh, variety meats and by-products, liver, raw	0.00	0.52	2.47

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0.00	0.63	3.76
10112	Pork, fresh, variety meats and by-products, lungs, raw	--	0.61	0.00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	--	0.70	0.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	--	12.26	0.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	--	4.60	0.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	--	3.75	0.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	--	0.69	0.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	--	0.86	0.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	--	3.59	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	--	5.74	0.00
10121	Pork, fresh, variety meats and by-products, tongue, raw	--	8.13	0.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	--	8.76	0.00
10123	Pork, cured, bacon, unprepared	0.00	17.44	1.28
10128	Pork, cured, breakfast strips, raw or unheated	0.00	16.79	0.70
10130	Canadian bacon, unprepared	0.00	1.09	1.34
10132	Pork, cured, feet, pickled	0.00	5.68	0.01
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0.00	2.62	1.50
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	--	4.44	0.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	--	2.21	0.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	0.00	2.49	0.52
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	0.00	7.07	0.42
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0.00	3.82	0.30
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	0.00	6.09	0.05
10146	Pork, cured, ham, patties, unheated	0.00	13.26	1.69
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	--	1.96	0.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0.00	8.70	0.06
10152	Pork, cured, ham, whole, separable lean only, unheated	0.00	2.62	0.05
10153	Pork, cured, ham, whole, separable lean only, roasted	--	2.53	0.00
10158	USDA Commodity, pork, canned	0.00	5.94	0.59
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	--	2.00	0.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	--	5.35	0.00
10165	Pork, cured, salt pork, raw	--	37.94	0.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.00	29.47	0.09
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	--	29.69	0.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	--	10.14	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	--	3.23	0.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	--	9.76	0.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	0.00	11.03	0.37
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	--	8.00	0.00
10174	Pork, fresh, variety meats and by-products, tail, raw	--	15.80	0.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	--	16.89	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	--	3.03	0.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	--	5.76	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	--	9.47	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	--	5.48	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	--	5.68	0.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	--	2.11	0.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0.00	3.94	2.28
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0.00	3.74	0.50
10184	Pork, cured, ham, extra lean and regular, canned, unheated	--	3.57	0.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0.00	4.06	0.49
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	--	3.49	0.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	--	6.63	0.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	--	5.98	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	--	5.93	0.00
10192	Pork, fresh, backribs, separable lean and fat, raw	--	6.86	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	--	9.29	0.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	--	6.25	0.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	--	7.21	0.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	--	7.01	0.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	--	7.96	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	--	6.68	0.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	--	2.93	0.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	--	4.85	0.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	--	4.60	0.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	--	5.31	0.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	--	4.49	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	--	2.76	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	--	7.65	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	--	12.82	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	--	2.48	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	--	6.26	0.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	--	4.38	0.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	--	1.72	0.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	--	2.25	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	--	2.11	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	--	3.07	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	--	1.10	0.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	--	1.82	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	--	1.58	0.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	--	2.18	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	--	1.36	0.00
10219	Pork, fresh, ground, raw	--	9.44	0.00
10220	Pork, fresh, ground, cooked	--	9.25	0.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	--	3.34	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	--	1.52	0.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	--	2.58	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	--	1.86	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	--	1.60	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	--	3.77	0.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	--	5.76	0.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	--	2.66	0.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	--	4.22	0.00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	--	2.86	0.00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	--	9.14	0.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	0.00	2.66	0.69
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	--	7.65	0.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	--	2.41	0.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	--	3.50	0.00
10860	Pork, cured, bacon, cooked, baked	0.00	19.06	1.35
10861	Pork, cured, bacon, cooked, microwaved	0.00	15.24	0.48
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.00	15.53	1.70
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0.00	2.13	0.09
10864	Pork, bacon, rendered fat, cooked	--	41.44	0.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.00	1.61	0.87

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0.00	1.58	0.67
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0.00	1.91	1.20
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0.00	1.99	1.48
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.00	1.66	1.35
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.00	2.12	4.69
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.00	2.46	4.61
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.00	2.04	4.22
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0.00	2.00	0.48
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0.00	2.38	0.34
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	--	1.35	0.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.00	0.68	1.08
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.00	2.13	1.15
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.00	1.88	1.75
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.00	1.98	1.57
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.00	1.94	1.45
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0.00	1.97	1.26
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.00	1.33	1.05
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.00	1.42	0.84
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.00	1.27	1.03
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0.00	0.81	0.71
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0.00	1.06	1.23
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0.00	1.53	1.24
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0.00	1.73	2.82
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0.00	1.85	1.20
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0.00	1.63	0.43
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0.00	1.60	0.30
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	--	0.88	0.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0.00	1.38	1.22
10894	Pork, cured, ham, separable fat, boneless, heated	0.00	23.80	2.00
10895	Pork, cured, ham, separable fat, boneless, unheated	0.00	23.90	1.87
10898	Pork, pickled pork hocks	--	5.13	0.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0.00	1.61	0.74
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.00	1.37	1.02
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.00	2.51	1.18
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0.00	2.96	0.17

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0.00	5.09	0.32
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0.00	6.03	0.43
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.00	2.10	4.21
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0.00	4.21	2.72
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0.00	8.99	1.42
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0.00	5.48	1.35
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.00	2.57	1.42
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0.00	4.88	1.10
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0.00	4.98	0.66
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0.00	5.64	0.80
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0.00	3.92	0.99
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0.00	6.14	1.35
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0.00	4.03	1.54
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.00	2.32	1.72
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.00	2.49	1.54
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0.00	5.26	1.15
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0.00	7.91	1.42
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0.00	3.58	1.41
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.00	2.16	4.69
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.00	2.46	4.61
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0.00	4.36	0.60
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0.00	5.12	0.33
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0.00	3.21	0.17
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.00	1.44	1.04
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.00	1.92	1.06
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.00	1.48	0.84
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.00	3.79	0.64
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0.00	1.07	0.68
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.00	1.02	0.32
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.00	1.43	0.68
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.00	1.24	0.18
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0.00	4.08	0.64
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.00	4.27	0.41
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0.00	3.84	0.70
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	--	1.41	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0.00	3.96	0.21
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	--	10.71	0.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	--	21.54	0.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.00	1.20	0.31
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	--	0.76	0.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	--	5.70	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.00	2.33	0.18
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	--	2.29	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.00	1.26	0.22
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	--	5.80	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.00	3.82	0.02
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	--	1.20	0.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.00	1.42	0.31
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.00	4.69	0.16
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.00	7.61	0.03
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0.00	3.97	0.52
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	--	1.93	0.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	--	1.69	0.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	--	1.47	0.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	--	1.80	0.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	--	1.72	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	--	1.32	0.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	--	1.02	0.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	--	0.69	0.00
10972	Pork, ground, 84% lean / 16% fat, raw	0.00	6.68	0.44
10973	Pork, ground, 96% lean / 4% fat, raw	0.00	1.89	0.21
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0.00	15.33	1.39
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.00	9.02	0.58
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	--	2.71	0.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.00	14.36	1.08
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	--	10.03	0.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.00	2.36	0.57
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	--	4.28	0.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	--	7.65	0.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.00	1.64	0.82

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	--	3.06	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.00	1.91	0.89
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	--	3.30	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	--	3.61	0.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	--	4.88	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.00	3.91	0.83
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.00	3.41	0.76
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	--	4.46	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	--	5.23	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	--	6.37	0.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	--	7.93	0.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0.00	--	0.83
10998	Canadian bacon, cooked, pan-fried	0.00	1.26	1.80
13000	Beef, grass-fed, strip steaks, lean only, raw	--	1.00	0.00
13001	Beef, carcass, separable lean and fat, choice, raw	--	10.47	0.00
13002	Beef, carcass, separable lean and fat, select, raw	--	9.82	0.00
13019	Beef, retail cuts, separable fat, raw	--	30.94	0.00
13020	Beef, retail cuts, separable fat, cooked	--	30.45	0.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	--	3.46	0.00
13047	Beef, grass-fed, ground, raw	--	4.80	0.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	7.48	0.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	--	3.38	0.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	6.94	0.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	3.75	0.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	--	2.48	0.00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	5.44	0.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	3.28	0.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	--	9.58	0.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	6.86	0.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	--	3.56	0.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	3.60	0.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	--	16.39	0.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	--	18.88	0.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	--	4.38	0.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	--	7.98	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	3.10	0.00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	--	2.22	0.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	3.98	0.00
13166	USDA Commodity, beef, canned	--	7.89	0.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	--	1.76	0.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	--	2.86	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	3.30	0.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	--	5.03	0.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	--	3.09	0.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	--	5.16	0.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	--	2.77	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	5.07	0.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	3.16	0.31
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	3.24	0.39
13317	Beef, ground, patties, frozen, cooked, broiled	--	9.36	0.00
13318	Beef, variety meats and by-products, brain, raw	0.00	1.89	1.05
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	--	3.98	0.00
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.00	1.88	1.48
13321	Beef, variety meats and by-products, heart, raw	0.00	1.14	0.14
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.00	1.01	0.15
13323	Beef, variety meats and by-products, kidneys, raw	0.00	0.59	0.29
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	--	0.96	0.00
13325	Beef, variety meats and by-products, liver, raw	0.00	0.48	3.89
13326	Beef, variety meats and by-products, liver, cooked, braised	0.00	1.12	5.13
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	0.00	1.11	5.16
13328	Beef, variety meats and by-products, lungs, raw	--	0.64	0.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	--	0.95	0.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	--	8.44	0.00
13331	Beef, variety meats and by-products, pancreas, raw	--	6.44	0.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	--	5.93	0.00
13333	Beef, variety meats and by-products, spleen, raw	--	0.78	0.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	--	1.12	0.00
13335	Beef, variety meats and by-products, suet, raw	--	31.52	0.00
13337	Beef, variety meats and by-products, thymus, raw	--	7.05	0.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	--	8.64	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13339	Beef, variety meats and by-products, tongue, raw	0.00	7.24	3.68
13340	Beef, variety meats and by-products, tongue, cooked, simmered	--	10.10	0.00
13341	Beef, variety meats and by-products, tripe, raw	--	1.53	0.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	--	11.04	0.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	3.44	0.00
13344	Beef, cured, breakfast strips, raw or unheated	0.00	18.68	0.70
13345	Beef, cured, breakfast strips, cooked	0.00	16.85	1.40
13346	Beef, cured, corned beef, brisket, raw	0.00	7.18	0.14
13347	Beef, cured, corned beef, brisket, cooked	0.00	9.22	0.47
13348	Beef, cured, corned beef, canned	--	5.96	0.00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	5.87	0.19
13350	Beef, cured, dried	0.00	0.84	2.76
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	6.38	0.14
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	6.61	0.28
13353	Beef, cured, luncheon meat, jellied	--	1.45	0.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	4.73	0.00
13355	Beef, cured, pastrami	0.00	2.12	0.36
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0.00	4.89	0.49
13357	Beef, cured, sausage, cooked, smoked	0.00	12.97	2.42
13358	Beef, cured, smoked, chopped beef	0.00	1.83	1.86
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.00	5.45	0.67
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	--	5.57	0.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	--	5.84	0.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	--	4.14	0.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	--	3.91	0.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	--	4.22	0.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	--	3.19	0.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	8.68	0.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	4.65	0.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	3.44	0.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	2.98	0.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	12.70	0.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	6.46	0.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	8.18	0.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	7.55	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	3.27	0.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	--	2.47	0.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	10.43	0.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	9.95	0.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	8.76	0.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	5.73	0.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	5.67	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	4.16	0.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	13.04	0.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	10.93	0.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	5.60	0.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	6.27	0.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	--	4.77	0.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	6.03	0.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	9.78	0.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	8.49	0.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	3.00	0.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	4.94	0.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	--	3.67	0.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	3.75	0.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	3.27	0.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	4.23	0.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	3.97	0.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	3.27	0.00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	2.57	0.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	3.23	0.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	2.73	0.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	3.81	0.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	3.21	0.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	--	2.66	0.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	2.25	0.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	1.88	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	1.96	0.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	1.75	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	1.60	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	1.71	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	1.44	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	3.40	0.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	3.69	0.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	3.12	0.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	2.54	0.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	2.63	0.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	1.79	0.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	2.51	0.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	2.82	0.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	2.13	0.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	2.25	0.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	--	1.55	0.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	3.98	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	4.42	0.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	3.33	0.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	3.73	0.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	4.11	0.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	3.15	0.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	5.08	0.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	5.80	0.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	4.00	0.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	3.88	0.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	4.50	0.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	2.94	0.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	3.96	0.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	4.31	0.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	3.60	0.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	2.31	0.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	2.62	0.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	2.01	0.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	8.65	0.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	--	9.28	0.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	--	7.74	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.84	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	--	4.52	0.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	5.19	0.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	6.18	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	--	2.15	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	3.74	0.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	3.76	0.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	7.20	0.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	--	7.90	0.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	--	6.20	0.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.77	0.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	--	4.61	0.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	4.64	0.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	--	2.28	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	3.78	0.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	3.34	0.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	--	2.52	0.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	--	3.01	0.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	--	3.32	0.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	--	2.70	0.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	--	2.42	0.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	1.79	0.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	1.85	0.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	1.39	0.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	--	8.37	0.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	--	7.32	0.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	--	7.32	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	--	8.86	0.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	--	14.17	0.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0.00	4.05	0.21
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	4.51	0.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	5.02	0.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	3.75	0.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	3.29	0.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	3.57	0.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	2.88	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	--	2.73	0.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	2.96	0.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	--	2.30	0.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	5.30	0.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	2.09	0.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	2.20	0.11
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.85	0.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	6.04	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	--	5.84	0.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	--	5.91	0.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	--	5.73	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	6.50	0.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	--	7.41	0.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	6.92	0.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	--	7.94	0.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	--	5.62	0.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	--	6.65	0.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	8.52	0.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	10.89	0.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	9.50	0.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	7.93	0.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	9.53	0.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	12.21	0.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	7.70	0.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	8.28	0.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.95	0.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	8.58	0.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	--	7.44	0.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	7.97	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	8.52	0.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	10.86	0.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	9.36	0.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	11.78	0.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	--	7.60	0.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	9.66	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	4.17	0.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	4.69	0.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	3.38	0.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	11.24	0.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	--	11.38	0.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	12.08	0.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	--	12.02	0.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	12.12	0.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	12.80	0.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	--	10.32	0.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	10.28	0.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	11.01	0.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	--	13.77	0.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	--	14.13	0.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	--	14.69	0.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	11.69	0.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	--	11.51	0.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	12.20	0.00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	--	12.56	0.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	13.21	0.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	13.39	0.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	--	10.65	0.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	10.85	0.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	11.06	0.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	--	14.37	0.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	--	15.29	0.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	--	14.29	0.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	8.16	0.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	--	8.36	0.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	11.73	0.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	--	8.62	0.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	9.21	0.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	12.63	0.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	--	7.71	0.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	7.50	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	10.81	0.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	--	12.84	0.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	--	12.12	0.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	--	15.28	0.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	4.19	0.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	3.77	0.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	5.14	0.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	5.56	0.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	--	4.62	0.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	4.76	0.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	4.99	0.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	5.06	0.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	4.96	0.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	5.25	0.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	5.36	0.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	5.30	0.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	4.72	0.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	4.77	0.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	4.62	0.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	3.56	0.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	4.12	0.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	3.85	0.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	4.28	0.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	--	3.27	0.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	3.95	0.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	5.00	0.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	4.68	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	5.49	0.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	5.11	0.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	--	4.45	0.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	4.22	0.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	4.21	0.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	0.00	3.03	2.03
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	3.43	0.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	4.15	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	--	3.84	0.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	3.54	0.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	4.76	0.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	4.38	0.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	--	5.18	0.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	3.32	0.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	3.51	0.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	3.30	0.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	--	3.59	0.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	--	4.01	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	3.12	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	4.59	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	6.84	0.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	8.83	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.31	0.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	9.67	0.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	6.63	0.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	6.99	0.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.41	0.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	7.69	0.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	--	6.44	0.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	6.30	0.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	--	9.78	0.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	--	9.39	0.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	8.93	0.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	--	7.14	0.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	10.27	0.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.66	0.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	7.41	0.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	10.50	0.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	7.91	0.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	6.89	0.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	9.92	0.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	--	9.26	0.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	--	9.17	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	--	11.01	0.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	5.44	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	--	5.93	0.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	6.12	0.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	6.56	0.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	--	8.86	0.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	4.76	0.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	5.30	0.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	3.51	0.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	2.92	0.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	3.25	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	2.60	0.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	3.32	0.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	2.88	0.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	2.91	0.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	5.20	0.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	6.03	0.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	--	0.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	--	4.25	0.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	6.12	0.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	--	4.72	0.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	4.84	0.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	--	3.82	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	2.06	0.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	2.71	0.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	2.46	0.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	5.73	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	3.33	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	2.08	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	1.65	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.92	0.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	--	2.47	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	--	3.11	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	--	2.94	0.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	--	3.67	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	4.77	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	5.22	0.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	7.38	0.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	9.78	0.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	7.70	0.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	8.89	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	4.31	0.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	4.20	0.00
14003	Alcoholic beverage, beer, regular, all	0.00	--	3.55
14004	Alcoholic beverage, beer, regular, BUDWEISER	0.00	--	2.97
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0.00	--	0.87
14006	Alcoholic beverage, beer, light	0.00	--	1.64
14007	Alcoholic beverage, beer, light, BUD LIGHT	0.00	--	1.30
14009	Alcoholic beverage, daiquiri, canned	0.00	--	15.70
14013	Alcoholic beverage, beer, light, low carb	0.00	--	0.73
14019	Alcoholic beverage, tequila sunrise, canned	0.00	--	11.30
14021	Beverages, Energy drink, Citrus	0.00	--	11.27
14022	Beverages, MONSTER energy drink, low carb	0.00	--	1.38
14024	Beverages, Whiskey sour mix, powder	0.00	0.01	97.30
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.00	0.00	15.85
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0.00	--	1.03
14028	Beverages, Whiskey sour mix, bottled	0.00	0.00	21.40
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.00	0.00	12.82
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0.00	--	11.25
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0.00	--	1.25
14033	Beverages, ABBOTT, EAS whey protein powder	0.00	0.28	17.95
14034	Alcoholic beverage, creme de menthe, 72 proof	0.00	0.02	41.60
14035	Beverages, ABBOTT, EAS soy protein powder	0.00	0.64	43.94
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	--	--	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.00	--	3.75
14049	Alcoholic beverage, distilled, gin, 90 proof	--	--	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	--	--	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	--	--	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.00	--	0.10
14057	Alcoholic beverage, wine, dessert, sweet	0.00	--	13.69
14058	Beverages, Whey protein powder isolate	0.00	0.15	29.07
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.00	--	15.00
14061	Beverages, Energy Drink, sugar free	0.00	--	0.42
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	0.00	0.84	16.88
14064	Beverages, Orange juice, light, No pulp	0.00	--	5.42
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0.00	--	12.50
14073	Beverages, ZEVIA, cola	0.00	--	1.13
14074	Beverages, ZEVIA, cola, caffeine free	0.00	--	1.13
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	--	--	0.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	--	--	0.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.00	--	12.83
14080	Beverages, rich chocolate, powder	0.00	--	92.96
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0.00	0.04	8.64
14084	Alcoholic beverage, wine, table, all	0.00	--	2.72
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	0.00	--	7.76
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	0.00	--	8.16
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.00	--	4.24
14091	Beverages, almond milk, unsweetened, shelf stable	0.00	0.71	0.58
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	--	--	0.00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.00	--	13.75
14096	Alcoholic beverage, wine, table, red	0.00	--	2.61
14106	Alcoholic beverage, wine, table, white	0.00	--	2.60
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.00	--	7.47
14121	Beverages, carbonated, club soda	--	--	0.00
14130	Carbonated beverage, cream soda	0.00	--	13.30
14136	Beverages, carbonated, ginger ale	0.00	--	8.76
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	0.00	--	9.09
14142	Beverages, carbonated, grape soda	0.00	--	11.20
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	--	--	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.00	--	10.42
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.00	--	10.14
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.00	--	0.12
14147	Beverages, carbonated, cola, without caffeine	0.00	--	10.58

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14148	Beverages, carbonated, cola, regular	0.00	--	10.36
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.00	--	5.16
14150	Beverages, carbonated, orange	0.00	--	12.30
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	--	--	0.00
14153	Beverages, carbonated, pepper-type, contains caffeine	0.00	--	10.40
14154	Beverages, Energy drink, RED BULL	0.00	--	10.23
14155	Beverages, carbonated, tonic water	0.00	--	8.80
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00	--	0.70
14157	Beverages, carbonated, root beer	0.00	--	10.60
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.00	--	2.16
14161	Beverages, Kiwi Strawberry Juice Drink	0.00	--	12.26
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.00	--	5.10
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0.00	0.28	8.81
14165	Beverages, carbonated, limeade, high caffeine	0.00	--	4.16
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.00	--	0.10
14167	Beverages, POWERADE, Zero, Mixed Berry	0.00	--	0.14
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0.00	--	2.92
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.00	0.29	4.27
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.00	--	5.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.00	0.29	12.60
14180	Beverages, coffee, brewed, breakfast blend	0.00	--	0.23
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.00	--	11.42
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.00	--	7.16
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.00	--	12.08
14190	Beverages, tea, green, ready-to-drink, diet	--	--	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.00	--	0.31
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.00	--	10.80
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	--	--	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.00	--	1.69
14203	Beverages, coffee, instant, regular, half the caffeine	0.00	0.04	73.18
14206	Beverages, tea, green, ready-to-drink, sweetened	0.00	--	6.20
14207	Beverages, tea, ready-to-drink, lemon, diet	0.00	--	0.41
14209	Beverages, coffee, brewed, prepared with tap water	--	0.02	0.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.00	--	1.67
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.00	--	0.22

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14214	Beverages, coffee, instant, regular, powder	0.00	0.04	75.40
14215	Beverages, coffee, instant, regular, prepared with water	0.00	--	0.34
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.00	--	3.75
14218	Beverages, coffee, instant, decaffeinated, powder	0.00	0.02	76.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.00	--	0.43
14223	Beverages, coffee, instant, chicory	0.00	--	0.75
14238	Beverages, cranberry-apple juice drink, bottled	0.00	0.01	15.85
14239	Alcoholic beverage, malt beer, hard lemonade	0.00	--	10.07
14242	Cranberry juice cocktail, bottled	0.00	0.02	13.52
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.00	--	4.60
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.00	0.77	14.20
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.00	--	94.45
14247	Beverages, tea, black, ready to drink	--	--	0.00
14248	Alcoholic beverage, beer, light, higher alcohol	0.00	--	0.77
14250	Beverages, AMBER, hard cider	0.00	--	5.92
14251	Alcoholic beverages, beer, higher alcohol	0.00	--	0.27
14252	Beverages, Malt liquor beverage	--	--	0.00
14253	Alcoholic beverages, wine, rose	0.00	--	3.80
14260	Beverages, tea, green, brewed, decaffeinated	--	--	0.00
14261	Beverages, tea, green, ready to drink, unsweetened	--	--	0.00
14264	Beverages, fruit punch drink, without added nutrients, canned	0.00	--	11.97
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0.00	--	86.28
14276	Beverages, Tropical Punch, ready-to-drink	0.00	--	2.50
14277	Beverages, grape drink, canned	0.00	--	15.72
14278	Beverages, tea, green, brewed, regular	--	--	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	0.00	--	0.25
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.00	--	0.83
14281	Beverages, tea, black, ready to drink, decaffeinated	0.00	--	8.75
14288	Lemonade, powder, prepared with water	0.00	--	3.59
14293	Lemonade, frozen concentrate, white, prepared with water	0.00	0.00	10.42
14296	Beverages, lemonade-flavor drink, powder	0.00	0.13	97.90
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.00	--	6.90
14303	Limeade, frozen concentrate, prepared with water	0.00	--	13.79
14305	Malt beverage, includes non-alcoholic beer	0.00	0.02	8.05
14309	Beverages, OVALTINE, Classic Malt powder	0.00	--	93.33

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0.00	0.80	10.67
14315	Beverages, OVALTINE, chocolate malt powder	0.00	--	92.96
14323	Beverages, orange drink, canned, with added vitamin C	0.00	0.00	12.34
14350	Strawberry-flavor beverage mix, powder	0.00	--	99.10
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.00	0.89	12.30
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.00	0.30
14355	Beverages, tea, black, brewed, prepared with tap water	0.00	0.00	0.30
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0.00	--	85.40
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.00	0.03	98.55
14367	Beverages, tea, instant, unsweetened, prepared with water	0.00	--	0.17
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0.00	--	85.40
14376	Beverages, tea, instant, lemon, diet	0.00	--	0.44
14381	Beverages, tea, herb, other than chamomile, brewed	0.00	0.00	0.20
14384	Beverages, water, bottled, PERRIER	--	--	0.00
14385	Beverages, water, bottled, POLAND SPRING	--	--	0.00
14400	Beverages, carbonated, cola, fast-food cola	0.00	--	9.56
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.00	0.02	11.40
14411	Beverages, water, tap, drinking	--	--	0.00
14412	Beverages, water, tap, well	--	--	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.00	0.02	46.80
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.00	4.46	20.90
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.00	--	0.29
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.00	0.06	12.21
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.00	0.00	11.32
14429	Beverages, water, tap, municipal	--	--	0.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.00	--	11.81
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.00	--	94.11
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.00	--	6.43
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.00	0.01	7.84
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.00	--	1.14
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0.00	--	9.77
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0.00	--	8.81
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.00	0.00	21.40
14531	Alcoholic beverage, whiskey sour	0.00	0.00	13.17
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	--	--	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	--	--	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.00	0.02	32.20
14536	Alcoholic beverage, wine, dessert, dry	0.00	--	11.67
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.00	--	0.10
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.00	0.00	9.47
14544	Beverages, tea, black, brewed, prepared with distilled water	0.00	0.00	0.30
14545	Beverages, tea, herb, brewed, chamomile	0.00	0.00	0.20
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.00	0.01	97.60
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.00	--	0.10
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	--	--	0.00
14552	Carbonated beverage, chocolate-flavored soda	0.00	--	10.70
14553	Beverages, Wine, non-alcoholic	0.00	--	1.10
14555	Water, bottled, generic	--	--	0.00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	--	--	0.00
14602	Alcoholic Beverage, wine, table, red, Merlot	0.00	--	2.51
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0.00	--	0.13
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.00	--	5.49
14620	Beverages, V8 V-FUSION Juices, Peach Mango	0.00	--	11.38
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	0.00	--	11.79
14622	Beverages, V8 V-FUSION Juices, Tropical	0.00	--	11.38
14623	Beverages, V8 V- FUSION Juices, Acai Berry	0.00	--	10.98
14625	Beverages, Energy drink, AMP	0.00	--	12.08
14626	Beverages, Energy drink, FULL THROTTLE	0.00	--	12.08
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.00	--	11.28
14628	Beverages, Energy drink, AMP, sugar free	0.00	--	1.03
14629	Beverages, Energy drink, ROCKSTAR	0.00	--	12.70
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.00	--	0.70
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.00	--	1.10
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.00	--	11.15
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.00	0.01	10.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.00	--	4.50
14638	Beverages, Horchata, as served in restaurant	0.00	--	11.52
14640	Beverages, Energy drink, VAULT, citrus flavor	0.00	--	12.99
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.00	--	0.70
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0.00	--	1.94

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0.00	--	16.03
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0.00	--	6.67
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.00	--	6.67
14649	Beverages, tea, hibiscus, brewed	--	--	0.00
14654	Beverages, nutritional shake mix, high protein, powder	0.00	2.91	20.38
15001	Fish, anchovy, european, raw	--	1.18	0.00
15002	Fish, anchovy, european, canned in oil, drained solids	--	3.77	0.00
15003	Fish, bass, fresh water, mixed species, raw	--	1.43	0.00
15004	Fish, bass, striped, raw	--	0.66	0.00
15005	Fish, bluefish, raw	--	1.79	0.00
15006	Fish, burbot, raw	--	0.13	0.00
15007	Fish, butterfish, raw	--	3.38	0.00
15008	Fish, carp, raw	--	2.33	0.00
15009	Fish, carp, cooked, dry heat	--	2.98	0.00
15010	Fish, catfish, channel, wild, raw	--	0.84	0.00
15012	Fish, caviar, black and red, granular	0.00	4.63	4.00
15013	Fish, cisco, raw	--	0.47	0.00
15014	Fish, cisco, smoked	--	5.48	0.00
15015	Fish, cod, Atlantic, raw	--	0.09	0.00
15016	Fish, cod, Atlantic, cooked, dry heat	--	0.12	0.00
15017	Fish, cod, Atlantic, canned, solids and liquid	--	0.12	0.00
15018	Fish, cod, Atlantic, dried and salted	--	0.34	0.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	--	0.07	0.00
15020	Fish, croaker, Atlantic, raw	--	1.15	0.00
15022	Fish, cusk, raw	--	0.09	0.00
15023	Fish, mahimahi, raw	--	0.12	0.00
15024	Fish, drum, freshwater, raw	--	2.19	0.00
15025	Fish, eel, mixed species, raw	--	7.19	0.00
15026	Fish, eel, mixed species, cooked, dry heat	--	9.22	0.00
15028	Fish, flatfish (flounder and sole species), raw	--	0.54	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	--	0.66	0.00
15030	Fish, gefiltefish, commercial, sweet recipe	0.00	0.82	7.41
15031	Fish, grouper, mixed species, raw	--	0.20	0.00
15032	Fish, grouper, mixed species, cooked, dry heat	--	0.27	0.00
15033	Fish, haddock, raw	--	0.06	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15034	Fish, haddock, cooked, dry heat	--	0.07	0.00
15035	Fish, haddock, smoked	--	0.16	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	--	0.47	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	--	0.57	0.00
15038	Fish, halibut, Greenland, raw	--	8.38	0.00
15039	Fish, herring, Atlantic, raw	--	3.74	0.00
15040	Fish, herring, Atlantic, cooked, dry heat	--	4.79	0.00
15041	Fish, herring, Atlantic, pickled	0.00	11.95	9.64
15042	Fish, herring, Atlantic, kippered	--	5.11	0.00
15043	Fish, herring, Pacific, raw	--	6.87	0.00
15044	Fish, ling, raw	--	0.09	0.00
15045	Fish, lingcod, raw	--	0.35	0.00
15046	Fish, mackerel, Atlantic, raw	--	5.46	0.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	--	7.01	0.00
15048	Fish, mackerel, jack, canned, drained solids	--	2.22	0.00
15049	Fish, mackerel, king, raw	--	0.76	0.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	--	2.63	0.00
15051	Fish, mackerel, spanish, raw	--	1.53	0.00
15052	Fish, mackerel, spanish, cooked, dry heat	--	2.14	0.00
15053	Fish, milkfish, raw	--	2.58	0.00
15054	Fish, monkfish, raw	--	0.24	0.00
15055	Fish, mullet, striped, raw	--	1.08	0.00
15056	Fish, mullet, striped, cooked, dry heat	--	1.38	0.00
15057	Fish, ocean perch, Atlantic, raw	--	0.48	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	--	0.58	0.00
15059	Fish, pout, ocean, raw	--	0.33	0.00
15060	Fish, perch, mixed species, raw	--	0.15	0.00
15061	Fish, perch, mixed species, cooked, dry heat	--	0.20	0.00
15062	Fish, pike, northern, raw	--	0.16	0.00
15063	Fish, pike, northern, cooked, dry heat	--	0.20	0.00
15064	Fish, pike, walleye, raw	--	0.29	0.00
15065	Fish, pollock, Atlantic, raw	--	0.11	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	--	0.08	0.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	--	0.13	0.00
15068	Fish, pompano, florida, raw	--	2.59	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15069	Fish, pompano, florida, cooked, dry heat	--	3.32	0.00
15070	Fish, rockfish, Pacific, mixed species, raw	--	0.38	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	--	0.47	0.00
15072	Fish, roe, mixed species, raw	0.00	1.66	1.50
15073	Fish, roughy, orange, raw	--	0.24	0.00
15074	Fish, sablefish, raw	--	8.06	0.00
15075	Fish, sablefish, smoked	--	10.60	0.00
15076	Fish, salmon, Atlantic, wild, raw	--	2.10	0.00
15077	Fish, salmon, chinook, smoked	--	2.02	0.00
15078	Fish, salmon, chinook, raw	--	4.40	0.00
15079	Fish, salmon, chum, raw	--	1.54	0.00
15080	Fish, salmon, chum, canned, drained solids with bone	--	1.92	0.00
15081	Fish, salmon, coho, wild, raw	--	2.13	0.00
15082	Fish, salmon, coho, wild, cooked, moist heat	--	2.70	0.00
15083	Fish, salmon, pink, raw	--	1.35	0.00
15084	Fish, salmon, pink, canned, total can contents	--	1.20	0.00
15085	Fish, salmon, sockeye, raw	--	1.37	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	--	1.86	0.00
15087	Fish, salmon, sockeye, canned, drained solids	--	2.49	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	--	3.87	0.00
15090	Fish, scup, raw	--	0.56	0.00
15091	Fish, sea bass, mixed species, raw	--	0.42	0.00
15092	Fish, sea bass, mixed species, cooked, dry heat	--	0.54	0.00
15093	Fish, seatrout, mixed species, raw	--	0.88	0.00
15094	Fish, shad, american, raw	--	5.72	0.00
15095	Fish, shark, mixed species, raw	--	1.81	0.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.00	5.94	6.39
15097	Fish, sheepshead, raw	--	0.73	0.00
15098	Fish, sheepshead, cooked, dry heat	--	0.35	0.00
15099	Fish, smelt, rainbow, raw	--	0.64	0.00
15100	Fish, smelt, rainbow, cooked, dry heat	--	0.82	0.00
15101	Fish, snapper, mixed species, raw	--	0.25	0.00
15102	Fish, snapper, mixed species, cooked, dry heat	--	0.32	0.00
15103	Fish, spot, raw	--	1.33	0.00
15104	Fish, sturgeon, mixed species, raw	--	1.94	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15105	Fish, sturgeon, mixed species, cooked, dry heat	--	2.49	0.00
15106	Fish, sturgeon, mixed species, smoked	--	2.36	0.00
15107	Fish, sucker, white, raw	--	0.71	0.00
15108	Fish, sunfish, pumpkin seed, raw	--	0.12	0.00
15109	Fish, surimi	0.00	0.15	6.85
15110	Fish, swordfish, raw	--	2.97	0.00
15111	Fish, swordfish, cooked, dry heat	--	3.54	0.00
15112	Fish, tilefish, raw	--	0.57	0.00
15113	Fish, tilefish, cooked, dry heat	--	1.33	0.00
15114	Fish, trout, mixed species, raw	--	3.25	0.00
15115	Fish, trout, rainbow, wild, raw	--	1.13	0.00
15116	Fish, trout, rainbow, wild, cooked, dry heat	--	1.75	0.00
15117	Fish, tuna, fresh, bluefin, raw	--	1.60	0.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	--	2.05	0.00
15119	Fish, tuna, light, canned in oil, drained solids	--	2.95	0.00
15121	Fish, tuna, light, canned in water, drained solids	--	0.11	0.00
15123	Fish, tuna, fresh, skipjack, raw	--	0.19	0.00
15124	Fish, tuna, white, canned in oil, drained solids	--	3.26	0.00
15126	Fish, tuna, white, canned in water, drained solids	--	0.78	0.00
15127	Fish, tuna, fresh, yellowfin, raw	--	0.12	0.00
15128	Fish, tuna salad	0.00	2.89	9.41
15129	Fish, turbot, european, raw	--	0.61	0.00
15130	Fish, whitefish, mixed species, raw	--	2.00	0.00
15131	Fish, whitefish, mixed species, smoked	--	0.28	0.00
15132	Fish, whiting, mixed species, raw	--	0.28	0.00
15133	Fish, whiting, mixed species, cooked, dry heat	--	0.44	0.00
15134	Fish, wolffish, Atlantic, raw	--	0.84	0.00
15135	Fish, yellowtail, mixed species, raw	--	1.99	0.00
15136	Crustaceans, crab, alaska king, raw	--	0.08	0.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	--	0.18	0.00
15139	Crustaceans, crab, blue, raw	0.00	0.19	0.04
15140	Crustaceans, crab, blue, cooked, moist heat	--	0.13	0.00
15141	Crustaceans, crab, blue, canned	--	0.13	0.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	0.00	2.82	0.48
15143	Crustaceans, crab, dungeness, raw	0.00	0.17	0.74

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15144	Crustaceans, crab, queen, raw	--	0.26	0.00
15145	Crustaceans, crayfish, mixed species, wild, raw	--	0.17	0.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	--	0.24	0.00
15147	Crustaceans, lobster, northern, raw	--	0.22	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	--	0.25	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.00	0.18	0.91
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.00	0.36	1.52
15152	Crustaceans, shrimp, mixed species, canned	--	0.11	0.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0.00	0.22	9.13
15154	Crustaceans, spiny lobster, mixed species, raw	0.00	0.28	2.43
15155	Mollusks, abalone, mixed species, raw	0.00	0.11	6.01
15156	Mollusks, abalone, mixed species, cooked, fried	0.00	2.74	11.05
15157	Mollusks, clam, mixed species, raw	0.00	0.12	3.57
15159	Mollusks, clam, mixed species, cooked, moist heat	0.00	0.17	5.13
15160	Mollusks, clam, mixed species, canned, drained solids	0.00	0.20	5.90
15162	Mollusks, clam, mixed species, canned, liquid	0.00	0.00	0.10
15163	Mollusks, cuttlefish, mixed species, raw	0.00	0.08	0.82
15164	Mollusks, mussel, blue, raw	0.00	0.51	3.69
15165	Mollusks, mussel, blue, cooked, moist heat	0.00	1.01	7.39
15166	Mollusks, octopus, common, raw	0.00	0.16	2.20
15167	Mollusks, oyster, eastern, wild, raw	0.00	0.25	2.72
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.00	0.51	5.45
15170	Mollusks, oyster, eastern, canned	0.00	0.25	3.91
15171	Mollusks, oyster, Pacific, raw	0.00	0.36	4.95
15172	Mollusks, scallop, mixed species, raw	0.00	0.05	3.18
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0.00	0.06	10.62
15175	Mollusks, squid, mixed species, raw	0.00	0.11	3.08
15176	Mollusks, squid, mixed species, cooked, fried	0.00	2.75	7.79
15177	Mollusks, whelk, unspecified, raw	0.00	0.03	7.76
15178	Mollusks, whelk, unspecified, cooked, moist heat	0.00	0.06	15.52
15179	Fish, salmon, chinook, smoked, (lox), regular	--	2.02	0.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	--	1.92	0.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	--	1.82	0.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	--	2.78	0.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	--	2.95	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15184	Fish, tuna, light, canned in water, without salt, drained solids	--	0.16	0.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	--	2.48	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	--	0.78	0.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	--	1.84	0.00
15188	Fish, bass, striped, cooked, dry heat	--	0.85	0.00
15189	Fish, bluefish, cooked, dry heat	--	2.30	0.00
15190	Fish, burbot, cooked, dry heat	--	0.17	0.00
15191	Fish, butterfish, cooked, dry heat	--	--	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	--	0.09	0.00
15193	Fish, cusk, cooked, dry heat	--	--	0.00
15194	Fish, mahimahi, cooked, dry heat	--	0.16	0.00
15195	Fish, drum, freshwater, cooked, dry heat	--	2.81	0.00
15196	Fish, halibut, greenland, cooked, dry heat	--	10.74	0.00
15197	Fish, herring, Pacific, cooked, dry heat	--	8.81	0.00
15198	Fish, ling, cooked, dry heat	--	--	0.00
15199	Fish, lingcod, cooked, dry heat	--	0.45	0.00
15200	Fish, mackerel, king, cooked, dry heat	--	0.98	0.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	--	3.37	0.00
15202	Fish, milkfish, cooked, dry heat	--	--	0.00
15203	Fish, monkfish, cooked, dry heat	--	--	0.00
15204	Fish, pike, walleye, cooked, dry heat	--	0.38	0.00
15205	Fish, pollock, Atlantic, cooked, dry heat	--	0.14	0.00
15206	Fish, pout, ocean, cooked, dry heat	--	0.42	0.00
15207	Fish, roe, mixed species, cooked, dry heat	0.00	2.13	1.92
15208	Fish, sablefish, cooked, dry heat	--	10.33	0.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	--	2.70	0.00
15210	Fish, salmon, chinook, cooked, dry heat	--	5.74	0.00
15211	Fish, salmon, chum, cooked, dry heat	--	1.98	0.00
15212	Fish, salmon, pink, cooked, dry heat	--	1.62	0.00
15213	Fish, scup, cooked, dry heat	--	--	0.00
15214	Fish, seatrout, mixed species, cooked, dry heat	--	1.13	0.00
15215	Fish, shad, american, cooked, dry heat	--	--	0.00
15216	Fish, spot, cooked, dry heat	--	1.71	0.00
15217	Fish, sucker, white, cooked, dry heat	--	0.90	0.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	--	0.15	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15219	Fish, trout, mixed species, cooked, dry heat	--	4.17	0.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	--	0.24	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	--	0.14	0.00
15222	Fish, turbot, european, cooked, dry heat	--	--	0.00
15223	Fish, whitefish, mixed species, cooked, dry heat	--	2.56	0.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	--	1.07	0.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	--	--	0.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	0.00	0.21	0.95
15227	Crustaceans, crab, queen, cooked, moist heat	--	0.33	0.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0.00	0.35	3.12
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	0.00	0.16	1.64
15230	Mollusks, octopus, common, cooked, moist heat	0.00	0.32	4.40
15231	Mollusks, oyster, Pacific, cooked, moist heat	0.00	0.78	9.90
15232	Fish, roughy, orange, cooked, dry heat	--	0.44	0.00
15233	Fish, catfish, channel, wild, cooked, dry heat	--	1.10	0.00
15234	Fish, catfish, channel, farmed, raw	--	2.57	0.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	--	3.12	0.00
15236	Fish, salmon, Atlantic, farmed, raw	--	3.77	0.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	--	4.18	0.00
15238	Fish, salmon, coho, farmed, raw	--	3.33	0.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	--	3.62	0.00
15240	Fish, trout, rainbow, farmed, raw	--	1.98	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	--	2.36	0.00
15242	Crustaceans, crayfish, mixed species, farmed, raw	--	0.18	0.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	--	0.25	0.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0.00	0.39	4.23
15245	Mollusks, oyster, eastern, farmed, raw	0.00	0.15	5.53
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0.00	0.23	7.28
15247	Fish, salmon, coho, wild, cooked, dry heat	--	1.58	0.00
15250	Mollusks, conch, baked or broiled	0.00	0.33	1.70
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.00	4.62	13.96
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.00	4.33	11.85
15253	Salmon, sockeye, canned, total can contents	--	2.47	0.00
15260	Fish, salmon, pink, canned, drained solids	--	1.21	0.00
15261	Fish, tilapia, raw	--	0.50	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
15262	Fish, tilapia, cooked, dry heat	--	0.96	0.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	--	1.92	0.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	--	0.97	0.00
16122	Soy protein isolate	--	0.64	0.00
16164	MORI-NU, Tofu, silken, lite firm	0.00	0.14	1.10
16165	MORI-NU, Tofu, silken, lite extra firm	0.00	0.12	1.00
16246	SILK Nog, soymilk	0.00	--	12.30
16247	SILK Chai, soymilk	0.00	--	7.82
16248	SILK Mocha, soymilk	0.00	--	9.05
16249	SILK Coffee, soymilk	0.00	--	10.29
16260	SILK Original Creamer	0.00	--	6.67
16261	SILK French Vanilla Creamer	0.00	--	20.00
16262	SILK Hazelnut Creamer	0.00	--	20.00
16422	Soy protein isolate, potassium type	0.00	0.12	2.59
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	0.00	3.50	9.90
16536	WORTHINGTON Wham (roll), frozen, unprepared	0.00	2.50	5.70
17000	Veal, Australian, rib, rib roast, separable lean only, raw	0.00	1.81	1.40
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	8.86	0.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	--	8.82	0.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	--	2.11	0.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	--	4.17	0.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	--	29.11	0.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	--	24.40	0.00
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	5.49	0.00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	--	5.68	0.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	--	1.32	0.00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	--	2.64	0.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	--	7.00	0.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	6.96	0.00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	--	1.81	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	3.39	0.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	5.53	0.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	5.29	0.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	--	1.69	0.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	2.92	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	9.08	0.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	8.71	0.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	--	2.04	0.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	4.02	0.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	10.94	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	9.70	0.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	9.68	0.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	--	2.39	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	4.26	0.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	3.95	0.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	14.13	0.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	12.12	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	12.52	0.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	--	3.71	0.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	5.21	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	5.83	0.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	--	8.79	0.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	--	10.04	0.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	7.87	0.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	8.17	0.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	--	2.72	0.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	--	6.45	0.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	4.24	0.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	4.36	0.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	8.58	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	--	10.18	0.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	8.01	0.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	8.30	0.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	--	2.09	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	--	6.17	0.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	3.65	0.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	3.76	0.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	8.54	0.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	--	10.10	0.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	8.46	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	8.42	0.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	--	3.07	0.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	--	6.74	0.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	4.96	0.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	4.68	0.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	--	2.13	0.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	--	3.54	0.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	--	2.95	0.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	--	8.72	0.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	--	8.59	0.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	--	1.69	0.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	--	3.48	0.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	--	25.93	0.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	--	23.15	0.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.00	3.28	0.09
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	0.00	4.12	0.03
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	--	1.14	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	--	2.27	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.00	4.15	0.13
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	--	6.01	0.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	--	1.37	0.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	--	2.75	0.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.00	7.46	0.22
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	--	9.20	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	--	2.01	0.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	--	3.22	0.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.00	4.90	0.13
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.00	4.79	0.04
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	--	2.04	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	--	2.60	0.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.00	6.64	0.24
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	--	10.22	0.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	--	2.58	0.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	--	6.14	0.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	--	2.57	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	--	4.40	0.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	--	0.92	0.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	--	2.35	0.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	--	28.44	0.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	--	27.98	0.00
17094	Veal, leg (top round), separable lean and fat, raw	--	1.12	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	--	2.36	0.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	--	3.23	0.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	--	1.73	0.00
17099	Veal, leg (top round), separable lean only, raw	--	0.56	0.00
17100	Veal, leg (top round), separable lean only, cooked, braised	--	1.84	0.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	--	1.65	0.00
17103	Veal, leg (top round), separable lean only, cooked, roasted	--	1.19	0.00
17104	Veal, loin, separable lean and fat, raw	0.00	4.81	0.07
17105	Veal, loin, separable lean and fat, cooked, braised	--	6.73	0.00
17106	Veal, loin, separable lean and fat, cooked, roasted	--	4.78	0.00
17107	Veal, loin, separable lean only, raw	--	1.35	0.00
17108	Veal, loin, separable lean only, cooked, braised	--	3.27	0.00
17109	Veal, loin, separable lean only, cooked, roasted	--	2.49	0.00
17110	Veal, rib, separable lean and fat, raw	--	3.43	0.00
17111	Veal, rib, separable lean and fat, cooked, braised	--	4.65	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	--	5.44	0.00
17113	Veal, rib, separable lean only, raw	--	1.25	0.00
17114	Veal, rib, separable lean only, cooked, braised	--	2.62	0.00
17115	Veal, rib, separable lean only, cooked, roasted	--	2.66	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	--	1.94	0.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	--	3.90	0.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	--	3.16	0.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	--	0.96	0.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	--	2.18	0.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	--	2.40	0.00
17122	Veal, shoulder, arm, separable lean and fat, raw	--	2.08	0.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	--	3.99	0.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	--	3.20	0.00
17125	Veal, shoulder, arm, separable lean only, raw	--	0.69	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17126	Veal, shoulder, arm, separable lean only, cooked, braised	--	1.90	0.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	--	2.16	0.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	0.00	3.64	0.03
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	--	3.85	0.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	--	3.24	0.00
17131	Veal, shoulder, blade chop, separable lean only, raw	--	1.36	0.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	--	2.31	0.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	--	2.47	0.00
17134	Veal, sirloin, separable lean and fat, raw	--	3.04	0.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	--	5.15	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	--	4.08	0.00
17137	Veal, sirloin, separable lean only, raw	--	0.83	0.00
17138	Veal, sirloin, separable lean only, cooked, braised	--	2.33	0.00
17139	Veal, sirloin, separable lean only, cooked, roasted	--	2.28	0.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	--	0.80	0.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	--	1.39	0.00
17142	Veal, ground, raw	--	6.16	0.00
17143	Veal, ground, cooked, broiled	--	2.84	0.00
17144	Game meat, antelope, raw	--	0.48	0.00
17145	Game meat, antelope, cooked, roasted	--	0.63	0.00
17146	Game meat, bear, raw	--	--	0.00
17147	Game meat, bear, cooked, simmered	--	5.66	0.00
17148	Bison, ground, grass-fed, cooked	--	3.29	0.00
17149	Bison, ground, grass-fed, raw	0.00	2.75	0.05
17150	Game meat, beaver, raw	--	--	0.00
17151	Game meat, beaver, cooked, roasted	--	1.89	0.00
17152	Game meat, beefalo, composite of cuts, raw	--	2.04	0.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	--	2.68	0.00
17154	Veal, Australian, separable fat, raw	--	20.78	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	0.00	5.19	1.15
17156	Game meat, bison, separable lean only, raw	--	0.72	0.00
17157	Game meat, bison, separable lean only, cooked, roasted	--	0.95	0.00
17158	Game meat, boar, wild, raw	--	1.30	0.00
17159	Game meat, boar, wild, cooked, roasted	--	1.71	0.00
17160	Game meat, buffalo, water, raw	--	0.42	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17161	Game meat, buffalo, water, cooked, roasted	--	0.55	0.00
17162	Game meat, caribou, raw	--	1.01	0.00
17163	Game meat, caribou, cooked, roasted	--	1.33	0.00
17164	Game meat, deer, raw	--	0.67	0.00
17165	Game meat, deer, cooked, roasted	--	0.88	0.00
17166	Game meat, elk, raw	--	0.36	0.00
17167	Game meat, elk, cooked, roasted	--	0.48	0.00
17168	Goat, raw	--	1.03	0.00
17169	Game meat, goat, cooked, roasted	--	1.36	0.00
17170	Game meat, horse, raw	--	1.61	0.00
17171	Game meat, horse, cooked, roasted	--	2.12	0.00
17172	Game meat, moose, raw	--	0.15	0.00
17173	Game meat, moose, cooked, roasted	--	0.20	0.00
17174	Game meat, muskrat, raw	--	--	0.00
17175	Game meat, muskrat, cooked, roasted	--	--	0.00
17176	Game meat, opossum, cooked, roasted	--	3.77	0.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	--	1.50	0.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	--	2.17	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	--	2.27	0.00
17180	Game meat, rabbit, wild, raw	--	0.63	0.00
17181	Game meat, rabbit, wild, cooked, stewed	--	0.95	0.00
17182	Game meat, raccoon, cooked, roasted	--	5.21	0.00
17183	Game meat, squirrel, raw	--	1.18	0.00
17184	Game meat, squirrel, cooked, roasted	--	1.79	0.00
17185	Lamb, variety meats and by-products, brain, raw	--	1.55	0.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	--	1.84	0.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	--	4.02	0.00
17188	Veal, variety meats and by-products, brain, raw	--	1.64	0.00
17189	Veal, variety meats and by-products, brain, cooked, braised	--	1.74	0.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	--	4.21	0.00
17191	Lamb, variety meats and by-products, heart, raw	0.00	1.60	0.21
17192	Lamb, variety meats and by-products, heart, cooked, braised	0.00	2.22	1.93
17193	Veal, variety meats and by-products, heart, raw	0.00	0.84	0.08
17194	Veal, variety meats and by-products, heart, cooked, braised	0.00	1.42	0.13
17195	Lamb, variety meats and by-products, kidneys, raw	0.00	0.63	0.82

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0.00	0.77	0.99
17197	Veal, variety meats and by-products, kidneys, raw	0.00	0.68	0.85
17198	Veal, variety meats and by-products, kidneys, cooked, braised	--	1.24	0.00
17199	Lamb, variety meats and by-products, liver, raw	0.00	1.05	1.78
17200	Lamb, variety meats and by-products, liver, cooked, braised	0.00	1.84	2.53
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	0.00	2.64	3.78
17202	Veal, variety meats and by-products, liver, raw	0.00	0.97	2.91
17203	Veal, variety meats and by-products, liver, cooked, braised	0.00	1.15	3.77
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	0.00	1.19	4.47
17205	Lamb, variety meats and by-products, lungs, raw	--	0.67	0.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	--	0.80	0.00
17207	Veal, variety meats and by-products, lungs, raw	--	0.59	0.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	--	0.68	0.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	--	8.45	0.00
17210	Lamb, variety meats and by-products, pancreas, raw	--	3.54	0.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	--	5.45	0.00
17212	Veal, variety meats and by-products, pancreas, raw	--	4.54	0.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	--	5.03	0.00
17214	Lamb, variety meats and by-products, spleen, raw	--	0.81	0.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	--	1.27	0.00
17216	Veal, variety meats and by-products, spleen, raw	--	0.59	0.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	--	0.78	0.00
17218	Veal, variety meats and by-products, thymus, raw	--	0.78	0.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	--	0.90	0.00
17220	Lamb, variety meats and by-products, tongue, raw	--	8.46	0.00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	--	10.00	0.00
17222	Veal, variety meats and by-products, tongue, raw	0.00	2.51	1.91
17223	Veal, variety meats and by-products, tongue, cooked, braised	--	4.61	0.00
17224	Lamb, ground, raw	--	9.60	0.00
17225	Lamb, ground, cooked, broiled	--	8.32	0.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.65	0.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	--	7.63	0.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	5.49	0.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	--	5.68	0.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	--	5.91	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	6.12	0.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	4.70	0.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	4.86	0.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	8.54	0.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	8.30	0.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	9.34	0.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	8.69	0.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	8.65	0.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	12.60	0.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	10.97	0.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	11.59	0.00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.76	0.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	9.72	0.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	7.75	0.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	7.79	0.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.77	0.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	9.63	0.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	--	7.38	0.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	--	7.68	0.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.76	0.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	9.74	0.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	7.88	0.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	7.83	0.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	--	6.60	0.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	--	6.96	0.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	--	6.19	0.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	--	6.10	0.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	--	5.13	0.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	--	5.40	0.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	--	8.47	0.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	--	8.20	0.00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	--	10.35	0.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	--	9.93	0.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	--	7.57	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	--	9.37	0.00
17270	Veal, breast, separable fat, cooked	--	26.41	0.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	--	1.55	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	--	6.83	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	--	8.43	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	--	2.41	0.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	--	4.79	0.00
17330	Game meat , bison, ground, raw	--	6.22	0.00
17331	Game meat, bison, ground, cooked, pan-broiled	--	5.91	0.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	--	2.21	0.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	--	2.12	0.00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	--	1.23	0.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	--	2.21	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	--	1.79	0.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	--	0.95	0.00
17338	Game meat, elk, ground, raw	--	2.51	0.00
17339	Game meat, elk, ground, cooked, pan-broiled	--	2.76	0.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	--	1.09	0.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	--	0.75	0.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	--	0.97	0.00
17343	Game meat, deer, ground, raw	--	1.34	0.00
17344	Game meat, deer, ground, cooked, pan-broiled	--	1.94	0.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	--	0.54	0.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	--	0.90	0.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	--	0.55	0.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	--	0.41	0.00
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	--	1.94	0.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	--	3.04	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	--	1.71	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	--	2.80	0.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	--	4.17	0.00
17358	Lamb, New Zealand, imported, brains, raw	--	2.24	0.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	--	4.32	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.00	2.13	1.02

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	--	1.30	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	--	1.00	0.00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.00	0.45	0.18
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	--	3.42	0.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	--	2.72	0.00
17367	Lamb, New Zealand, imported, kidney, raw	0.00	0.39	0.03
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0.00	1.01	1.48
17369	Lamb, New Zealand, imported, liver, raw	0.00	0.82	2.22
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	--	2.77	0.00
17371	Lamb, New Zealand, imported, ground lamb, raw	--	2.98	0.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	--	1.01	0.00
17373	Lamb, New Zealand, imported, heart, raw	--	0.52	0.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	--	1.85	0.00
17375	Lamb, New Zealand, imported, sweetbread, raw	--	1.12	0.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	--	0.73	0.00
17377	Lamb, New Zealand, imported, testes, raw	0.00	0.36	0.14
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.00	7.76	0.86
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	--	6.40	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	--	1.84	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	--	1.27	0.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	--	4.19	0.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	--	2.35	0.00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	--	1.43	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	--	1.94	0.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	--	1.75	0.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	--	1.55	0.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	--	1.23	0.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	--	0.92	0.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	--	2.17	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.00	1.02	0.73
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	--	2.17	0.00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	--	4.21	0.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	--	2.32	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	--	1.60	0.00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	--	2.40	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	--	2.22	0.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.00	2.74	0.41
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	--	2.65	0.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	--	1.64	0.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.00	8.80	0.14
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.00	8.39	0.27
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.00	4.06	0.04
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.00	3.50	0.73
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.00	3.43	0.04
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.00	7.35	0.41
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.00	5.72	0.10
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.00	6.52	0.20
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	--	1.26	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	--	0.99	0.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.00	5.92	0.03
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.00	4.99	0.14
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.00	5.68	0.05
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.00	5.48	0.20
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.00	6.77	0.05
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.00	6.27	0.23
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.00	6.45	0.03
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	--	1.49	0.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.00	3.19	0.01
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.00	3.01	0.05
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.00	3.57	0.03
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.00	1.61	0.01
17424	Veal, ground, cooked, pan-fried	0.00	5.66	1.51
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	--	1.27	0.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	--	0.99	0.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	0.00	2.08	0.07
17428	Veal, shank, separable lean only, raw	--	0.76	0.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	--	2.19	0.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	--	2.68	0.00
17435	Veal, shank, separable lean and fat, raw	--	1.56	0.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	0.00	3.55	0.11

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	0.00	4.25	0.16
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	0.00	4.78	0.15
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	--	3.23	0.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	--	2.29	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	--	1.34	0.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	--	1.95	0.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	--	1.77	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	--	2.35	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	--	4.17	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	--	1.82	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	--	3.09	0.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	--	6.12	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	--	20.34	0.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	--	4.67	0.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	--	4.78	0.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	--	3.79	0.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	--	5.00	0.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00	4.93	0.08
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	--	3.93	0.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	--	2.08	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	--	2.09	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	--	4.70	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	--	3.97	0.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	--	8.44	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	--	6.79	0.00
18372	Leavening agents, baking soda	--	--	0.00
19013	Snacks, fruit leather, pieces	0.00	1.48	82.82
19014	Snacks, fruit leather, rolls	0.00	1.48	85.80
19030	Syrup, fruit flavored	0.00	--	65.10
19041	Snacks, pork skins, plain	--	14.78	0.00
19070	Candies, butterscotch	0.00	0.84	90.40
19074	Candies, caramels	0.00	1.54	77.00
19079	Candies, confectioner's coating, yogurt	0.00	0.53	63.94
19085	Candies, confectioner's coating, butterscotch	0.00	2.27	67.10

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
19089	Ice creams, vanilla, rich	0.00	4.46	22.29
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.00	1.27	22.78
19096	Ice creams, vanilla, light, soft-serve	0.00	0.76	21.80
19099	Candies, fondant, prepared-from-recipe	0.00	--	93.18
19103	Candies, fudge, vanilla, prepared-from-recipe	0.00	1.40	82.15
19107	Candies, hard	0.00	--	98.00
19112	Candies, TWIZZLERS Strawberry Twists Candy	0.00	--	79.16
19113	Syrups, table blends, pancake, with butter	0.00	--	72.43
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.00	0.46	19.74
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.00	0.46	18.43
19128	Syrups, table blends, pancake, reduced-calorie	0.00	--	44.55
19129	Syrups, table blends, pancake	0.00	--	61.47
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.00	--	82.57
19168	Desserts, egg custard, baked, prepared-from-recipe	0.00	1.38	11.00
19169	Egg custards, dry mix	0.00	2.40	82.80
19170	Egg custards, dry mix, prepared with whole milk	0.00	1.13	17.60
19172	Gelatin desserts, dry mix	0.00	--	90.50
19173	Gelatin desserts, dry mix, prepared with water	0.00	--	14.19
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.00	--	4.22
19177	Gelatins, dry powder, unsweetened	--	0.06	0.00
19183	Puddings, chocolate, ready-to-eat	0.00	2.73	23.01
19187	Flan, caramel custard, dry mix	0.00	--	91.60
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.00	0.79	19.43
19201	Puddings, vanilla, ready-to-eat	0.00	2.29	22.60
19202	Puddings, vanilla, dry mix, instant	0.00	0.12	92.90
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.00	0.84	19.70
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.00	0.48	20.20
19205	Egg custards, dry mix, prepared with 2% milk	0.00	0.90	17.61
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.00	0.45	19.56
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.00	0.46	18.53
19217	Frozen novelties, ice type, fruit, no sugar added	0.00	--	6.20
19218	Puddings, tapioca, ready-to-eat	0.00	2.54	21.69
19222	Desserts, rennin, vanilla, dry mix	0.00	--	99.00
19225	Desserts, rennin, tablets, unsweetened	0.00	0.04	19.80
19228	Frostings, cream cheese-flavor, ready-to-eat	0.00	3.76	67.32

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
19230	Frostings, vanilla, creamy, ready-to-eat	0.00	4.86	67.89
19233	Puddings, vanilla, ready-to-eat, fat free	0.00	--	20.16
19234	Puddings, tapioca, ready-to-eat, fat free	0.00	0.01	21.31
19246	Frostings, white, fluffy, dry mix	0.00	--	94.90
19247	Frostings, white, fluffy, dry mix, prepared with water	0.00	--	62.60
19260	Ice creams, vanilla, light, no sugar added	0.00	1.86	21.42
19280	Frozen novelties, ice type, lime	0.00	--	32.60
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.00	--	13.50
19283	Frozen novelties, ice type, pop	0.00	0.05	19.23
19293	Frozen yogurts, vanilla, soft-serve	0.00	1.59	24.20
19304	Molasses	0.00	0.03	74.73
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	0.00	--	82.43
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	0.00	--	82.76
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	0.00	--	79.73
19318	Puddings, banana, dry mix, instant	0.00	0.14	92.70
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.00	0.70	19.76
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.00	0.71	18.44
19330	Puddings, lemon, dry mix, instant	0.00	0.28	95.40
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.00	0.85	20.10
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.00	0.47	24.20
19334	Sugars, brown	0.00	--	98.09
19335	Sugars, granulated	0.00	--	99.98
19336	Sugars, powdered	0.00	--	99.77
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.00	--	89.08
19340	Sugars, maple	0.00	0.06	90.90
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.00	--	34.56
19349	Syrups, corn, dark	0.00	--	77.59
19350	Syrups, corn, light	0.00	--	76.79
19351	Syrups, corn, high-fructose	0.00	--	76.00
19352	Syrups, malt	0.00	--	71.30
19353	Syrups, maple	0.00	0.01	67.04
19355	Syrups, sorghum	0.00	--	74.90
19360	Syrups, table blends, pancake, with 2% maple	0.00	0.03	69.60
19362	Syrups, table blends, corn, refiner, and sugar	0.00	--	83.90
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	0.00	--	90.76

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
19364	Toppings, butterscotch or caramel	0.00	--	57.01
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	0.00	--	90.77
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	0.00	--	91.02
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.00	--	90.78
19375	Frostings, glaze, prepared-from-recipe	0.00	0.14	83.65
19382	Candies, taffy, prepared-from-recipe	0.00	0.84	91.56
19383	Candies, toffee, prepared-from-recipe	0.00	8.96	64.72
19384	Candies, divinity, prepared-from-recipe	0.00	--	89.05
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.00	2.50	80.50
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.00	--	90.50
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.00	--	33.30
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.00	--	33.30
19705	Puddings, banana, dry mix, instant, with added oil	0.00	1.30	89.00
19710	Puddings, vanilla, dry mix, regular, with added oil	0.00	0.32	92.40
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.00	--	69.60
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	0.00	--	19.68
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	0.00	--	91.17
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.00	--	5.14
19911	Syrup, maple, Canadian	0.00	--	67.38
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	0.00	5.54	63.15
19918	Sweetener, herbal extract powder from Stevia leaf	0.00	--	100.00
19919	Candies, fruit snacks, with high vitamin C	0.00	--	87.97
19924	Syrup, NESTLE, chocolate	0.00	--	67.21
21018	Fast foods, egg, scrambled	0.00	5.89	2.08
21032	Fast foods, sundae, caramel	0.00	1.96	31.81
21033	Fast foods, sundae, hot fudge	0.00	1.48	30.17
21034	Fast foods, sundae, strawberry	0.00	1.74	29.18
21141	BURGER KING, Vanilla Shake	0.00	2.47	19.03
21311	McDONALD'S, Creamy Ranch Sauce	0.00	11.09	3.49
21315	McDONALD'S, Sweet 'N Sour Sauce	0.00	0.24	39.38
21334	McDONALD'S, Strawberry Sundae	0.00	0.98	28.09
21335	McDONALD'S, Hot Caramel Sundae	0.00	1.21	33.36
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.00	8.61	8.46
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.00	9.60	9.93
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	--	2.08	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	--	2.93	0.00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.00	3.91	0.24
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.00	4.76	2.13
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.50	0.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	6.55	0.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	8.29	0.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	6.12	0.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	7.47	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	7.07	0.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	9.17	0.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	6.71	0.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	8.42	0.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.15	0.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	2.67	0.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	--	1.34	0.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	1.38	0.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.43	0.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	2.87	0.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	--	1.98	0.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	--	3.44	0.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	3.38	0.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	--	1.93	0.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	2.37	0.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	--	4.41	0.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	5.71	0.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	--	3.62	0.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	4.57	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.50	0.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	2.98	0.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	--	2.01	0.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	2.17	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.94	0.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	3.76	0.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	--	1.63	0.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	2.01	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.14	0.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	2.93	0.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	--	1.88	0.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	2.24	0.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.94	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	3.04	0.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	--	4.14	0.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	5.33	0.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.34	0.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	2.71	0.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.50	0.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	3.17	0.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	3.28	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	5.72	0.29
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	--	4.59	0.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	5.28	0.05
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	6.23	0.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	6.40	0.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	5.75	0.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	4.07	0.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	--	2.95	0.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	3.55	0.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	5.46	0.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	6.13	0.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	5.39	0.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	4.09	0.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	3.14	0.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	3.71	0.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	3.76	0.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	2.73	0.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	3.35	0.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	3.28	0.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	2.70	0.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	3.04	0.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	2.33	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.70	0.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	2.10	0.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	--	3.50	0.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	--	3.16	0.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	--	3.57	0.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0.00	2.32	0.16
23094	Beef, chuck for stew, separable lean and fat, select, raw	0.00	2.16	0.21
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0.00	2.51	0.12
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	5.55	0.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	4.26	0.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	5.04	0.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	9.48	0.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	--	4.87	0.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	--	6.62	0.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	6.57	0.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	6.79	0.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	6.23	0.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	6.81	0.21
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	7.02	0.40
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	6.49	0.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	5.64	0.36
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	6.04	0.53
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0.00	5.05	0.09
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	2.65	0.07
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	2.27	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	7.24	0.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	7.51	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	6.84	0.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	8.32	0.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	8.94	0.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	7.40	0.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	4.22	0.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	4.52	0.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	3.78	0.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.46	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.58	0.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	2.28	0.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	11.44	0.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	12.28	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	10.17	0.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	9.21	0.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	9.53	0.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	8.72	0.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	3.89	0.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	4.20	0.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	3.41	0.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	10.00	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	10.36	0.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	9.45	0.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	6.96	0.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	7.27	0.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	6.48	0.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	9.46	0.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	9.48	0.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	9.42	0.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	7.74	0.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	7.98	0.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	7.38	0.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	--	6.08	0.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	--	5.28	0.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	--	5.43	0.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	4.02	0.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	--	4.13	0.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	--	4.53	0.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	--	3.53	0.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	--	3.28	0.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	--	3.58	0.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	--	2.83	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	--	5.63	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	--	5.83	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	5.33	0.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	--	5.27	0.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	--	6.09	0.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	--	4.04	0.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	5.49	0.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	--	3.94	0.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	6.09	0.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	--	4.43	0.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	4.59	0.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	--	3.21	0.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	7.44	0.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.00	6.08	0.19
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	7.98	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.00	6.36	0.17
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	6.64	0.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.00	5.66	0.23
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	4.87	0.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	--	3.28	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	5.43	0.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	--	3.58	0.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	4.02	0.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	--	2.83	0.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	9.27	0.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	0.00	8.07	0.46
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	10.04	0.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0.00	8.95	0.64
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	--	8.09	0.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0.00	6.75	0.20
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	11.62	0.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	11.61	0.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	11.62	0.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	11.18	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	10.28	0.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	10.82	0.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	9.72	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	9.93	0.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	--	9.40	0.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	11.25	0.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	9.43	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	10.52	0.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	10.28	0.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	11.04	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	9.14	0.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	8.83	0.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	9.32	0.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	--	8.09	0.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	6.28	0.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	6.93	0.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	5.30	0.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	--	5.43	0.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	--	6.01	0.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	--	4.56	0.00
23220	Beef, ground, unspecified fat content, cooked	0.00	6.40	0.62
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	8.24	0.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	8.73	0.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	7.49	0.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	7.73	0.35
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	8.13	0.35
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.00	7.14	0.36
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	9.17	0.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	10.09	0.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	7.79	0.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	7.88	0.12
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	8.61	0.20
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	--	6.77	0.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	14.19	0.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	15.07	0.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	12.87	0.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	13.81	0.78
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	14.55	0.90

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0.00	12.70	0.60
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	2.69	0.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	1.92	0.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	3.40	0.73
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	3.76	1.07
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	2.86	0.22
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.35	0.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.54	0.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	--	2.08	0.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	3.63	0.30
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	4.01	0.36
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	3.05	0.20
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	3.86	0.82
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.00	4.42	0.88
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.00	3.02	0.74
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.54	0.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	2.87	0.23
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	--	2.06	0.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	2.50	0.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	2.72	0.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	2.17	0.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	2.32	0.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	1.77	0.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	1.70	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.38	0.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	2.16	0.04
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	2.44	0.18
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.76	0.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	6.83	1.53
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	7.35	1.81
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	6.05	1.10
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	4.74	1.51
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	5.17	1.75
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	4.08	1.15
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	3.96	0.17

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	4.46	0.51
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	3.21	0.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	3.13	0.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	3.58	0.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	2.46	0.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	7.50	0.80
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	7.08	1.10
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	8.12	0.40
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	6.50	0.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	7.08	0.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	--	5.63	0.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	6.35	0.60
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	7.14	0.60
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	5.17	0.40
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	5.85	1.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.00	6.39	1.10
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.00	5.04	0.90
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00	4.80	0.30
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	5.41	0.60
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	--	3.88	0.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	--	7.97	0.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	--	2.41	0.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	--	5.25	0.00
23296	Beef, Australian, imported, grass-fed, external fat, raw	0.00	21.43	0.39
23297	Beef, Australian, imported, grass-fed, seam fat, raw	0.00	22.93	1.06
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	--	31.58	0.00
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	--	30.89	0.00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	0.00	35.82	0.97
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	--	35.16	0.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	0.00	3.05	0.01
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	--	2.07	0.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	--	6.17	0.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	0.00	5.45	0.11
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	--	1.50	0.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	--	3.52	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	--	2.13	0.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	--	1.86	0.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.00	8.17	0.57
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.00	8.02	0.20
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.00	15.37	0.13
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	--	8.45	0.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.00	14.34	0.46
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	0.00	1.73	0.01
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	0.00	6.34	0.11
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	0.00	2.63	0.01
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	--	1.85	0.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.00	12.18	0.17
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	0.00	19.46	0.22
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	--	13.68	0.00
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0.00	19.58	0.42
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0.00	8.93	0.58
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	1.48	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	1.68	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	1.18	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	1.55	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	1.75	0.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	1.26	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	1.48	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	1.55	0.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	1.38	0.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	1.49	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	--	1.58	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	1.35	0.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.70	0.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.96	0.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	2.30	0.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	--	3.94	0.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	--	4.33	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	--	3.25	0.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	2.58	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	2.81	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	2.22	0.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	3.55	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	3.94	0.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	2.97	0.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	1.92	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	2.16	0.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	1.56	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	1.94	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	2.06	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	1.75	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	1.29	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	1.48	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.00	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	1.29	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	1.48	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.00	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	1.27	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	1.35	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.14	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	1.27	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	1.35	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.14	0.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	2.12	0.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	2.34	0.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.80	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	--	2.71	0.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	--	2.95	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	--	2.06	0.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	2.12	0.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	2.34	0.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	1.80	0.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	3.28	0.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	3.64	0.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	--	2.73	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	1.59	0.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	1.83	0.06
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	1.24	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	1.64	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	1.76	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	1.48	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	--	2.36	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.95	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.71	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	--	5.83	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	6.20	0.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	8.59	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	6.82	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	7.88	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	--	4.59	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	3.06	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	--	3.98	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	6.46	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	--	2.37	0.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	--	1.68	0.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	--	7.00	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	--	5.48	0.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	--	2.98	0.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	--	2.28	0.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	--	3.17	0.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	--	4.00	0.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.00	3.05	1.38
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	--	1.83	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.00	1.01	1.35
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	--	2.71	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	--	2.12	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	--	3.76	0.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	--	3.14	0.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	--	1.02	0.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	--	0.53	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	--	1.78	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	--	1.26	0.00
23418	Beef, New Zealand, imported, inside, raw	0.00	1.54	0.10
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0.00	17.85	3.39
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.00	17.89	0.01
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	--	0.65	0.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	--	2.35	0.00
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	--	0.34	0.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0.00	0.53	3.78
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0.00	0.46	3.60
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	--	0.90	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.00	1.22	0.23
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	--	3.02	0.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	--	2.65	0.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.00	2.98	0.09
23431	Beef, New Zealand, imported, ribs prepared, raw	--	2.28	0.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	--	2.62	0.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	--	4.70	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.00	2.81	0.74
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	--	25.34	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	--	24.70	0.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	--	7.84	0.00
23438	Beef, New Zealand, imported, sweetbread, raw	--	8.07	0.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.00	2.66	0.27
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	--	3.58	0.00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	--	1.76	0.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.00	6.63	3.68
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	--	6.66	0.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	--	0.72	0.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	--	0.77	0.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	--	3.67	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	--	2.88	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	--	14.39	0.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	--	10.89	0.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	--	5.03	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	--	3.77	0.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	--	5.04	0.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	--	4.04	0.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.00	6.04	0.03
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.00	5.52	1.31
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	--	2.02	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.00	1.55	1.32
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	--	3.29	0.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	--	2.89	0.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	--	4.87	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	--	3.89	0.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.00	3.00	0.07
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	--	2.53	0.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	--	3.09	0.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	--	2.78	0.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	--	2.04	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	--	2.20	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.00	8.07	0.02
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.00	6.94	0.60
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.00	2.78	0.27
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	--	2.03	0.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	--	2.87	0.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	--	3.67	0.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	0.00	3.27	0.06
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	--	3.46	0.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	--	3.88	0.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	--	1.13	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	--	1.69	0.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	--	1.38	0.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	--	1.54	0.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	--	2.06	0.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	4.36	0.05
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.28	0.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	--	3.53	0.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0.00	2.56	0.08

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.57	0.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	--	4.06	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	4.68	0.06
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	--	3.41	0.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.00	2.64	0.05
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.00	3.79	0.04
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	--	2.63	0.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	--	1.93	0.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	--	7.50	0.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	0.00	8.08	0.91
23507	USDA Commodity, beef, patties (100%), frozen, raw	--	6.86	0.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	--	7.41	0.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	2.61	0.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	4.75	0.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	--	1.96	0.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	3.27	0.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	--	3.29	0.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	2.98	0.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	--	3.45	0.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	--	2.72	0.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	--	2.56	0.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	6.27	0.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	4.20	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	5.87	0.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	4.17	0.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	3.08	0.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	6.06	0.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	8.52	0.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	7.76	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	2.65	0.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	5.42	0.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	5.18	0.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	3.50	0.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	--	1.99	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	--	2.72	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	--	2.36	0.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	--	3.01	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	--	2.55	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	--	4.19	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	--	4.94	0.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	--	4.47	0.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	--	5.03	0.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	--	4.67	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	--	6.47	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	--	6.67	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	--	6.03	0.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	--	6.57	0.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	--	6.22	0.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	--	8.85	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	--	7.04	0.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	--	7.64	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	--	7.19	0.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	--	11.38	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	--	8.62	0.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	--	7.47	0.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	--	8.24	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	--	7.56	0.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	--	1.69	0.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	2.38	0.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	1.42	0.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	1.56	0.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	2.48	0.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	3.10	0.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	1.98	0.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	2.29	0.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	--	1.95	0.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	--	1.72	0.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	1.94	0.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	--	2.69	0.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	--	1.82	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	--	2.55	0.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	--	1.61	0.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	--	1.26	0.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	--	1.97	0.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.03	0.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	--	3.35	0.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.62	0.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	--	3.13	0.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	--	1.76	0.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	--	2.39	0.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	--	3.23	0.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	--	2.83	0.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	2.07	0.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	--	2.28	0.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	1.72	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	--	2.33	0.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	1.64	0.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.12	0.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	--	1.70	0.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	--	3.56	0.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	--	2.89	0.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	--	1.42	0.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.01	0.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.09	0.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	--	2.83	0.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	--	2.22	0.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	2.61	0.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	--	3.77	0.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	--	2.38	0.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.84	0.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	1.86	0.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	--	3.61	0.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	2.59	0.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	3.63	0.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	2.68	0.00

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	3.37	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	--	1.39	0.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	--	1.51	0.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	--	2.70	0.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	--	2.22	0.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	--	1.10	0.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	1.42	0.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	--	1.54	0.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	--	3.05	0.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0.00	1.60	1.99
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	--	2.47	0.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	4.91	0.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	--	3.04	0.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	3.50	0.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	--	2.14	0.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	--	1.64	0.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	--	1.86	0.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	--	1.37	0.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	2.92	0.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	2.55	0.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	--	1.95	0.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	--	1.97	0.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	9.48	0.12
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	--	9.51	0.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	8.39	0.00
27028	PACE, Salsa Verde	0.00	--	6.25
27029	PACE, Tequila Lime Salsa	0.00	--	9.38
28328	Cookies, chocolate chip sandwich, with creme filling	0.00	4.50	63.52
28330	Cookies, marshmallow, with rice cereal and chocolate chips	0.00	4.21	63.26
28334	Cookies, gluten-free, lemon wafer	0.00	8.31	74.39
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.00	6.25	77.34
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.00	8.31	74.39
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	0.00	6.97	57.00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	0.00	9.99	57.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	0.00	2.53	14.42

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	0.00	2.63	14.34
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0.00	0.23	52.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	0.00	9.49	57.00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	0.00	9.13	57.10
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	0.00	9.56	56.30
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	0.00	5.28	56.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	0.00	10.23	52.20
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	0.00	8.13	55.60
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	0.00	9.48	51.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.00	0.02	7.21
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.00	0.85	7.19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.00	0.92	7.39
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	0.00	9.99	57.00
35009	Whale, beluga, meat, dried (Alaska Native)	--	3.34	0.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	--	4.02	0.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	--	1.50	0.00
42040	Syrups, grenadine	0.00	--	66.91
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.00	3.27	7.00
42117	Imitation cheese, american or cheddar, low cholesterol	0.00	14.13	1.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	0.00	0.86	2.93
42129	Bologna, beef and pork, low fat	0.00	9.14	2.60
42131	Milk dessert, frozen, milk-fat free, chocolate	0.00	0.33	37.70
42135	Whipped topping, frozen, low fat	0.00	0.84	23.60
42136	Cream substitute, powdered, light	0.00	11.50	73.40
42137	Salad dressing, peppercorn dressing, commercial, regular	0.00	14.84	3.50
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.00	7.71	6.70
42141	Cream substitute, liquid, light	0.00	2.03	9.10
42151	Vegetable oil-butter spread, reduced calorie	--	20.77	0.00
42153	Salad dressing, blue or roquefort cheese dressing, light	0.00	1.09	13.20
42155	Cheese, monterey, low fat	0.00	5.64	0.70
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.00	0.64	20.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.00	3.39	16.00
42161	Bologna, beef, low fat	0.00	6.46	5.20
42171	Salad dressing, french dressing, reduced calorie	0.00	3.03	27.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	0.00	9.72	0.70

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
42179	Frankfurter, beef, low fat	0.00	3.81	1.60
42187	Frozen yogurts, flavors other than chocolate	0.00	0.99	21.60
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.00	0.58	5.30
42190	Pork sausage rice links, brown and serve, cooked	0.00	18.10	2.36
42205	Cheese, pasteurized process, cheddar or American, fat-free	0.00	0.23	13.40
42231	Oil, flaxseed, cold pressed	--	18.44	0.00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00	17.00	16.70
42258	Cheese product, pasteurized process, cheddar, reduced fat	0.00	4.13	10.60
42289	Oil, corn and canola	--	58.54	0.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0.00	0.05	4.85
42303	Cheese, muenster, low fat	0.00	5.09	3.50
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.00	31.83	0.60
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.00	19.72	1.00
43019	Salad dressing, sweet and sour	0.00	--	3.70
43020	Salad dressing, blue or roquefort cheese, low calorie	0.00	1.78	2.90
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0.00	0.09	88.10
43058	Candies, hard, dietetic or low calorie (sorbitol)	0.00	--	98.60
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.00	--	2.45
43154	Alcoholic beverage, wine, cooking	0.00	--	6.30
43155	Alcoholic beverage, wine, light	0.00	--	1.17
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.00	--	89.11
43214	Butter replacement, without fat, powder	0.00	0.28	89.00
43216	Sweeteners, tabletop, fructose, dry, powder	0.00	--	100.00
43261	Yogurt, fruit variety, nonfat	0.00	0.05	19.00
43268	Whipped cream substitute, dietetic, made from powdered mix	0.00	1.36	10.60
43274	Cheese, cream, low fat	0.00	4.00	8.13
43275	Cheese, pasteurized process, American, low fat	0.00	2.00	3.50
43276	Cheese spread, cream cheese base	0.00	8.07	3.50
43278	Cheese, american cheddar, imitation	0.00	4.10	11.60
43282	Quail, cooked, total edible	--	4.89	0.00
43283	Pheasant, cooked, total edible	--	5.63	0.00
43285	Eggs, scrambled, frozen mixture	0.00	2.34	7.50
43287	Dove, cooked (includes squab)	--	5.46	0.00
43297	Pork, oriental style, dehydrated	0.00	28.56	1.40
43299	Soybean, curd cheese	0.00	1.79	6.90

NDB_No	Description	Fiber, total dietary(g) Value Per	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	0.00	3.76	0.50
43326	Pork, cured, ham, low sodium, lean and fat, cooked	0.00	4.00	0.30
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	0.00	2.61	1.50
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.00	4.63	23.90
43340	Cheese, parmesan, low sodium	0.00	8.72	3.70
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.00	0.28	2.70
43355	Mayonnaise, low sodium, low calorie or diet	0.00	4.50	16.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	--	4.65	0.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	--	2.86	0.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	0.00	18.52	1.43
43379	Cheese, pasteurized process, swiss, low fat	0.00	1.35	4.30
43384	Beef, bologna, reduced sodium	0.00	13.30	2.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	--	3.18	0.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	--	1.04	0.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.00	0.28	3.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	0.00	8.93	1.60
43405	Cheese, swiss, low sodium	0.00	7.26	3.40
43479	Alcoholic beverage, rice (sake)	0.00	--	5.00
43497	Jellyfish, dried, salted	--	0.20	0.00
43507	Frankfurter, low sodium	0.00	13.61	1.80
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.00	--	5.92
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	0.00	1.10	19.88
43543	Milk, imitation, non-soy	0.00	0.48	5.30
43589	Cheese, swiss, low fat	0.00	1.35	3.40
43597	Cheese, mozzarella, low sodium	0.00	4.84	3.10
43598	Mayonnaise dressing, no cholesterol	0.00	18.03	0.30
44005	Oil, corn, peanut, and olive	--	48.03	0.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.00	3.11	16.18
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.00	0.00	71.60
80200	Frog legs, raw	--	0.05	0.00
83110	Fish, mackerel, salted	--	8.32	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.00	0.08	5.41
90480	Syrup, Cane	0.00	--	73.14
90560	Mollusks, snail, raw	0.00	0.26	2.00
93600	Turtle, green, raw	--	0.09	0.00